



Proclamation

By the Governor of Alabama

WHEREAS, cardiovascular diseases are the number one killer of women in the United States; and

WHEREAS, cardiovascular disease kills one woman almost every 80 seconds in the United States; and

WHEREAS, about eighty percent of cardiovascular diseases may be prevented; and

WHEREAS, some risk factors such as blood pressure, smoking, cholesterol and lack of regular physical activity can be controlled; and

WHEREAS, the American Heart Association's Go Red for Women movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; and

WHEREAS, Go Red for Women encourages women to take control of their heart health by knowing five numbers that can be lifechanging: 1) Total Cholesterol, 2) HDL (good) Cholesterol, 3) Blood Pressure, 4) Blood Sugar and 5) Body Mass Index (BMI);

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim February 2, 2018, as

National Wear Red Day

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



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 23rd day of January 2018.

Kay Ivey

Kay Ivey, Governor