

HR72 INTRODUCED



1 HR72
2 HGNFX38-1
3 By Representatives DuBose, Shaver, Collins, Hulsey, Oliver,
4 Morris, Shaw, Myrex, Wilcox, Givens, Holk-Jones, Ross
5 RFD: Rules
6 First Read: 29-Jan-26



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4 HR_____ DECLARING FEBRUARY 6, 2026, WEAR RED DAY IN THE STATE
5 OF ALABAMA.
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7 WHEREAS, cardiovascular disease is the leading cause
8 of death among women in the United States, claiming the
9 lives of one in every three women each year and surpassing
10 all forms of cancer combined; and

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

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

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

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

28 WHEREAS, research shows that women are less likely to



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29 receive bystander CPR during a cardiac emergency, in part
30 due to fears and misconceptions that must be addressed
31 through community-wide education and awareness; and

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

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

43 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE
44 LEGISLATURE OF ALABAMA, That Friday, February 6, 2026, is
45 proclaimed Wear Red Day in the State of Alabama in
46 conjunction with National Wear Red Day, and this body
47 encourages all residents to learn the signs and symptoms of
48 heart disease and stroke in women; support prevention and
49 early detection; and join the effort to improve women's
50 cardiovascular health through awareness, education, and
51 action.