

**SENATE RESOLUTION NO. 766**

**WHEREAS**, The Senate of the State of Texas is pleased to join citizens across the country in recognizing May 10 through 16, 2009, as National Women's Health Week in Texas; and

**WHEREAS**, The 10th annual National Women's Health Week provides the opportunity to encourage women to take care of their health in order to prevent a variety of problems that can effect their quality of life; and

**WHEREAS**, National Women's Health Week is designed to inspire women to make health a top priority by taking simple steps for a longer, healthier, and happier life; and

**WHEREAS**, The steps for healthy living include engaging in regular physical activity, eating a nutritious diet, visiting a health care professional for regular checkups, avoiding risky behaviors, getting enough sleep, and learning to manage stress; and

**WHEREAS**, Chronic diseases, such as heart disease, cancer, and diabetes, are the leading causes of death and disability in the nation; many people living with chronic diseases suffer from major limitations in daily living; and

**WHEREAS**, Chronic diseases are among the most common and costly health problems, but survival rates are increasing, and many of these diseases are preventable by the adoption of healthy lifestyle practices; now, therefore, be it

**RESOLVED**, That the Senate of the State of Texas, 81st Legislature, hereby encourage all Texans to observe the week of May 10 through 16, 2009, as National Women's Health Week in Texas; and, be it further

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**RESOLVED**, That a copy of this Resolution be prepared in honor of National Women's Health Week.

Nelson, Davis, Huffman,  
Shapiro, Van de Putte,  
Zaffirini

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Member, Texas Senate

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Member, Texas Senate

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Member, Texas Senate

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Member, Texas Senate

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President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 29, 2009.

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Secretary of the Senate