

By: Gonzales of Hidalgo

H.R. No. 2167

R E S O L U T I O N

1           WHEREAS, In an effort to remind Americans about an essential  
2 component of health maintenance, April 2011 is being recognized as  
3 National Foot Health Awareness Month; and

4           WHEREAS, Three-quarters of all Americans eventually come to  
5 experience some type of foot pain, according to a study by the  
6 American Podiatric Medical Association; a 150-pound adult walking  
7 one mile can exert a force of 63.5 tons on each foot, and running  
8 puts 3 to 4 times more pressure on the feet; something as simple as  
9 an ingrown toenail, if neglected, can lead to more complicated  
10 problems, such as broken bones or pinched nerves; and

11           WHEREAS, People suffering from a bunion, hammer toes, or  
12 another foot problem should be sure that their shoes fit properly;  
13 women have four times as many foot problems as men because of shoes  
14 designed for fashion rather than comfort, and it is particularly  
15 vital that they shop for shoes later in the day, when feet have  
16 swollen to their maximum length and width; joggers should buy new  
17 running shoes approximately every 400 miles, and daily walkers need  
18 new shoes every six to nine months; and

19           WHEREAS, For those with diabetes, foot health care is  
20 especially important; diabetic nerve damage can impair feeling in  
21 feet so diabetic patients should never go barefoot and should  
22 examine their feet daily for blisters, cuts, and scratches; in  
23 addition, they should have a medical professional examine their  
24 feet regularly because a foot ulcer, if not properly treated, can

1 lead to amputation; and

2 WHEREAS, Early attention to foot problems can help prevent  
3 future pain and serious health issues, and foot pain should never be  
4 ignored; now, therefore, be it

5 RESOLVED, That the House of Representatives of the 82nd Texas  
6 Legislature hereby recognize April 2011 as National Foot Health  
7 Awareness Month and encourage all Texans to learn more about taking  
8 care of their feet.