



OFFICE OF THE GOVERNOR

February 3, 2012

February 3 – Wear Red Day

In California, 40,000 women die each year from cardiovascular disease. Most women who die from heart disease have no warning signs or symptoms.

Heart disease can be prevented. Risk factors to be aware of include high blood pressure, high cholesterol, diabetes, smoking, overweight/obesity, and physical inactivity. Women can promote their own heart health and prevent disease and illness by regularly monitoring their blood pressure, taking medications as prescribed, quitting smoking, engaging in at least 30 minutes of physical activity every day, maintaining a healthful weight, and following a heart-healthy diet, including fruits and vegetables, low-fat dairy products, and low-sodium foods.

California celebrates the extraordinary progress in women's heart health and recognizes that women's health should remain a priority for families, communities, and government. The color red and the Red Dress symbol build awareness for women's heart disease and empower women to reduce their heart disease risk factors. I encourage all citizens to work together to promote and improve the heart health of all women and increase awareness and understanding of this disease.

Sincerely,


EDMUND G. BROWN JR.