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R E S O L U T I O N

WHEREAS, The month of February each year is American Heart Month, when Americans are encouraged to adopt healthy lifestyles to reduce their risk of heart disease and stroke; and

WHEREAS, The first Friday of the observance has been named National Wear Red Day as part of the American Heart Association's Go Red for Women initiative; and

WHEREAS, Cardiovascular disease claims the life of one in four Americans, more than all forms of cancer and chronic lower respiratory disease combined; coronary heart disease is the number one cause of death across the nation, and stroke is the number four cause of death in women and the number five cause of death in men; and

WHEREAS, Due to the impact of the COVID-19 pandemic, focusing public attention on heart health is even more important, as many Americans have experienced the harmful effects of the virus on the heart and vascular system; and

WHEREAS, The chance of developing cardiovascular disease increases with age, and nearly half of American citizens have at least one of the several key risk factors for heart disease, which include obesity, physical inactivity, unrelieved stress, high blood pressure, an unhealthy diet, high cholesterol, a history of smoking, and diabetes; and

WHEREAS, Americans of every background can significantly reduce these risks by making positive lifestyle changes, such as taking part in regular aerobic exercise, quitting smoking, and adopting a low-sodium, heart-healthy diet; routine medical checkups are also an important part of managing the conditions that can lead to heart disease; and

WHEREAS, American Heart Month represents a valuable opportunity for all Americans to take an active role in their personal well-being and to make a meaningful contribution to their own health, the health of their loved ones, and the health and prosperity of our nation; now, therefore, be it

RESOLVED, That the House of Representatives of the 87th Texas Legislature hereby recognize February 2022 as American Heart Month in Texas and encourage the public to learn more about heart health.