



January 29, 2005

TO: Distribution

FROM Director, Occupational Health
Office of the Chief Health and Medical Officer

SUBJECT: National Wear Red Day

On Friday, February 4, 2005, Americans nationwide will celebrate the second annual National Wear Red Day by wearing Red to show their support for women's heart disease awareness. *The Heart Truth* campaign, sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health in the U.S. Department of Health and Human Services, introduced the Red Dress as the national symbol for women and heart disease awareness in February 2003 to help spread the word that heart disease is the #1 killer of American women.

On National Wear Red Day, NASA is joining other Federal agencies across the country by encouraging all employees to wear red. By wearing red—whether it is a red dress, shirt, tie, or the Red Dress Pin—and encouraging your colleagues and friends to do the same, you will be sending a lifesaving message: “Heart Disease Doesn’t Care What You Wear—It’s the #1 Killer of Women.” Because of the importance of heart disease and other women’s health issues, individual Centers and the Office of the Chief Health and Medical Officer have planned other initiatives as well. Some of these initiatives will occur later this month and some will occur during Women’s Health Week in May.

More information can be found at www.hearttruth.gov to help you participate in the National Wear Red Day celebration.

“With the many risk factors for heart disease, our greatest risk is ignorance. So I encourage every one of you to go home, pull out your favorite red dress, and tell every woman you know that heart disease doesn’t care what you wear.”

—First Lady Laura Bush

A handwritten signature in blue ink that reads "Catherine M. Angotti".

Catherine M. Angotti, RD, LD