

HR 9107

2015

## House Resolution

1  
2 A resolution designating July 14, 2015, as  
3 "Involuntary Breath Holding Awareness Day" in the  
4 State of Florida.

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6 WHEREAS, involuntary breath holding spells, also known as  
7 expiratory apnea, are benign, involuntary, and reflexive actions  
8 seen in approximately 5 percent of children, and

9 WHEREAS, involuntary breath holding spells involve an event  
10 in the environment that distresses the child and are a response  
11 to fear, stress, pain, or anger in which the nervous system  
12 temporarily slows the heart rate and breathing, and

13 WHEREAS, involuntary breath holding spells can be mild, but  
14 severe spells can result in a child losing consciousness and  
15 having a seizure, and

16 WHEREAS, the symptoms of involuntary breath holding spells  
17 include the child being pale or turning blue, crying and then  
18 not breathing, fainting or losing consciousness, and making  
19 jerky movements characteristic of a seizure, and

20 WHEREAS, the onset age of these spells is generally between  
21 3 and 18 months of age with the condition rarely seen in  
22 children older than 8 years of age, and

23 WHEREAS, involuntary breath holding does not require  
24 treatment unless there is an underlying medical cause for the  
25 spells, and

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26           WHEREAS, there is a need to educate the public about this  
27 little-known condition in order to eliminate the confusion that  
28 such episodes are the result of a temper tantrum or willful  
29 defiance or can be controlled by the child, NOW, THEREFORE,

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31 Be It Resolved by the House of Representatives of the State of  
32 Florida:

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34           That July 14, 2015, is designated as "Involuntary Breath  
35 Holding Awareness Day" in the State of Florida in order to raise  
36 awareness of this childhood condition.