



WHEREAS, an estimated 43 million women in the U.S. are affected by heart disease; and,

WHEREAS, heart disease is the cause of 1 in 3 deaths among women each year, killing approximately one woman every minute; and,

WHEREAS, in Illinois alone, the year 2009 saw 12,368 deaths in women due to diseases of the heart; and,

WHEREAS, heart disease is the leading cause of death for African American women in the United States; and,

WHEREAS, the majority of women are not aware of risk factors for a heart attack, nor of the signs and symptoms of a heart attack; and,

WHEREAS, risk factors for a heart attack are: tobacco use, high blood cholesterol, high blood pressure, physical inactivity, diabetes and obesity; and,

WHEREAS, symptoms of a heart attack are: uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back; pain or discomfort in one or both arms, the back, neck, jaw, stomach; shortness of breath along with or before, chest discomfort; and cold sweat, nausea or lightheadedness; and,

WHEREAS, it is critical that we, as a country and state, work to empower women and increase their awareness of the many things they can do to reduce their risk of heart disease; and,

WHEREAS, this includes exercising regularly, eating healthy meals and snacks, and taking care of themselves and their body; and,

WHEREAS, February of each year is nationally recognized as American Heart Month and "GO RED for Women" Awareness Month. During this month, it is important to give special emphasis to women's heart health; and,

WHEREAS, on February 1, 2013, the State of Illinois and the Illinois Department of Public Health will be joining various heart health organizations across the country in encouraging people to wear red in support of the continued efforts to raise awareness of heart disease among women in Illinois; and,

*THEREFORE, I, Pat Quinn, Governor of the State of Illinois, do hereby proclaim the month of February 2013 as **WOMEN'S HEALTHY HEART MONTH** in Illinois, and urge all citizens, especially women, to familiarize themselves with the signs, symptoms and treatments for heart disease, as well as the steps they can take to maintain good heart health.*

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.



Done at the Capitol, in the City of Springfield,
this TWENTY-THIRD day of JANUARY, in
the Year of Our Lord two thousand and
THIRTEEN, and of the State of Illinois
the one hundred and NINETY-FIFTH

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SECRETARY OF STATE

Pat Quinn

GOVERNOR