



*City of Manhattan Beach, California*

# Proclamation

**NATIONAL WEAR RED DAY  
FEBRUARY 5, 2010**

- WHEREAS,** *diseases of the heart are the nation's leading cause of death and stroke is the third leading cause of death; and*
- WHEREAS,** *cardiovascular disease claims the lives of nearly 460,000 American females each year, approximately one death per minute. Each year, 53% of all deaths due to cardiovascular disease and 61% of stroke deaths occur in females. Only 21% of women consider cardiovascular disease their greatest health risk, yet, nearly as many women die of heart disease, stroke, and all other cardiovascular diseases than the next five leading causes of death combined, including all cancers; and*
- WHEREAS,** *in 2010, the direct and indirect cost of cardiovascular diseases in the U.S., including stroke, is estimated to be \$503.2 billion; and*
- WHEREAS,** *Go Red For Women® is the American Heart Association's national call to increase awareness about heart disease - the leading cause of death for women - and to inspire women to take charge of their heart health; and*
- WHEREAS,** *all women should learn their own personal risk for heart disease, using tools such as the American Heart Association's Go Red For Women® Heart CheckUp, Go Red For Women® Better U and by talking to their healthcare provider; and*
- WHEREAS,** *making the right choices related to proper nutrition, physical activity and other healthy lifestyle choices are essential to living a heart healthy life; and*
- WHEREAS,** *by choosing to speak up about heart disease we can save lives using the power of our very own voices.*

**NOW, THEREFORE, BE IT RESOLVED** that I, Mitch Ward, Mayor of the City of Manhattan Beach, California, on behalf of the City Council and the residents, and in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 5, 2010 to be

## **NATIONAL WEAR RED DAY**

*and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by the wearing of the color red. By increasing awareness, speaking up about heart disease and empowering women to reduce their risk for cardiovascular disease, we can save thousands of lives each year.*

**DATED:** this 1<sup>st</sup> day of February, 2010.

City Clerk



Mayor