
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 112 Session of
2009

INTRODUCED BY HUGHES, TARTAGLIONE, MELLOW, STACK, PILEGGI,
WASHINGTON, FONTANA, DINNIMAN, WILLIAMS, KASUNIC, RAFFERTY,
BAKER, GREENLEAF AND FERLO, MAY 4, 2009

INTRODUCED AND ADOPTED, MAY 4, 2009

A RESOLUTION

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

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

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

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

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

15 WHEREAS, African Americans are more likely to develop high
16 blood pressure than any other racial or ethnic group and tend to
17 develop it earlier and more severely than others; and

1 WHEREAS, Twenty million Americans have diabetes, which
2 increases their chances of developing high blood pressure; and

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

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

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

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

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