

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. 06-016

Proclaiming the Month of February 2006 as American Heart Month and February 3, 2006, as "Wear Red for Women Day" in Multnomah County, Oregon

The Multnomah County Board of Commissioners Finds:

- a. Heart disease and stroke are the No. 1 and No. 3 killers of women over the age of 25.
- b. Heart attack, stroke and other cardiovascular diseases claim the lives of over 480,000 women each year – about a death a minute. That's more lives than the next five causes of death *combined* and nearly twice as many as all forms of cancer, including breast cancer.
- c. Of particular concern is the fact cardiovascular disease is the No.1 killer of women of all ethnic backgrounds but less than half of these women realize it. For instance, Hispanic women are at greater risk of cardiovascular disease due to higher rates of high blood pressure, obesity, diabetes and metabolic syndrome than white women. Yet, Hispanic women are less likely than white women to know that these things increase their heart disease risk.
- d. The cost of cardiovascular diseases and stroke in the United States is estimated at \$403.1 billion.
- e. One in three females in the United States has some form of cardiovascular disease.
- f. Sixty-four percent of women who died suddenly of coronary heart disease had no previous symptoms of this disease.
- g. Increasing awareness of the risk factors and taking actions to reduce them can save thousands of lives each year.
- h. February has been designated National American Heart Month.
- i. The American Heart Association has launched their successful "Go Red for Women" campaign to encourage women to love their hearts and take charge of their health, helping them live longer, stronger lives by reducing their risk for cardiovascular disease and stroke.
- j. The Go Red for Women Rally will be held February 3, from 11 am to 1 pm at Pioneer Place Shopping Center and is open to the public.


The Multnomah County Board of Commissioners Proclaims:

The month of February 2006 as American Heart Month and Friday, February 3, 2006 as "Wear Red for Women Day" in Multnomah County, Oregon. We urge everyone to wear red in recognition of family, friends and neighbors who have suffered from cardiovascular disease and as a show of support to fight Oregon's number one killer.


ADOPTED this 2nd day of February, 2006.

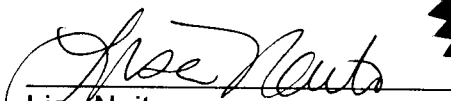
**BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON**

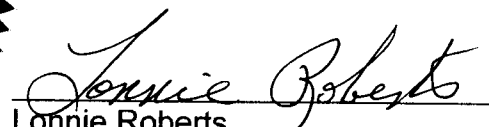

Diane M. Linn, County Chair


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