

119TH CONGRESS
2^D SESSION

S. RES. _____

Designating February 2026 as “American Heart Month”.

IN THE SENATE OF THE UNITED STATES

Mr. DURBIN (for himself and Mr. CRAPO) submitted the following resolution;
which was referred to the Committee on _____

RESOLUTION

Designating February 2026 as “American Heart Month”.

Whereas cardiovascular disease (referred to in this preamble as “CVD”) affects men, women, and children of every age and race in the United States;

Whereas CVD continues to be the leading cause of death in the United States, claiming the lives of over 919,000 individuals in the United States in 2023;

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 the United States has made great progress in reducing the death rate for CVD, but this progress has been

more modest with respect to the death rate for CVD among certain racial and ethnic minority populations;

Whereas CVD results in tremendous health care costs and lost productivity, and it is estimated that the United States will spend over \$1,000,000,000,000 by 2035 on costs relating to CVD;

Whereas, between 2020 and 2021, heart disease accounted for \$417,000,000,000 in health care expenditures and lost productivity in the United States;

Whereas approximately every 40 seconds an individual in the United States 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 in the United States;

Whereas heart valve disease accounts for approximately 28,000 deaths in the United States every year;

Whereas CVDs are a leading cause of maternal death among women in the United States, accounting for more than 1 in 10 pregnancy-related deaths in 2021;

Whereas congenital heart defects are—

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

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

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

- (3) poor diet;
- (4) tobacco use and exposure to nicotine;
- (5) physical inactivity;
- (6) insufficient or poor-quality sleep;
- (7) obesity; and
- (8) diabetes mellitus;

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

Whereas greater awareness and early detection of risk factors for CVD 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 CVD as the leading cause of death for 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 Senate—

2 (1) designates February 2026 as “American
3 Heart Month”;

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

1 (3) recognizes and reaffirms the commitment of
2 the United States to fighting cardiovascular disease
3 (referred to in this resolution as “CVD”) by—

4 (A) promoting awareness about the causes,
5 risks, and prevention of CVD;

6 (B) supporting research on CVD; and

7 (C) improving access to affordable, quality
8 care to reduce long-term disability and mor-
9 tality;

10 (4) recognizes and supports efforts to address
11 the long-term implications of the COVID–19 pan-
12 demic, including its influence on cardiovascular
13 health and mortality rates;

14 (5) 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 (6) encourages every individual in the United
20 States to learn about their risk for CVD.