

119TH CONGRESS
2D SESSION

H. RES. 1043

Expressing support for the designation of February 2026 as “American Heart Month”.

IN THE HOUSE OF REPRESENTATIVES

FEBRUARY 9, 2026

Mrs. BEATTY (for herself and Mr. SMITH of New Jersey) submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Expressing support for the designation of February 2026 as “American Heart Month”.

Whereas cardiovascular disease affects men, women, and children of every age and race in the United States;

Whereas cardiovascular disease continues to be the leading cause of death in the United States, claiming the lives of over 940,000 individuals in the United States in 2022;

Whereas heart disease and stroke claimed more lives in 2022 in the United States than all forms of cancer and chronic lower respiratory disease combined;

Whereas, from 2019 to 2020, deaths from heart disease increased by 4.8 percent, the largest increase in heart disease deaths since 2012;

Whereas individuals in the United States have made great progress in reducing the death rate for cardiovascular disease, but this progress has been more modest with respect to the death rate for cardiovascular disease in communities of color;

Whereas cardiovascular disease (CVD) results in tremendous health care costs and lost productivity, and if not addressed, the United States alone will spend over \$1,000,000,000,000 by 2035 on costs relating to CVD;

Whereas CVD accounted for \$417,900,000,000 in health care expenditures and lost productivity between 2020 and 2021;

Whereas, approximately every 40 seconds, an American will have a heart attack;

Whereas, in 2022, stroke accounted for approximately 1 in every 20 deaths in the United States;

Whereas, in 2022, sudden cardiac arrest accounted for over 19,000 deaths;

Whereas cardiovascular diseases are the leading causes of maternal death among women in the United States, accounting for more than a quarter of pregnancy-related deaths between 2017 and 2019;

Whereas congenital heart defects are—

- (1) the most common types of birth defects in the United States; and
- (2) the leading killer of infants with birth defects;

Whereas extensive clinical and statistical studies have identified major and contributing factors that increase the risk of cardiovascular disease, including—

- (1) high blood pressure;
- (2) high blood cholesterol;

- (3) poor diet;
- (4) exposure to nicotine;
- (5) physical inactivity;
- (6) poor habitual sleep;
- (7) obesity; and
- (8) diabetes mellitus;

Whereas an individual can greatly reduce the risk of cardiovascular disease through lifestyle modification coupled with medical treatment when necessary;

Whereas greater awareness and early detection of risk factors for cardiovascular disease can improve and save the lives of thousands of individuals in the United States each year;

Whereas, under section 101(1) of title 36, United States Code, the President is requested to issue an annual proclamation designating February as “American Heart Month”;

Whereas the National Heart, Lung, and Blood Institute of the National Institutes of Health, the American Heart Association, and many other organizations celebrate National Wear Red Day during February by “going red” to increase awareness about cardiovascular disease as the leading killer of women; and

Whereas, every year since 1964, the President has issued a proclamation designating the month of February as “American Heart Month”: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

2 (1) expresses support for the designation of

3 “American Heart Month”;

1 (2) supports the goals and ideals of American
2 Heart Month;

3 (3) recognizes and reaffirms the commitment of
4 the United States to fighting cardiovascular dis-
5 ease—

6 (A) by promoting awareness about the
7 causes, risks, and prevention of cardiovascular
8 disease;

9 (B) by supporting research on cardio-
10 vascular disease; and

11 (C) by improving access to affordable,
12 quality care to reduce long-term disability and
13 mortality;

14 (4) commends the efforts of States, territories,
15 and possessions of the United States, localities, non-
16 profit organizations, businesses, and other entities,
17 and the people of the United States who support
18 American Heart Month; and

19 (5) encourages every individual in the United
20 States to learn about their risk for cardiovascular
21 disease.

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