

R E S O L U T I O N

1           WHEREAS, Across the nation, February 2018 has been set aside  
2 as American Heart Month to encourage Americans to take steps to  
3 improve their heart health and reduce their risk of cardiovascular  
4 disease; and

5           WHEREAS, The leading cause of death in the United States,  
6 cardiovascular disease takes the life of one in every four men and  
7 women; nearly half of Americans have at least one of its risk  
8 factors, which include high blood pressure, obesity, physical  
9 inactivity, and an unhealthy diet, and the chance of developing  
10 cardiovascular disease increases with age; and

11           WHEREAS, Men and women of all ages can reduce their risk for  
12 heart disease by making positive lifestyle changes, such as  
13 quitting smoking, adding exercise to their daily routine, and  
14 adopting a low-sodium, heart-healthy diet; it is also important  
15 that individuals receive regular medical checkups to manage  
16 conditions that may contribute to heart disease; and

17           WHEREAS, Taking an active role in protecting heart health can  
18 make a lifesaving difference for millions of Americans, and by  
19 spreading a message of prevention, those observing American Heart  
20 Month are making a meaningful contribution; now, therefore, be it

H.R. No. 2683

1           RESOLVED, That the House of Representatives of the 85th Texas  
2 Legislature hereby recognize February 2018 as American Heart Month  
3 in Texas and encourage residents to do their part in preventing  
4 heart disease.

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H.R. No. 2683

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Speaker of the House

I certify that H.R. No. 2683 was adopted by the House on May 29, 2017, by a non-record vote.

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Chief Clerk of the House