



*Town of Mansfield*  
*Proclamation in Honor of Wear Red Day for Women*

*Whereas*, diseases of the heart are the nation's leading cause of death and stroke is the third leading cause of death; and

*Whereas*, cardiovascular disease claims the lives of nearly 460,000 American females each year, approximately one death per minute; and

*Whereas*, each year, 53% of all deaths due to cardiovascular disease and 61% of stroke deaths occur in females ; and

*Whereas*, too many women die each year because they are unaware that heart disease is their No. 1 killer; and

*Whereas*, in 2010, the direct and indirect cost of cardiovascular diseases in the U.S., 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 five leading causes of death combined, including all cancers; and

*Whereas*, only 21% of women consider cardiovascular disease their greatest health risk; and

*Whereas*, February is designated as American Heart Month; 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 hearth health; and

*Whereas*, all women should learn their own personal risk for heart disease, using tools such as the American Heart Association's Go Red For Women® Heart CheckUp, Go Red For Women® Better U and by talking to their healthcare provider; and

*Whereas*, making the right choices relating to proper nutrition, physical activity, other healthy lifestyle choices are essential to living a heart healthy life; and

*Whereas*, by choosing to speak up about heart disease, we can save lives using the power of our very own voices:

**NOW, THEREFORE**, I, Gregory Haddad, Deputy Mayor of the Town of Mansfield, Connecticut, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim February 5, 2010 to be Wear Red Day for Women in Mansfield and urge all citizens to wear red in recognition of family, friends and neighbors who have suffered from heart disease, and as a show of support to fight it. By increasing awareness of the risk factors for this devastating disease and taking actions to reduce them, we can save thousand of lives each year.

**IN WITNESS WHEREOF**, I have set my hand and caused the seal of the Town of Mansfield to be affixed on this 25th day of January in the year 2010.

*Elizabeth Paterson*  
Mayor, Town of Mansfield