

**GENERAL ASSEMBLY OF NORTH CAROLINA  
SESSION 2011**

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**HOUSE RESOLUTION DRHR11150-LG-70 (02/28)**

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Sponsors: Representatives Carney, Owens, and Rapp (Primary Sponsors).

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Referred to:

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1 A HOUSE RESOLUTION CREATING AWARENESS ABOUT THE BENEFITS OF  
2 ELIMINATING EXCESSIVE DIETARY SODIUM INTAKE AND RELATED  
3 SUPPORTING MEASURES AIMED AT DECREASING HEART DISEASE AND  
4 STROKE.

5 Whereas, one in three American adults has high blood pressure and an estimated  
6 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  
10 in North Carolina; and

11 Whereas, in 2009, 31.5% of all North Carolina adults had been told by a health care  
12 provider that they had high blood pressure; and

13 Whereas, a high amount of sodium in the diet has been linked to high blood pressure  
14 and may also have other harmful effects on health, including increased risk for stroke, heart  
15 failure, osteoporosis, stomach cancer, and kidney disease; and

16 Whereas, the 2010 U.S. Dietary Guidelines for Americans recommends consuming  
17 less than 2,300 milligrams of dietary sodium per day and further reducing intake to 1,500  
18 milligrams among persons who are 51 and older and those of any age who are  
19 African-American or have hypertension, diabetes, or chronic kidney disease; and

20 Whereas, Americans age 20 and older consume an average of 3,466 milligrams of  
21 sodium per day, which is about 51% above the recommended level and far exceeds the amount  
22 needed for good health; and

23 Whereas, the American Heart Association and others in the public health  
24 community strongly recommend a more aggressive standard of less than 1,500 milligrams per  
25 day of dietary sodium intake for all Americans; and

26 Whereas, the American Heart Association advocates for a stepwise reduction of  
27 sodium in the American diet to 1,500 milligrams per day by the year 2020; and

28 Whereas, it is estimated that if the population of the United States moved to an  
29 average intake of 1,500 milligrams of sodium per day there would be a 25.6% overall decrease  
30 in high blood pressure and \$26.2 billion in health care savings; and

31 Whereas, the Stroke Advisory Council of the Justus-Warren Heart Disease and  
32 Stroke Prevention Task Force has developed recommendations to support initiatives that  
33 advance public awareness of stroke risk factors such as high blood pressure; assist individuals  
34 in identifying their own risks; and move them to action to build healthier lifestyles, including  
35 reducing excessive sodium consumption; and



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,

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