SENATE JOINT RESOLUTION
No. 96

STATE OF NEW JERSEY
219th LEGISLATURE

INTRODUCED SEPTEMBER 21, 2020

Sponsored by:
Senator ANTHONY M. BUCCO
District 25 (Morris and Somerset)
Senator NELLIE POU
District 35 (Bergen and Passaic)

SYNOPSIS

Designates May of each year as “Stroke Awareness Month.”

CURRENT VERSION OF TEXT

As introduced.

(Sponsorship Updated As Of: 10/8/2020)

A JOINT RESOLUTION designating the month of May of each year as "Stroke Awareness Month" in New Jersey.

WHEREAS, A stroke is a medical event that disrupts blood flow to the brain, which kills brain cells in the affected areas and can lead to paralysis, cognitive and emotional difficulties, and problems with speaking; and

WHEREAS, An ischemic stroke, the most common type of stroke, is caused by a blood clot in a blood vessel in the brain; and

WHEREAS A hemorrhagic stroke is a more serious type of stroke caused by a blood vessel that breaks and bleeds into the brain; and

WHEREAS, A transient ischemia attack, commonly called a ministroke, has symptoms resembling strokes and needs immediate medical attention to help prevent an ischemic or hemorrhagic stroke; and

WHEREAS, Each year, almost 800,000 people in the United States have a stroke, leading to about 140,000 deaths; and

WHEREAS, The risk of having a stroke increases with age and strokes are a main cause of long-term disability as well as compromised mobility in more than half of stroke survivors age 65 and older; and

WHEREAS, Strokes affect all races and ethnicities, but African-Americans are twice as likely to suffer strokes, and have a higher risk of death from a stroke; and

WHEREAS, Women account for 60 percent of deaths from strokes and are twice as likely to die from a stroke than from breast cancer; and

WHEREAS, Estimated costs associated with strokes are $34 billion a year, which includes the costs of health care services, medicines, and work absences; and

WHEREAS, The National Stroke Association estimates up to 80 percent of strokes can be prevented and greater public awareness is needed to highlight risk factors such as family history, personal habits including smoking and drinking alcohol, diet, and lack of physical activity; and

WHEREAS, It is necessary to increase awareness of symptoms of a stroke, including difficulty thinking clearly, inability to understand language or speech, tingling sensations in the body, and trouble walking or maintaining balance; and

WHEREAS, The American Stroke Association encourages use of the F.A.S.T. system to determine if a person shows signs of a stroke, including face drooping, arm weakness, or slurred speech, and if so, determining it is time to call 911; and

WHEREAS, Increased awareness of the symptoms of a stroke will help individuals understand if they or others are suffering from a stroke, which can lead to quicker medical treatment and the prevention of long-term disabilities; and

WHEREAS, Since 1989, the federal government has designated May as National Stroke Awareness Month to highlight the preventive measures individuals can take to minimize the risk of having a

stroke and to raise awareness of the warning signs of a stroke; now, therefore,

BE IT RESOLVED *by the Senate and General Assembly of the State of New Jersey:*

1. The month of May of each year is designated as "Stroke Awareness Month" in the State of New Jersey to foster an awareness and understanding of strokes and stroke prevention, including promoting the risk factors that can cause strokes and symptoms that an individual has suffered in a stroke.

2. The Governor is respectfully requested to annually issue a proclamation calling upon public officials and citizens of this State to observe "Stroke Awareness Month" with appropriate activities and programs.

3. This joint resolution shall take effect immediately.

STATEMENT

This joint resolution designates the month of May of each year as "Stroke Awareness Month" in New Jersey.

A stroke disrupts the flow of blood to the brain and can lead to serious disabilities such as paralysis, problems with cognitive skills, and speech impairment. There are two main types of stroke, ischemic and hemorrhagic. People can also suffer from transient ischemic attacks, commonly known as ministrokes. Approximately 800,000 Americans have strokes each year, resulting in about 140,000 deaths. People of all ages, ethnicities, and genders can suffer from strokes but risk increases with age and African-Americans are twice as likely to suffer from strokes.

The American Stroke Association estimates that 80 percent of strokes can be prevented. It is important to raise awareness on the risk factors of a stroke, which include family history, personal habits such as smoking and alcohol consumption, diet and lack of physical activity. It is also key to promote the warning signs that a person may have suffered a stroke or ministroke, including difficulty thinking clearly, inability to understand language or speech, tingling sensations in the body, and trouble walking or maintaining balance. The American Stroke Association encourages use of the F.A.S.T. system to determine if a person shows signs of a stroke, including face drooping, arm weakness, or slurred speech, and if so, deciding it is time to call 911. Promoting the warning signs will help people understand if they or other individuals are suffering from a stroke, which can lead to quicker medical treatment and the prevention of long-term disabilities.