

# City of Philadelphia



Council of the City of Philadelphia  
Office of the Chief Clerk  
Room 402, City Hall  
Philadelphia

(Resolution No. 110351)

## RESOLUTION

Proclaiming The Week of May 8<sup>th</sup> 2011 as “National Women’s Health Week.”

The City Council of Philadelphia designates The Week of May 8<sup>th</sup> 2011 as “National Women’s Health Week” in Philadelphia and encourages ALL women to take control of their health, learn the facts they need to make smart health choices and to make time for regular physical activity.

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, Women’s Health Week brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health; and

WHEREAS, The theme for 2011 is "It's Your Time."; and

WHEREAS, National Women's Health Week empowers women to make their health a top priority; and

WHEREAS, The goal of this event is to encourage women to take control of their health: to learn the facts they need to make smart health choices, and to make time for regular physical activity; and

WHEREAS, This unique national program — with participation by local organizations throughout the U.S. — focuses attention on the importance of regular physical activity and health awareness for women; and

WHEREAS, According to the American Heart Association (AHA), cardiovascular disease is the leading cause of death in women. The AHA also states that one in two

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women suffers from heart disease or stroke. The risk of heart disease, heart attack, and stroke can be reduced with regular physical activity of at least 30 minutes per day; and

WHEREAS, Instead of a coffee break at your desk, grab a co-worker and take a walk outside – “talk walk”; and

WHEREAS, To help promote healthy living, get physical, eat nutritious, visit a health care professional regularly, avoid risky behavior and don’t forget about your mental health, manage stress and get enough sleep.

NOW THEREFORE, BE IT RESOLVED, BY THE CITY COUNCIL OF PHILADELPHIA, That the Week of May 8<sup>th</sup> 2011 shall be proclaimed as “National Women’s Health Week” in Philadelphia and encourages ALL women to take control of their health, learn the facts they need to make smart health choices and to make time for regular physical activity.

FURTHER RESOLVED, That an Engrossed copy of this resolution be presented to Commissioner Donald Schwarz of the Philadelphia Health Department as further evidencing the sincere admiration and gratitude of this legislative body.

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CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the twelfth of May, 2011.

Anna C. Verna  
PRESIDENT OF THE COUNCIL

Michael A. Decker  
CHIEF CLERK OF THE COUNCIL

Introduced by: Councilmember Miller

Sponsored by: Councilmembers Miller, Jones, Sanchez, Kenney, Tasco, Greenlee, Goode, Council President Verna, Councilmembers Blackwell, Krajewski, Reynolds Brown, O'Neill, DiCicco, Green, Clarke and Rizzo