



CITY OF BOSTON IN CITY COUNCIL

RESOLUTION RECOGNIZING NATIONAL WEAR RED DAY AND RAISING AWARENESS ABOUT WOMEN'S HEART HEALTH

WHEREAS: National Wear Red Day is observed annually on the first Friday in February to raise awareness about heart disease and stroke in women and to promote education, prevention, and early recognition; and

WHEREAS: Heart disease is the leading cause of death for women in the United States, accounting for approximately one in every five female deaths; and

WHEREAS: Many women do not recognize heart disease as their greatest health risk, and symptoms of heart attack and stroke in women may differ from those experienced by men, contributing to delayed diagnosis and treatment; and

WHEREAS: Women's heart health is influenced by a range of factors, including stress, caregiving responsibilities, mental and emotional health, access to preventive care, and social and economic conditions; and

WHEREAS: Women, particularly women of color, face persistent disparities in heart health outcomes, access to care, and cardiovascular disease prevention and treatment; and

WHEREAS: Raising awareness about women's heart health empowers individuals, families, and communities to prioritize prevention, recognize warning signs, and support healthier outcomes; and

WHEREAS: National Wear Red Day is led by the American Heart Association and serves as a visible reminder of the importance of education, advocacy, and community engagement around women's heart health;

NOW, THEREFORE, BE IT RESOLVED: That the Boston City Council hereby recognizes National Wear Red Day and encourages residents, organizations, and City departments to participate by wearing red and promoting awareness about heart disease and stroke in women; and

BE IT FURTHER RESOLVED: That the Boston City Council affirms the importance of prioritizing women's health, reducing disparities in heart health outcomes, and supporting efforts that promote prevention, education, and wellness across the City of Boston.