

PROCLAMATION

- WHEREAS,** diseases of the heart are the Nation's leading cause of death, and stroke is the fourth leading cause of death. Cardiovascular disease claims the lives of over 421,000 American females each year, approximately one death per minute; and
- WHEREAS,** each year, 52% of all deaths due to cardiovascular disease and 60% of stroke deaths occur in females. In 2010, the direct and indirect cost of cardiovascular diseases in the United States, including stroke, is estimated to be \$503.2 billion; and
- 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; and
- WHEREAS,** too many women die each year because they are unaware that heart disease is their No. 1 killer. Only 16% of women surveyed in 2009 identified cardiovascular disease as the greatest health problem facing them; and
- WHEREAS,** February is designated as American Heart Month to recognize the importance of the ongoing fight against heart disease and stroke; and
- 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; and
- 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 Checkup, *Go Red for Women* Better U, and by talking to their healthcare provider; and
- WHEREAS,** making good decisions relating to proper nutrition, physical activity, and other sensible lifestyle choices is essential to living a heart healthy life.

NOW, THEREFORE, I, FRANK SCOTTO, as Mayor of the City of Torrance, California, do hereby proclaim Friday, February 4, 2011 as

NATIONAL WEAR RED DAY

in the City of Torrance, and urge all citizens to show their support for women and the fight against heart disease by commemorating this day with wearing 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.

Signed this 1st day of February 2011.

Mayor Frank Scotto

ATTEST:

Sue Herbers, City Clerk