



## *Proclamation*

**WHEREAS**, diseases of the heart are the nation's leading cause of death and heart disease is the number one killer of women, causing one in every four deaths among women; and

**WHEREAS**, women's risk of heart disease begins to increase between ages forty and sixty and research reveals that most women underestimate their personal risk; and

**WHEREAS**, Wear Red Day is a program which began in 2004 by the American Heart Association, when seventy leading experts in women's health sought to develop a national action plan to reduce the toll of heart disease on American women; and

**WHEREAS**, Wear Red Day is designed to get attention, to convey the seriousness of heart disease, and to change the perception that heart disease is only a man's issue; and

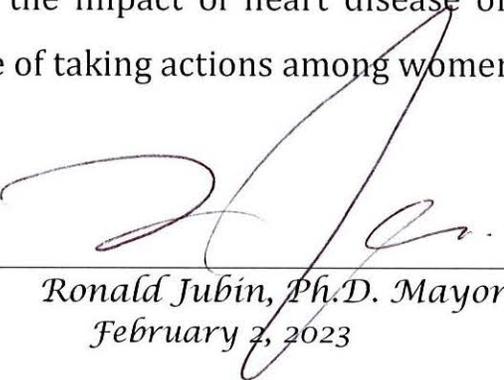
**WHEREAS**, since the first national "Wear Red Day" tremendous strides have been made in the fight against heart disease: 21% fewer women are dying from heart disease, 23% more women are aware that it is their number one health threat, and legislation has been passed to help end gender disparities; and

**WHEREAS**, the first Friday in February of each year has been designated Wear Red Day by The Heart Truth, which is the national campaign for

awareness of women's heart health sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, U.S. Department of Health and Human Services (DHHS); and

**WHEREAS**, the Borough of Watchung wishes to participate in this worthwhile program.

**NOW, THEREFORE, BE IT PROCLAIMED** that I, Ronald Jubin, Mayor of the Borough of Watchung, County of Somerset, do hereby declare Friday, February 3, 2023 as "**National Wear Red Day**" in the Borough of Watchung and encourage all residents to educate themselves about the risk factors of heart disease in women, the seriousness of the impact of heart disease on women and their families, and the importance of taking actions among women to protect their heart health.



---

*Ronald Jubin, Ph.D. Mayor*  
*February 3, 2023*