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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 1091 Session of  
2020

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INTRODUCED BY DONATUCCI, NOVEMBER 18, 2020

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
NOVEMBER 18, 2020

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A RESOLUTION

1 Recognizing the week of May 10 through 16, 2020, as "National  
2 Women's Health Week" in Pennsylvania.

3 WHEREAS, "National Women's Health Week" is a national effort  
4 by an alliance of government organizations to raise awareness  
5 about manageable steps women can take to improve their health;  
6 and

7 WHEREAS, "National Women's Health Week" begins on Mother's  
8 Day each year and serves as a reminder for women to make their  
9 health a priority and build positive health habits for life; and

10 WHEREAS, The Office for Women's Health in the Department of  
11 Health and Human Services leads "National Women's Health Week"  
12 to encourage all women to be as healthy as possible; and

13 WHEREAS, "National Women's Health Week" promotes activities  
14 such as visiting health care providers for regular checkups,  
15 preventive screenings and receiving recommended vaccines; and

16 WHEREAS, "National Women's Health Week" additionally promotes  
17 the maintenance of an active lifestyle, healthy eating habits  
18 and recognition of mental health concerns, including sleep

1 deprivation, stress management and safe behaviors such as  
2 quitting smoking, not texting while driving, wearing a seat belt  
3 and protection from sexually transmitted infections; and

4 WHEREAS, Regular physical activity is important to improving  
5 overall health and has many benefits, including lowering the  
6 risk of heart disease, the leading cause of death for women in  
7 the United States; and

8 WHEREAS, The Department of Health and Human Services' Office  
9 for Women's Health recommends that women take the time to  
10 reflect on their personal health goals in order to become the  
11 healthiest version of themselves; and

12 WHEREAS, Further, the Office for Women's Health in the  
13 Department of Health and Human Services invites each woman to  
14 share what steps they take for maintaining good health at every  
15 age; and

16 WHEREAS, To further celebrate "National Women's Health Week,"  
17 women across the country organize events and activities in their  
18 local communities to promote healthy eating and physical  
19 activity habits and help close family and friends with their own  
20 personal health journeys; and

21 WHEREAS, "National Women's Health Week" is an opportunity to  
22 recognize the extraordinary progress in women's health and  
23 refocus the Commonwealth's commitment to a healthy future for  
24 all women and girls; therefore be it

25 RESOLVED, That the House of Representatives recognize the  
26 week of May 10 through 16, 2020, as "National Women's Health  
27 Week" in Pennsylvania.