

## SENATE JOINT RESOLUTION NO. 74

*Designating February 14, in 2002 and each succeeding year, as Healthy Heart Day in Virginia.*

Agreed to by the Senate, January 25, 2002  
Agreed to by the House of Delegates, March 5, 2002

WHEREAS, heart disease is the number one cause of death in the United States, and more than one in four Virginians suffer from some form of cardiovascular disease; and

WHEREAS, according to the Surgeon General of the United States and the American Heart Association, physical inactivity is a clear risk factor for the development of heart disease; and

WHEREAS, the American Heart Association recommends that Americans follow the "ABCs for Good Health": Aim for fitness, Build a healthy base, and Choose sensibly; and

WHEREAS, heart disease is the number one killer of Virginians and is a major cause of disability; and

WHEREAS, nationwide, the numbers are equally disturbing—each year, about 1.1 million Americans suffer a heart attack, with about 460,000 of those heart attacks resulting in death; and

WHEREAS, the majority of Americans are unaware of their risk factors for a heart attack, nor are they aware of its warning signs; and

WHEREAS, the warning signs of a heart attack include pain or discomfort in the center of the chest; discomfort in one or both arms, back, neck, jaw, or stomach; shortness of breath; and other signs that include a cold sweat, nausea, and light-headedness; and

WHEREAS, thanks to advances in life-saving research for the treatment of heart attack, such as clot-busting drugs and other artery-opening therapies like angioplasty and with increased access of lay persons to automated external defibrillators, devices that can provide a life-saving electric shock to stop cardiac arrest, these numbers are now changing; and

WHEREAS, these noteworthy achievements have advanced the fight against disability and death caused by cardiovascular disease; and

WHEREAS, another threat is sudden cardiac arrest, where the heart stops beating effectively—such cardiac arrests account for about half of all heart attack deaths, and most of these deaths occur outside of hospitals; and

WHEREAS, Lisa Melton of Pearisburg, Miss Apple Blossom Festival 2001, has proposed a Healthy Heart Day in Virginia during Heart Awareness Month in February; and

WHEREAS, Lisa Melton's proposal, as a reminder to Virginians of the importance of physical activity and a sensible diet, is a positive step in the ongoing battle against heart disease in the Commonwealth; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly hereby designate February 14, in 2002 and in each succeeding year, as Healthy Heart Day in Virginia; and, be it

RESOLVED FURTHER, That the General Assembly commend Lisa Melton for her public-spirited campaign on behalf of healthier Virginians; and, be it

RESOLVED FINALLY, That the General Assembly urge Virginians to observe Healthy Heart Day by re-evaluating lifestyle choices; choosing to accumulate 30 minutes of moderately intense physical activity a day, three or four times a week; and choosing to follow the Food Guide Pyramid and other, similar dietary guidelines.

ENROLLED

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