A RESOLUTION

Recognizing May 2009 as "National High Blood Pressure Education Month" in Pennsylvania.

WHEREAS, Blood pressure is the force of blood against the walls of arteries and when that force stays too high, it becomes the life-threatening condition of high blood pressure, also called hypertension; and

WHEREAS, Hypertension makes the heart work too hard, hardens the walls of arteries and can cause the brain to hemorrhage or the kidneys to function poorly or not at all; and

WHEREAS, More than 72 million American adults, or one in three people, have high blood pressure; and

WHEREAS, Nearly 60 million Americans are over 55 years of age, which means they have a 90% likelihood of developing high blood pressure in their lifetimes; and

WHEREAS, African Americans are more likely to develop high blood pressure than any other racial or ethnic group and tend to develop it earlier and more severely than others; and
WHEREAS, Twenty million Americans have diabetes, which increases their chances of developing high blood pressure; and

WHEREAS, There are 142 million overweight or obese Americans who face increased chances of developing high blood pressure; and

WHEREAS, The factors for increasing the risk of high blood pressure are: being overweight or obese, being physically inactive, high salt and sodium intake, low potassium intake due to not eating enough fruits and vegetables, excessive alcohol consumption and diabetes; and

WHEREAS, High blood pressure can lead to numerous other life-threatening conditions, including heart disease, stroke and kidney failure, which are the first, third and ninth causes of death in the United States; and

WHEREAS, High blood pressure can be prevented by adopting a healthy lifestyle that includes, but is not limited to, maintaining a healthy weight, exercising regularly, limiting alcohol intake and reducing stress; therefore be it

RESOLVED, That the Senate recognize May 2009 as "National High Blood Pressure Education Month" in Pennsylvania in an effort to bring awareness to this life-threatening condition and educate the citizens of this Commonwealth on healthy ways to reduce the risk of high blood pressure and return high blood pressure to a normal level.