

# Representative Ronald Gillham

## Alaska State Legislature

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### Sponsor Statement

HCR 10: American Heart Month

HCR 10 is a resolution naming February 2022 American Heart Month. By introducing a resolution rather than a bill naming the month permanently, we can shine light on the importance of heart health by bringing it before the legislature each year.

The number one cause of death for most groups in the United States is heart disease, and accounts for one out of every three deaths nationwide. It affects all genders and ethnicities, and is the costliest disease in the nation. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Perhaps not surprisingly, genetics plays a large role in cardiovascular disease.

Each year the American Heart Association encourages local governments, states, and the federal government to join in the effort of public awareness of heart health. I ask the support of my colleagues in affirming Alaska's participation in declaring February American Heart Month.

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