

**BY:** Senator RIVERA

**MEMORIALIZING** Governor Andrew M. Cuomo to proclaim  
May 17, 2021, as Hypertension Day in the State of  
New York

**WHEREAS,** It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of serious health issues that affect the lives of residents of New York State; and

**WHEREAS,** Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim May 17, 2021, as Hypertension Day in the State of New York, in conjunction with the observance of World Hypertension Day; and

**WHEREAS,** Organized by the World Hypertension League (WHL) in 2005, World Hypertension Day is celebrated every year on the 17th of May to raise public awareness about hypertension, its preventive measures and its complications; and

**WHEREAS,** This year's theme is, "Measure Your Blood Pressure Accurately, Control It, Live Longer", focusing on combatting low awareness rates worldwide, especially in low to middle income areas, and accurate blood pressure measurement methods; and

**WHEREAS,** Blood pressure is the force of blood pushing against the walls of your arteries as the heart pumps blood; hypertension, or abnormally high blood pressure, is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures; and

**WHEREAS,** Risk factors for hypertension include: unhealthy lifestyle habits, age, family history and genetics, race and ethnicity and sex; healthy lifestyle changes can decrease your risk for developing high blood pressure, however cannot reverse most genetic causes; and

**WHEREAS,** High blood pressure usually does not cause symptoms until serious complications occur, making regular blood pressure readings extremely important; undiagnosed or uncontrolled high blood pressure can cause aneurysms, chronic kidney disease, eye damage, heart attack, heart failure, stroke, dementia and disease of the arteries; and

**WHEREAS,** The high prevalence of hypertension exacts a tremendous public health burden; as a primary contributor to heart disease and stroke, the first and third leading causes of death worldwide, high blood pressure was the top modifiable risk factor for disability adjusted life-years lost worldwide in 2013; and

**WHEREAS,** Globally, hypertension is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths; this accounts for 57 million disability adjusted life years (DALYS) or 3.7% of total DALYS; and

**WHEREAS,** An estimated 26% of the world's population (972 million people) has hypertension, and the prevalence is expected to increase to 29% by 2025, driven largely by increases in economically developing nations; furthermore, high blood pressure affects nearly a third of the adult population and is the most common cause of cardiovascular disease-related deaths; and

**WHEREAS,** It is estimated over 103 million American adults (1 in 3 adults) or 46% of the total population is diagnosed with hypertension; the death rate from high blood pressure increased by nearly 11% in the United States between 2005 and 2015, and the actual number of deaths rose by almost 38%, up to nearly 79,000 by 2015; and

**WHEREAS,** In New York State, an estimated 4.9 million people, or 31.7% of the adult population, have been diagnosed with hypertension; additionally, an estimated 1.8 million New York City residents, or one in four adults, are self-reported with hypertension, a city-wide increase of 11% over the past decade; and

**WHEREAS,** Through public awareness, this Legislative Body seeks to minimize the devastating effects of hypertension among the citizens of the State of New York; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim May 17, 2021, as Hypertension Day in the State of New York; and be it further

**RESOLVED,** That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.