

R E S O L U T I O N

1 WHEREAS, In 2004, cardiovascular disease (CVD) claimed more
2 than 871,000 lives, approximately 36 percent of all deaths in the
3 United States; estimates for that same year indicate that 79.4
4 million Americans had one or more forms of CVD, such as high blood
5 pressure and coronary heart disease, or had suffered a
6 disease-related stroke; and

7 WHEREAS, In fact, coronary heart disease is the single
8 leading cause of death in the nation, responsible for more than
9 452,000 deaths in 2004; the American Heart Association estimates
10 that approximately 1.2 million Americans will suffer a new or
11 recurrent coronary attack this year alone; and

12 WHEREAS, Fortunately, relatively minor lifestyle changes can
13 significantly reduce a person's risk for CVD and related
14 conditions; brisk walking for 30 minutes a day can lower blood
15 pressure and bad cholesterol levels; moreover, research by the
16 Centers for Disease Control and Prevention indicates that moderate
17 physical activity can decrease direct medical costs considerably;
18 and

19 WHEREAS, The advantages of physical activity and a healthy
20 workforce directly benefit the nation's employers as well; studies
21 suggest that by promoting employees' health, employers can decrease
22 healthcare costs, increase productivity, and improve the longevity
23 of their experienced employees; and

24 WHEREAS, To help energize the nation and encourage all

1 Americans to improve their physical health, the American Heart
2 Association is launching its Start! Walking at Work campaign on
3 April 25, 2007, or Start! Walking at Work Day, and it is fitting
4 that all Texans demonstrate support for this important initiative;
5 now, therefore, be it

6 RESOLVED, That the House of Representatives of the 80th Texas
7 Legislature hereby express its support for Start! Walking at Work
8 Day, April 25, 2007, and urge all Texas citizens to commemorate this
9 day by walking at work.

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H.R. No. 1655

Speaker of the House

I certify that H.R. No. 1655 was adopted by the House on May 11, 2007, by a non-record vote.

Chief Clerk of the House