

MAR 2 2006
Laid Over Under Rule 25

HOUSE RESOLUTION NO. 136

BY COMMITTEE ON HUMAN RESOURCES

(SUCCESSOR TO HSB 690)

A Resolution recognizing the month of May 2006 as Iowa Heart Health Month.

WHEREAS, cholesterol is an important part of a healthy body because it is used to form cell membranes and some hormones, and is needed for other functions; and

WHEREAS, a high level of cholesterol in the blood is a major risk factor for coronary heart disease, which can lead to a heart attack; and

WHEREAS, an expert panel on detection, evaluation and treatment of high blood cholesterol in adults recommends that everyone 20 years of age 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, there are no symptoms of high cholesterol and it can only be detected through a cholesterol test; and

WHEREAS, treatment goals have been recommended by the National Cholesterol Education Program (NCEP); and

WHEREAS, there are three main ways to fight high cholesterol or "get to goal": diet, exercise, and, when appropriate, medication; and

WHEREAS, the only way to manage cholesterol is to

HR 136

1 know the goals and track progress; NOW THEREFORE,
2 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES,
3 That the House of Representatives hereby recognizes
4 May 2006 as Iowa Heart Health Month and encourages its
5 citizens to have their cholesterol tested and to "get
6 to goal".

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HSB 690
HUMAN RESOURCES

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2 BY (PROPOSED COMMITTEE ON HUMAN RESOURCES RESOLUTION
3 BY CHAIRPERSON UPMEYER)
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