## GENERAL ASSEMBLY OF NORTH CAROLINA SESSION 2011

Simple Resolution Adopted

## HOUSE RESOLUTION 670 Adopted 5/17/11

	Sponsors:	Representatives Carney, Owens, Rapp, and Justice (Primary Sponsors). For a complete list of Sponsors, see Bill Information on the NCGA Web Site.	
	Referred to:	Rules, Calendar, and Operations of the House.	
	April 7, 2011		
1	A HOUSE	RESOLUTION CREATING AWARENESS ABOUT THE BENEFITS OF	
2	ELIMINATING EXCESSIVE DIETARY SODIUM INTAKE AND RELATED		
3	SUPPOR	SUPPORTING MEASURES AIMED AT DECREASING HEART DISEASE AND	
4	STROKE.		
5	Whereas, one in three American adults has high blood pressure and an estimated		
б	99% of middle-aged adults will develop high blood pressure in their lifetime; and		
7	Whereas, high blood pressure, also known as hypertension, is a major and		
8	modifiable risk factor for heart disease and stroke; and		
9	Whereas, heart disease and stroke are the second and third leading causes of death		
0	in North Carolina; and		
1	Whereas, in 2009, 31.5% of all North Carolina adults had been told by a health care		
2	provider that they had high blood pressure; and		
3	Whereas, a high amount of sodium in the diet has been linked to high blood pressure		
4	and may also have other harmful effects on health, including increased risk for stroke, heart		
5	failure, osteoporosis, stomach cancer, and kidney disease; and		
6	Whereas, the 2010 U.S. Dietary Guidelines for Americans recommends consuming		
7 8	less than 2,300 milligrams of dietary sodium per day and further reducing intake to 1,500 milligrams among persons who are 51 and older and those of any age who are		
o 9	African-American or have hypertension, diabetes, or chronic kidney disease; and		
9		Thereas, Americans age 20 and older consume an average of 3,466 milligrams of	
1		ay, which is about 51% above the recommended level and far exceeds the amount	
2	-	bod health; and	
3	•	Thereas, the American Heart Association and others in the public health	
4		trongly recommend a more aggressive standard of less than 1,500 milligrams per	
5	•	y sodium intake for all Americans; and	
6	•	Thereas, the American Heart Association advocates for a stepwise reduction of	
7		American diet to 1,500 milligrams per day by the year 2020; and	
8		hereas, it is estimated that if the population of the United States moved to an	
9		e of 1,500 milligrams of sodium per day there would be a 25.6% overall decrease	
)	in high blood	pressure and \$26.2 billion in health care savings; and	
l	W	hereas, the Stroke Advisory Council of the Justus-Warren Heart Disease and	
2	Stroke Preve	ention Task Force has developed recommendations to support initiatives that	
3		ic awareness of stroke risk factors such as high blood pressure; assist individuals	
1		g their own risks; and move them to action to build healthier lifestyles, including	
5	raducing avo	assive sodium consumptions and	

35 reducing excessive sodium consumption; and



## **General Assembly of North Carolina**

1 Whereas, the State's heart disease and stroke prevention program is planning to 2 expand efforts to support consumers in making behavior changes to reduce sodium intake in a 3 manner consistent with the 2010 dietary guidelines for Americans; Now, therefore,

Be it resolved by the House of Representatives:

5 **SECTION 1.** The House of Representatives supports measures aimed at decreasing 6 heart disease and stroke in North Carolina and encourages the State's citizens to reduce the

7 sodium in their diets.8 SECTION

**SECTION 2.** This resolution is effective upon adoption.