

By: Delisi

H.R. No. 1655

#### 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

H.R. No. 1655

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.