



**RESOLUTION IN SUPPORT OF NLGA’S  
“YOUR HEART IS IN YOUR HANDS”  
CARDIOVASCULAR AWARENESS CAMPAIGN**

WHEREAS, heart disease is the leading cause of death in the United States and is a major cause of disability; and

WHEREAS, about every 25 seconds, an American will have a coronary event, and about one person every minute will die from one according to the Centers for Disease Control; and

WHEREAS, conditions such as high cholesterol, high blood pressure, diabetes, obesity and smoking can lead to heart disease; and

WHEREAS, the Centers for Disease Control reports that 45 percent of adults have diagnosed or undiagnosed high blood pressure, high cholesterol, or diabetes; and

WHEREAS, each year, one particular condition – atherosclerosis, the progressive buildup of plaque in the inner walls of the arteries – is linked to nearly 25% of all deaths in the US; and

WHEREAS, for many atherosclerosis is a silent disease, with no visible signs or symptoms until it suddenly leads to a heart attack or stroke; and

WHEREAS, NLGA has successfully been improving the lives of the many constituents of the states through its **“Your Heart is in Your Hands”** program; and

WHEREAS, a dietician wrote the program made her truly realize what she asks patients to do since she herself missed the goal in healthy food choices, and members of five state senior citizen groups in one state received complimentary lipid panels and screenings and a ½-day of heart education, including on atherosclerosis; and

WHEREAS, the NLGA **“Your Heart is in Your Hands”** program includes educational handouts and a complimentary online nutrition and fitness educator, challenge, and tracker; and

WHEREAS, over 11,000 people have signed up for the complimentary online nutrition and fitness program; and

WHEREAS, participants in the “**Your Heart is in Your Hands**” program have logged almost 170,000 hours of physical activity and consumed over 500,000 healthy food choices since the program was started; and

WHEREAS, constituents and various groups, including schools and businesses, are currently engaged in the program; and

THEREFORE BE IT RESOLVED, that the National Lieutenant Governors Association (NLGA) will continue its “**Your Heart is in Your Hands**” program to promote cardiovascular awareness and support healthy lifestyles; and,

BE IT FINALLY RESOLVED, NLGA will support this effort by assisting lieutenant governors in engaging constituents through the cardiovascular awareness campaign “**Your Heart is in Your Hands**” and making it available to any lieutenant governor who elects to participate.

As introduced this 8th day of February, 2011.

Sponsored by: Lt. Governor Bill Bolling, Virginia

Co-Sponsor: Lt. Governor Anthony Brown, Maryland  
Secretary of State Kenneth McClintock, Puerto Rico  
Lt. Governor Gregory Francis, Virgin Islands  
Lt. Governor Matt Michels, South Dakota  
Lt. Governor Mark Darr, Arkansas  
Lt. Governor Nancy Wyman, Connecticut  
Lt. Governor Brian Schatz, Hawaii  
Lt. Governor Mead Treadwell, Alaska  
Lt. Governor Greg Bell, Utah  
Lt. Governor Brad Little, Idaho