

WEAR RED DAY 2026 PROCLAMATION

WHEREAS, cardiovascular disease is the leading cause of death among women in the United States, claiming the lives of one in every three women each year and surpassing all forms of cancer combined; and

WHEREAS, nearly half of all women over the age of 20 are living with some form of cardiovascular disease, yet most women remain unaware of their personal risk factors or the unique ways heart disease can present in women; and

WHEREAS, women often experience heart attack symptoms that differ from men—such as shortness of breath, nausea, back or jaw pain, extreme fatigue, or dizziness—which can lead to delayed treatment and poorer outcomes when these symptoms are not recognized; and

WHEREAS, significant disparities persist, with Black, Hispanic/Latina, and Indigenous women facing higher rates of cardiovascular disease and barriers to prevention, diagnosis, and equitable access to care; and

WHEREAS, stroke is also a major threat to women's health, as women are more likely than men to experience a stroke, more likely to die from one, and more likely to suffer long-term disability; and

WHEREAS, research shows that women are less likely to receive bystander CPR during a cardiac emergency, in part due to fears and misconceptions that must be addressed through community-wide education and awareness; and

WHEREAS, for more than two decades, the American Heart Association's **Go Red for Women**® movement has led the charge in educating women about cardiovascular disease, advancing scientific research, advocating for equitable healthcare, and empowering women to take charge of their heart health; and

WHEREAS, National Wear Red Day, observed on the first Friday of February, brings communities together to raise awareness, spark meaningful conversations about women's heart and brain health, and inspire lifesaving action;

NOW, THEREFORE, I, [Governor/Mayor Name], do hereby proclaim **Friday, February 6, 2026 as NATIONAL WEAR RED DAY** in [State/City Name], and encourage all residents to learn the signs and symptoms of heart disease and stroke in women; support prevention and early detection; and join the effort to improve women's cardiovascular health through awareness, education, and action.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the [State/City] to be affixed this [date] day of **February, 2026**.

[Governor/Mayor Name]

[Title]

[State/City Name]