

The Virgin Islands Consortium

34th Legislature, Dept. of Health Team Up for 'Go Red Day'

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The Office of Senate President Donna Frett-Gregory and the VI Department of Health on Friday coordinated activities for legislative employees in the St. Thomas/St. John and St. Croix districts to observe National Wear Red Day or Go Red for Women, according to a release the Legislature issued today.

Representatives from the Department of Health provided blood pressure screenings and educational presentations on effective blood pressure control methods to promote a healthy heart and lifestyle, said the Legislature.

According to the newly released 2021 Heart Disease and Stroke Data, 1 in 3 women suffer from cardiovascular disease complications approximately every 80 seconds—taking more lives than all forms of cancer combined. Studies also show an increase in cardiac events for women as early as ages 20 to 29. Awareness initiatives take place every year across the United States to educate the public.

“I’m proud to host our annual Go Red for Women event this year so our staff can get access to the health and wellness information they need to live healthy, happy lives,” said Senate President Frett-Gregory. “Heart disease is considered a silent killer for both genders, so we must continue to talk about it. Thank you to the Department of Health for volunteering their time to conduct blood pressure screenings and to educate us on the topic,” she added.

The Legislature continued with its GO RED day activities in the afternoon with a Heart Health virtual presentation by Kathleen Tuitt and concluded with a Heart Healthy Walk in both districts at 5:00 p.m., the release stated.