

By: Price

H.R. No. 2140

R E S O L U T I O N

1 WHEREAS, Across the nation, February 2020 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

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