

SENATE RESOLUTION No. 1836

A RESOLUTION concerning heart disease and Health Day at the Capitol.

WHEREAS, Heart disease and stroke claim more lives in America each year than any other chronic disease, and approximately 33.4% of Kansan deaths annually are from heart disease and stroke; and

WHEREAS, The American Heart Association is trying to raise awareness of this fact to save lives and for citizens of Kansas to be able to live a strong, longer life; and

WHEREAS, The most common risk factors for developing heart disease or stroke are high blood pressure, tobacco smoke, high cholesterol, physical inactivity, obesity and diabetes; and

WHEREAS, Cholesterol is an important part of a healthy body because it is used to form cell membranes, some hormones, and is needed for other functions, but too much of it in your blood can be a problem; and

WHEREAS, High cholesterol has no symptoms. It is easy to have high cholesterol and not know it. It is important to have it measured by a cholesterol test; and

WHEREAS, The American Heart Association endorses the Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol and recommends that everyone age 20 and older have a fasting “lipoprotein profile” every five years; and

WHEREAS, This test gives information about total cholesterol, low-density lipoprotein (LDL) or “bad” cholesterol, high-density lipoprotein (HDL) or “good” cholesterol, and triglycerides (blood fats); and

WHEREAS, The desirable total cholesterol level is less than 200 mg/dL. It is important for everyone, Know Your Numbers—Lower is Better; and

WHEREAS, To lower high cholesterol have your blood cholesterol checked regularly, don’t smoke, make healthy food choices, be physically active, and when appropriate, medication; and

WHEREAS, To manage cholesterol is to Know Your Numbers—Lower is Better, and track progress; and

WHEREAS, Friday, March 31, 2006, is Health Day at the Capitol, and the American Heart Association is participating in the event sponsored by the Kansas Public Health Association: Now, therefore,

*Be it resolved by the Senate of the State of Kansas:* That the body recognizes the importance of cholesterol management which is imperative to reduce the incidence of coronary heart disease and stroke—the largest killers of Americans, and we encourage all citizens to have their cholesterol tested; and

*Be it further resolved:* That the Secretary of the Senate provide five enrolled copies of this resolution to Senator Vicki Schmidt.

Senate Resolution No. 1836 was sponsored by Senator Vicki Schmidt.

I hereby certify that the above RESOLUTION originated in the SENATE, and was adopted by that body

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*President of the Senate.*

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*Secretary of the Senate.*