

By: Price

H.R. No. 1743

R E S O L U T I O N

1 WHEREAS, The month of February each year is American Heart
2 Month, when Americans are encouraged to adopt healthy lifestyles to
3 reduce their risk of heart disease and stroke; and

4 WHEREAS, The first Friday of the observance has been named
5 National Wear Red Day as part of the American Heart Association's Go
6 Red for Women initiative; and

7 WHEREAS, Cardiovascular disease claims the life of one in
8 four Americans, more than all forms of cancer and chronic lower
9 respiratory disease combined; coronary heart disease is the number
10 one cause of death across the nation, and stroke is the number four
11 cause of death in women and the number five cause of death in men;
12 and

13 WHEREAS, Due to the impact of the COVID-19 pandemic, focusing
14 public attention on heart health is even more important, as many
15 Americans have experienced the harmful effects of the virus on the
16 heart and vascular system; and

17 WHEREAS, The chance of developing cardiovascular disease
18 increases with age, and nearly half of American citizens have at
19 least one of the several key risk factors for heart disease, which
20 include obesity, physical inactivity, unrelieved stress, high
21 blood pressure, an unhealthy diet, high cholesterol, a history of
22 smoking, and diabetes; and

23 WHEREAS, Americans of every background can significantly
24 reduce these risks by making positive lifestyle changes, such as

1 taking part in regular aerobic exercise, quitting smoking, and
2 adopting a low-sodium, heart-healthy diet; routine medical
3 checkups are also an important part of managing the conditions that
4 can lead to heart disease; and

5 WHEREAS, American Heart Month represents a valuable
6 opportunity for all Americans to take an active role in their
7 personal well-being and to make a meaningful contribution to their
8 own health, the health of their loved ones, and the health and
9 prosperity of our nation; now, therefore, be it

10 RESOLVED, That the House of Representatives of the 87th Texas
11 Legislature hereby recognize February 2022 as American Heart Month
12 in Texas and encourage the public to learn more about heart health.