**A** **HOUSE RESOLUTION**

TO BRING TO THE ATTENTION OF THE PUBLIC THE POTENTIAL HARM OF SALT TO ONE’S HEALTH, PRIMARILY CONTRIBUTING TO HYPERTENSION, HEART DISEASE, AND STROKE, AND TO URGE ALL SOUTH CAROLINIANS TO REDUCE THEIR DAILY INTAKE OF SALT TO IMPROVE THEIR HEART HEALTH.

Whereas, about 1 in 3 adults in the United States, about 68 million people, have hypertension, high blood pressure; and South Carolina ranked 7th in the country for the percentage of the adult population with hypertension in 2011, 36.4% of adults had been told by a health care professional that they had high blood pressure; and

Whereas, 69 percent of people who have had their first heart attack, 77 percent of people who have had their first stroke, and 74 percent of people with chronic heart failure have high hypertension; and

Whereas, heart disease and stroke are 2 of the 4 leading causes of death in South Carolina; and

Whereas, consuming excessive amounts of sodium is strongly associated with hypertension, which is linked to an increased risk of heart disease and stroke; and

Whereas, the Behavioral Risk Factor Surveillance System data shows that in 2011, four out of five South Carolina adult residents did not know the recommended guidelines for sodium consumption; and

Whereas, on average, Americans consume 3,436 mg of sodium daily and health experts believe that lowering the consumption amount to no more than 1,500 mg is an effective way to prevent or lower hypertension; and

Whereas, the American Heart Association recommends limiting sodium intake to less than 1,500 mg daily for all Americans, regardless of age and risk factors, in order to improve individual heart health and reduce risk of cardiovascular disease and stroke; and

Whereas, if Americans reduce their average sodium consumption by more than half, to about 1,500 mg per day, it is estimated that there would be an almost 26 percent decrease in hypertension and there would be a savings of more than $26 billion nationally in health care costs. Now, therefore,

Be it resolved by the House of Representatives:

That the members of the South Carolina House of Representatives, by this resolution bring to the attention of the public the potential harm of salt to one’s health, primarily contributing to hypertension, heart disease, and stroke, and to urge all South Carolinians to reduce their daily intake of salt to improve their heart health.

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