

## 2013-J688

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim May 12-18, 2013 as Women's Health Week in the State of New York, in conjunction with National Women's Health Week

WHEREAS, Women's Health Week celebrates the extraordinary progress in women's health and recognizes that more needs to be done to safeguard the health of women for generations to come; and

WHEREAS, National Women's Health Week was initiated in May 2000 by a coalition of public and private organizations dedicated to raising awareness of women's health issues, with the focus on the importance of incorporating simple preventive and positive health behaviors into everyday life; it is now celebrated in the spring, beginning on Mother's Day; and

WHEREAS, National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health; and

WHEREAS, National Women's Health Week empowers women to make their health a top priority; it also encourages women to take steps to improve their physical and mental health and lower their risks of certain diseases; and

WHEREAS, The theme for the 2013 National Women's Health Week is "It's Your Time"; the aim of this observance is to bring together communities, businesses, government, health organizations, and other groups in an effort to promote women's health; and

WHEREAS, In addition, the eleventh annual National Women's Checkup Day will be held on Monday, May 13, 2013, during National Women's Health Week; and

WHEREAS, National Women's Checkup Day is dedicated to encouraging women to visit their health care professionals to receive or schedule checkups, and to promote regular checkups as vital to the early detection of diseases, illnesses, infections, and other conditions; and

WHEREAS, Many of the leading causes of death among women, such as heart disease, cancer, stroke, and diabetes, can be successfully prevented or treated if the warning signs are caught early enough; and

WHEREAS, Heart disease is the number one killer of American women; often thought of as a man's disease, more women die of heart disease each year than do men; and

WHEREAS, Diet affects the risk for having heart disease and poor blood circulation, which can lead to a heart attack or stroke; and

WHEREAS, To help prevent heart disease and stroke, the National Heart, Lung, and Blood Institute has developed three heart healthy eating plans: 1) A Heart Healthy Diet; 2) A Therapeutic Lifestyle Changes (TLC) Diet; and 3) The Dietary Approaches to Stop Hypertension (DASH); and

WHEREAS, Regular activity can help prevent unhealthy weight gain and also help with weight loss, when combined with lower calorie intake; it can also improve cardiorespiratory (heart, lungs, and blood vessels) and muscular fitness; for older adults, activity can improve mental function; and

WHEREAS, Cancer is the second leading cause of death of American women; lung cancer is the top cancer killer among American women, followed by breast cancer and colorectal cancer; and

WHEREAS, Breast cancer affects 1 in 8 women during their lives, and it is the second leading cancer killer of women in the United States, next to lung cancer; like other cancers, breast cancer often can be found early, when the chance of successful treatment is best; in fact, many women are even cured of the disease; and

WHEREAS, All women should get regular periodic testing for cancer and other diseases; and

WHEREAS, Stroke is the number three killer of American women; each year, 30,000 more women than men have strokes; and

WHEREAS, Diabetes is the fifth leading cause of death in women; an estimated 17 million Americans have diabetes, 8.1 million women, of which an estimated 6 million are undiagnosed; and

WHEREAS, Diabetes can be controlled by maintaining a healthy diet, exercising, and using FDA-approved medicines, insulin, and devices every day; and

WHEREAS, Good mental health is an important part of a woman's overall well-being; factors such as alcoholism, anxiety disorders, depression, eating disorders, bipolar disorder (manic depressive conditions) are all issues of concern for women; and

WHEREAS, Keeping women healthy and safe and promoting awareness of

women's health issues depend on partnerships with social, health and other services; and

WHEREAS, Women can promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social and spiritual health; and

WHEREAS, Women's health remains a priority for families, communities and government, and our commitment to keeping women healthy is stronger than ever; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim May 12-18, 2013 as Women's Health Week in the State of New York, in conjunction with National Women's Health Week; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.