SENATE RESOLUTION

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By Senator Rivers

WHEREAS, Cardiovascular disease is the leading cause of death in women, claiming more lives than all forms of cancer combined and yet only 44 percent of women recognize that cardiovascular disease is their greatest health threat; and

WHEREAS, Among females 20 years and older, nearly 45 percent are living with some form of cardiovascular disease and less than half of women entering pregnancy in the United States have optimal cardiovascular health; and

WHEREAS, Cardiovascular disease is the leading cause of maternal death in the United States, or more simply put, heart disease is the Number One killer of new moms; and

WHEREAS, Overall, 10 percent to 20 percent of women will have a health issue during pregnancy, and high blood pressure, preeclampsia, and gestational diabetes during pregnancy greatly increase a woman's risk for developing cardiovascular disease later in life; and

WHEREAS, Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart, and managing blood pressure; and

WHEREAS, In 2020, stroke caused the deaths of 90,627 females, approximately 56.5 percent of total stroke deaths; and

WHEREAS, Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault, or injuring the victim; and

WHEREAS, There are significant biological differences between men and women, and clinical trials have not always adequately enrolled women or analyzed sex-specific differences in the data, and, as of 2020, only 38 percent of cardiovascular clinical research trial participants are women; and

WHEREAS, Since 2004, the American Heart Association's Go Red for Women movement has addressed the awareness and clinical care gaps of women's greatest health threat, cardiovascular disease, and, on the cusp of the American Heart Association's 100th anniversary, continues to make bold moves to save lives and pioneer scientific discoveries;

NOW, THEREFORE, BE IT RESOLVED, That the Senate of the State of Washington join the American Heart Association in celebrating Friday, February 2, 2024, as National Wear Red Day to support awareness about cardiovascular disease in women.