

**In Recognition of
The American Heart Association's
National Wear Red Day**

- WHEREAS,** Heart disease is the #1 killer of women; and
- WHEREAS,** the City of Fort Lauderdale celebrates the extraordinary progress in women's heart health and recognizes that more needs to be done in our city to safeguard women's health for generations to come; and
- WHEREAS,** most women do not know that heart disease is a woman's problem and they do not take it seriously; and
- WHEREAS,** the risk factors for heart disease are smoking, high blood pressure, high cholesterol and high triglyceride levels, overweight/obesity, physical inactivity, metabolic syndrome, diabetes and pre-diabetes, a family history of early heart disease, age, and a history of preeclampsia; and
- WHEREAS,** women can promote their own heart health and prevent disease and illness by taking steps to prevent and control the heart disease risk factors; and
- WHEREAS,** keeping women healthy and promoting awareness of women's health issues, including heart health, is an important responsibility and depends on the actions of many organizations and groups in our community; and
- WHEREAS,** women's health remains a priority for families, communities, and government, and our commitment to keeping women healthy is stronger than ever; and
- WHEREAS,** *The Heart Truth* campaign and its Red Dress symbol are building awareness of women's heart disease risk and empowering them to reduce their risk and prevent heart disease; and
- WHEREAS** women in Fort Lauderdale need to take action to make heart health a priority for themselves and their families, become aware of their heart disease risk, and take action to control their risk.

NOW, THEREFORE, WE, as City Commissioners of the City of Fort Lauderdale, Florida, do hereby proclaim **February 1, 2013** as:

National Wear Red Day

in the City of Fort Lauderdale and encourage all citizens to work together to promote and improve the health of women and increase awareness and understanding of women and heart disease.

DATED this, the 22nd day of January 2013.

**John P. "Jack" Seiler
Mayor**

