

# Commemorating National Women's Health Week

## Sample Proclamation\*

WHEREAS, National 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, women from all walks of life and at every stage of life have unique health needs that should be addressed promptly and with the best medical attention available; and

WHEREAS, the partnerships with social, health, and other related services help keep women healthy and safe by promoting awareness of women's health issues; and

WHEREAS, in (state), as well as nationwide, Heart Disease remains the leading cause of death for women, and something as simple as walking at least 30 minutes 6 days per week can reduce risk of dying from heart attack by 50%; and

WHEREAS, cancer is the second leading cause of death for women in Idaho and the nation, and by receiving regular mammograms and clinical breast exams we can save women's lives and provide early treatment against this horrible disease when it is detected; and

WHEREAS, women in Idaho can promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social, and spiritual health by not smoking, eating nutritious meals, being physically active and receiving regular medical checkups; and

WHEREAS, women's health remains a priority for families, communities, and government, and our commitment to keeping women in Idaho healthy is strong;

NOW, THEREFORE, I, \_\_\_\_\_, Governor of the State of \_\_\_\_\_, do hereby proclaim May (8th through 14th, 2005), to be NATIONAL WOMEN'S HEALTH WEEK in (state).

\*Proclamation excerpted from Women's Health Week in the state of Idaho 2005 and edited by the Women's Heart Foundation.