

Coalition of Labor Union Women
15th Biennial Convention
Los Angeles, California
October 14-17, 2009

RESOLUTION NO. 2

Love Your Heart – Save Your Life

Too few people realize that heart disease is the #1 killer of American women.

Cardiovascular Disease is the nation's leading cause of death with direct and indirect costs estimated to be \$475.3 billion in 2009.

Cardiovascular Disease (CVD) stops the hearts of nearly 500,000 women in the United States each year – that's almost one woman every minute.

Nearly 2,400 Americans die of cardiovascular disease each day, an average of one death every 37 seconds.

An estimated 785,000 people in the U.S. will have a new coronary attack, an estimated 470,000 people nationwide will have a recurrent attack, and an additional 195,000 "silent" coronary attacks will go undiagnosed this year.

The research is clear that there are tools available to increase survival rates from cardiovascular disease.

Efforts of the American Heart Association encourage citizens to help save lives by calling 9-1-1 if symptoms occur, become trained in CPR, and encourage comprehensive automated external defibrillator (AED) programs in their communities.

The "**GO RED FOR WOMEN**" Campaign empowers women to love their heart by providing important life-saving information on healthy eating, exercise, lifestyles, and risk factor reduction.

THEREFORE BE IT RESOLVED:

National CLUW Convention delegates are urged to disseminate information about heart disease and advocate through vigilant on-going programs within their respective chapters, local unions and communities in order to help save the lives of family members, friends, colleagues;

The Coalition of Labor Union Women (CLUW) supports the American Heart Association's educational campaign by encouraging women to learn the warning signs of heart attack and stroke;

CLUW, in recognition of their commitment to stay heart healthy, shall recognize the month of February as **AMERICAN HEART MONTH** by wearing the red dress pin and commit to participating in the **Heart Disease campaigns** recognized as "**GO RED FOR WOMEN**" and "**National Wear Red Day**" on **Friday, February 5, 2010**.