



STATE of MINNESOTA

Proclamation

- WHEREAS: Diseases of the heart are the nation's leading cause of death and stroke is the fourth leading cause of death;
- WHEREAS: Cardiovascular disease claims the lives of over 421,000 American females each year, approximately one death per minute;
- WHEREAS: Each year, 52% of all deaths due to cardiovascular disease and 60% of stroke deaths occur in females;
- WHEREAS: Too many women die each year because they are unaware that heart disease is their No. 1 killer;
- WHEREAS: In 2007, the direct and indirect cause of cardiovascular diseases in the U.S., including stroke, was estimated to be \$286 billion;
- WHEREAS: Nearly as many women die of heart disease, stroke, and all other cardiovascular diseases than the next four leading causes of death combined, including all cancers;
- WHEREAS: Only 16% of women surveyed in 2009 identified cardiovascular disease as the greatest health problem facing them;
- WHEREAS: February is designated as American Heart Month;
- 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;
- WHEREAS: All women should learn their own personal risk for heart disease, using tools such as the American Heart Association's My Life Check, Go Red For Women Heart Check Up, Go Red For Women Better U – and by taking their healthcare provider;
- 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: By choosing to Make It Your Mission! you can save lives.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim Friday, February 4, 2011 to be:

NATIONAL WEAR RED DAY

for heart health in Minnesota 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.



SECRETARY OF STATE

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 21st day of January.

GOVERNOR

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