



May 22, 2019

To the Honorable Governor, Lieutenant Governor, Mr. Speaker and Honorable Representatives and Senators of the State of Texas:

The Texas Cardiovascular Disease and Stroke Council, enacted by the 76th legislature (House Bill 2085), consists of 11 Governor appointed members charged with developing an effective and resource-efficient plan to reduce cardiovascular disease (CVD) and stroke in Texas and make written recommendations to the legislature and advise on legislation.

Additional activities of the Council include:

- conducting health education, public awareness, and community outreach,
- improving access to treatment,
- coordinating activities among agencies within the state,
- developing a database of recommendations for treatment and care, and
- collecting and analyzing information related to CVD

As the current legislative session winds down, the Council would like to make the following recommendations:

- *Data Collection*
 - *Continuation of funding for epidemiologists to collect data on stroke and acute STEMIs (heart attacks)*
 - *Funding for heart and stroke data through Regional Advisory Councils*
 - *Collection of data on congestive heart failure including admissions and readmissions*
 - *Collection of data on cardiac rehabilitation referrals and enrollments*
 - *Regional heart disease and stroke mortality and morbidity data*
- *Hypertension*
 - *Support and funding for programs to reduce hypertension such as Home Blood Pressure Monitoring*
 - *Train Emergency Medical Technicians to go into their communities and take blood pressure readings*
 - *Education on blood pressure medicine adherence*
 - *Develop protocols on how to take blood pressure readings/training for nurses on taking blood pressure*



- *Monitoring high blood pressure in schools/middle & high school students*
- *Education*
 - *Support and funding for programing geared towards rural areas including educational and telemedicine programs*
 - *Funding for educational conferences*
- *Funding for stroke and cardiac rehabilitation programs through Texas Workforce Commission*
- *Partnership with others including American Heart Association, Nurses Association, Hospital Associations, Boy Scouts and Girls Scouts*
- *Raising the minimum age to purchase tobacco to 21*

We appreciate the work of the legislature and stand by to help.
Sincerely,

A handwritten signature in black ink, appearing to read 'J Neal Rutledge', is written over a horizontal line.

J Neal Rutledge, MD FACR CAST
Chair

CONTACT INFORMATION:

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