



# RYAN GUILLEN

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TEXAS STATE REPRESENTATIVE

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## **GUILLEN CONTINUES EFFORTS TO RAISE AWARENESS OF KEY HEALTH ISSUES**

*Encourages Rising Star Award Nominations to Recognize Healthcare Fighters*

**AUSTIN** - As a part of an ongoing effort to improve awareness and outcomes of the major health issues impacting South Texas, Representative Ryan Guillen (D- Rural South Texas) encourages everyone to nominate someone in their community who has demonstrated outstanding leadership, initiative, education, and organization in the fight against obesity for the Rising Star Award.

**"According to the CDC, heart disease is the number one leading cause of death in the United States," said Guillen. "Obesity is one of many factors which increases an individual's risk for heart disease. So we must do everything we can to stop obesity in its tracks and improve the lives of all South Texans."**

Rep. Guillen and the rest of the Texas legislature designated the second week in September as Texas Obesity Awareness Week in the 80th Legislative Session. The intent is to increase awareness of the associated health risks of obesity and encourage Texans to seek and maintain a healthy lifestyle. Several events will be held around the state and will culminate with events at the Texas Health Champion Award Ceremony hosted by the Michael & Susan Dell Center for Healthy Living, The University of Texas Health Science Center at Houston (UTHealth) School of Public Health, and the Live Smart Texas Coalition.

The Rising Star Award will be presented to young Texans who have demonstrated exceptional leadership in his or her community in an effort to raise awareness and reduce the burden of obesity as part of the Health Champion Award Ceremony.

**"As Texans we should be helping each other to live healthy lives," said Guillen. "If you know someone that exhibits great leadership in this endeavor, help them achieve the recognition they deserve and nominate them for this prestigious award."**

Deadline for applications is close of business on May 18th. Visit the Texas Obesity Awareness Week website for more information on the award.

*Serving ten rural South Texas counties in the Texas House of Representatives, Ryan Guillen is known for his hard work, fierce independence, and relentless efforts for South Texas families. Recently, Capitol Inside called him a "House Bill Machine," and a "one-person assembly line for legislation." Since elected, few other legislators have passed more bills than Guillen. Sign up for updates at [ryanguillen.com](http://ryanguillen.com), [facebook.com/representative.guillen](https://facebook.com/representative.guillen), and [twitter.com/ryanguillen](https://twitter.com/ryanguillen)*

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