

By: Lalani

H.R. No. 148

R E S O L U T I O N

1 WHEREAS, February is American Heart Month, and on February
2 20, 2025, the American Heart Association is hosting the Texas
3 Advocacy Day rally at the State Capitol in Austin to raise awareness
4 of heart disease and urge all Texans to learn more about cardiac
5 emergency response; and

6 WHEREAS, Cardiovascular disease is the leading cause of death
7 and disability in the world; the chance of developing heart disease
8 increases with age, and nearly half of Americans have at least one
9 of the several key risk factors, which include obesity, physical
10 inactivity, unrelieved stress, high blood pressure, an unhealthy
11 diet, high cholesterol, a history of smoking, and diabetes; and

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

18 WHEREAS, Each year in the U.S., more than 350,000 people
19 experience cardiac arrest outside of a hospital, with approximately
20 70 percent of these occurrences happening at home; cardiopulmonary
21 resuscitation, especially if performed immediately, can double or
22 triple a person's chance of survival, yet only about 46 percent of
23 individuals who have gone into cardiac arrest were administered CPR
24 while waiting for emergency responders; and

1 WHEREAS, CPR education and the accessibility of automated
2 external defibrillators are crucial components of helping during
3 cardiac emergencies; by 2030, the American Heart Association hopes
4 to have doubled the survival rate from cardiac arrest by teaching
5 bystanders how to become lifesavers; and

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

11 RESOLVED, That the House of Representatives of the 89th Texas
12 Legislature hereby recognize February 2025 as American Heart Month
13 in Texas and encourage the public to learn more about heart health
14 and how to respond in a cardiac emergency.