86R2520 JGH-D

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R E S O L U T I O N

WHEREAS, Across the nation, February 2020 has been set aside as American Heart Month to encourage Americans to take steps to improve their heart health and reduce their risk of cardiovascular disease; and

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

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

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

RESOLVED, That the House of Representatives of the 86th Texas Legislature hereby recognize February 2020 as American Heart Month in Texas and encourage residents to do their part in preventing heart disease.