



SR0465

LRB101 12691 ALS 61363 r

1

SENATE RESOLUTION

2

WHEREAS, Heart disease is the leading cause of death for both men and women; according to the Centers for Disease Control and Prevention, one in every four deaths each year is due to heart disease; and

3

4

5

6

WHEREAS, Risk factors for heart disease include diabetes, high blood pressure, excess body fat, high LDL cholesterol, and smoking; and

7

8

9

WHEREAS, According to National Vital Statistics Data, South Asian American communities in the United States have four times the risk of heart disease than the general population and a much greater chance of having a heart attack before age 50; and

10

11

12

13

14

WHEREAS, In addition, diabetes is one of the most serious driving forces for heart disease; South Asian Americans in the United States have among the highest rates of Type 2 diabetes in the nation; and

15

16

17

18

WHEREAS, The Mediators of Atherosclerosis in South Asians Living in America (MASALA) multi-ethnic study showed a 26 percent prevalence of diabetes among South Asian Americans, compared to six percent among Caucasians, 18 percent among

19

20

21

1 African Americans, 17 percent among Latinos, and 13 percent
2 among Chinese -Americans; and

3 WHEREAS, In spite of a diet consisting of lentils,
4 vegetables, grains, and spices, the suboptimal nutritional
5 elements of refined carbohydrates, refined fats, salt, and
6 sugar negate any nutritional advantage gained through a
7 traditional South Asian diet; and

8 WHEREAS, Early intervention and treatment through
9 awareness campaigns, nutritional education, and instruction on
10 physical activity can greatly reduce the burden of diabetes,
11 the risk of heart disease, decreased quality of life, and
12 untimely death; and

13 WHEREAS, Successful efforts to prevent and combat heart
14 disease in the South Asian American population of the United
15 States can serve as a model for the general population;
16 therefore, be it

17 RESOLVED, BY THE SENATE OF THE ONE HUNDRED FIRST GENERAL
18 ASSEMBLY OF THE STATE OF ILLINOIS, that in an effort to reduce
19 the high risk for cardiovascular disease, diabetes, and stroke
20 for the South Asian American community in our State, we declare
21 May 31, 2019 as South Asian American Health Awareness Day.