

Good Morning,

During the month of February, we will spread awareness of American Heart Month. The first Friday of February is designated as National Wear Red Day so as to increase advocacy and to raise awareness for cardiovascular diseases as the prime cause of death among Americans, especially women. This campaign, Go Red for Women, has been striving to make all aware of cardiovascular conditions as the number 1 cause of death in women for 17 years. As more communities join this advocacy movement, more individuals become aware, and more lives are being saved.

“1 out of every 4 deaths in the United States is a result of cardiovascular disease. That’s a death every 37 seconds.” (Centers for Disease Control and Prevention, 2019). Each and every one of you plays a role in raising awareness for this national campaign by wearing red to show your support and even using hashtags such as “GoRedWearRed.” As a school, we can all help in advocating for this public health concern.

**On \*date\*, everyone will be allowed to wear an article of red clothing to advocate for Women’s Heart Health Day. Red snacks and signings will also be available during lunch as we strive to advocate. As a school, let us “Go Red” and post on social media to raise and spread awareness of heart disease and stroke in women across the nation.**

I have attached multiple resources, including videos, documents, and websites, at the bottom of this email. The resources include the impact of the Go Red for Women campaign as well as educational information to better understand heart diseases in America. I encourage you all to take a look at the following information regarding the number one cause of death in America. Understand the ways you can take part in heart month, understand how advocacy can significantly impact the spreading of awareness, and understand the importance of uniting on National Wear Red Day.

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/fact-sheets>

<https://i.pinimg.com/originals/15/b1/7e/15b17e60836830f961551a4a7acce26b.jpg>

<https://www.goredforwomen.org/en>

<https://youtu.be/kmfm5GA0Qlg>