



The City of Minneapolis

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A RESOLUTION OF THE MAYOR & CITY COUNCIL

**By Glidden, Reich, Gordon, Frey, B. Johnson, Yang,
Warsame, Goodman, Cano, Bender, Quincy, A. Johnson and Palmisano**

Declaring Friday, February 5th, 2016, National Wear Red Day in the City of Minneapolis.

Whereas, eight million women in the United States are living with heart disease, yet only one in six American women believes that heart disease is her greatest health threat; and

Whereas, while one in thirty American women dies from breast cancer each year, one in three dies of cardiovascular disease, claiming the lives of over 419,000 American females each year, almost one death per minute; and

Whereas, ninety percent of women have one or more risk factors for developing heart disease; and 26 percent of women die within a year of suffering a heart attack, compared with nineteen percent of men; and

Whereas, only 43 percent of African American women and 44 percent of Hispanic women know that heart disease is their greatest health risk, compared with sixty percent of white women; and

Whereas, nearly as many women die of heart disease, stroke, and all other cardiovascular diseases than the next three leading causes of death combined, including all cancers; and

Whereas, in women, heart disease is too often a silent killer – less than a third of women in a recent survey reported early warning signs such as chest pain or discomfort before a heart attack, compared with most men; and

Whereas, women are less likely to call 911 for themselves when experiencing symptoms of a heart attack, and most reported a delay in seeking treatment after potential symptoms of heart disease appeared; and

Whereas, Go Red For Women® is the American Heart Association's national call to increase awareness around heart disease—the leading cause of death for women—and to inspire women to take charge of their heart health; and

Whereas, making the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices are essential to living a heart healthy life; and

Whereas, the truth is: our lives are in our hands. We can stop our number one killer together by sharing the truth, speaking up about heart disease, and empowering women to reduce their risk for cardiovascular disease; and

Now, Therefore, Be It Resolved by The City Council of The City of Minneapolis:

That the City Council does hereby declare the fifth day of February 2016 to be National Wear Red Day in the City of Minneapolis in recognition of the importance of the ongoing fight against heart disease and stroke.

Be It Further Resolved that the 35W Bridge be lit red on Friday, February 5th, 2016, in honor of **National Wear Red Day**, urging all citizens to show their support by commemorating this day by the wearing of the color red.

Passed, this 29th day of January, 2016

Barbara Johnson, President of the Council

Approved:

Betsy Hodges, Mayor

Attest:

Casey Carl, City Clerk