

1 A RESOLUTION recognizing February 6, 2026, as National Wear Red Day in
2 Kentucky to raise awareness of heart disease and women's health.

3 WHEREAS, cardiovascular disease is the leading cause of death in women,
4 claiming the lives of 1 in 3 women; and

5 WHEREAS, many women do not recognize cardiovascular disease as their greatest
6 health threat; and

7 WHEREAS, heart disease and stroke can happen at any age, and nearly 45 percent
8 of women aged 20 years and older are living with some form of cardiovascular disease;
9 and

10 WHEREAS, less than one-half of pregnant women have optimal cardiovascular
11 health, which makes the pregnancy high risk for the mother and the baby; and

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

15 WHEREAS, clinical trials in cardiovascular research have not always adequately
16 enrolled women or analyzed sex-specific differences in the data; and

17 WHEREAS, since 2004, the American Heart Association's Go Red for Women
18 movement has addressed awareness of cardiovascular disease and continues to make bold
19 moves to save lives and pioneer scientific discoveries; and

20 WHEREAS, on National Wear Red Day, the American Heart Association urges
21 everyone to join the movement in championing better health and well-being for all by
22 wearing red and spreading awareness of heart disease and women's health;

23 NOW, THEREFORE,

24 *Be it resolved by the House of Representatives of the General Assembly of the
25 Commonwealth of Kentucky:*

26 ➔Section 1. The House of Representatives does hereby recognize February 6,
27 2026, as National Wear Red Day in Kentucky to raise awareness of cardiovascular

1 disease and women's health.

2 ➔Section 2. The Clerk of the House of Representatives is directed to transmit a
3 copy of this Resolution to Representative Rebecca Raymer.