



# County Commissioners of Charles County

## PROCLAMATION 2026-09

### National Wear Red Day®

**WHEREAS**, Red Dress Sunday celebrates the extraordinary progress in women's heart health and recognize that more needs to be done in Charles County Maryland to safeguard women's health for generations to come.

**WHEREAS**, Heart disease is the #1 killer of American women.

**WHEREAS**, Many women do not know that heart disease is a woman's problem and they do not take it seriously.

**WHEREAS**, The risk factors for heart disease are smoking, high blood pressure, high cholesterol and high triglyceride levels, overweight/obesity, physical inactivity, metabolic syndrome, diabetes and pre-diabetes, a family history of early heart disease, age, history of preeclampsia.

**WHEREAS**, Women can take action to protect their heart health and prevent heart disease by taking steps to prevent and control the risk factors for the disease.

**WHEREAS**, Keeping women healthy and promoting awareness of women's health issues, including heart disease, is an important responsibility and depends on the actions of many organizations and groups in our community.

**WHEREAS**, Women's health remains a priority for families, communities, and government, and our commitment to keeping women healthy is stronger than ever.

**WHEREAS**, *The Heart Links*® program, its *Red Dress*® symbol, are building awareness of women's heart disease risk and empowering them to reduce their risk and prevent heart disease.

**WHEREAS**, Charles County Maryland women need to take action to make heart health a priority for themselves and their families, become aware of their risk for heart disease, and take action to their heart health.

**NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND**, do hereby proclaim February 2026 as **National Wear Red Day**® in Charles County, and encourage all citizens to work together to promote and improve the health of women and increase awareness and understanding of women and heart disease.

COUNTY COMMISSIONERS OF  
CHARLES COUNTY, MARYLAND

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Attest:

John Adelodun, Assistant Clerk to the Commissioners