Resolution

ORDER NO: 2026-0685

DATE: June 16, 2026

STATE OF TEXAS

COUNTY OF DALLAS

BE IT REMEMBERED, at a regular meeting of the Commissioners Court of Dallas County, Texas, held on 16th day of June 2026, on a motion made by Dr. Theresa M. Daniel, Commissioner of District 1, and seconded by Dr. Elva Garcia District 4, the following Resolution was adopted:

WHEREAS, Uterine fibroids are benign tumors that can cause severe symptoms. Fibroid burden among Asian or Pacific Islander individuals, particularly in specific subgroups, remains largely unexamined. As of early 2026, research and legislative initiatives continue to highlight that up to 70-80% of all women will develop uterine fibroids by age 50. In Texas, the focus remains on increased awareness; and

WHEREAS, Research shows that Black individuals typically develop uterine fibroids earlier, have more fibroids, and experience more severe symptoms than White individuals. A cohort study of 1,917,794 patients revealed that fibroid diagnosis rates were 71% higher in South Asian patients, 47% higher in East Asian patients, and 29% higher in Southeast Asian patients compared to non-Hispanic White patients. Hispanic and Black patients also displayed elevated diagnosis rates relative to White individuals; and

WHEREAS, On August 19, 2025, it was found that diets high in red meat and low in fruits, vegetables, and dairy have been linked to a higher risk of developing fibroids. The study showed that 85% of women with documented uterine fibroids were vitamin D deficient, confirming our results. Other lifestyle factors, such as heavy alcohol use, limited physical activity, and chronic stress, may also contribute, partly by affecting hormones; and

WHEREAS, In honor of National Fibroid Awareness Month, it is crucial for women to recognize that effective treatment options exist beyond surgery. Non-surgical methods, such as uterine fibroid embolization, provide a safe and minimally invasive way to alleviate symptoms and enhance quality of life. By consulting qualified healthcare professionals, women can proactively manage their symptoms and improve their overall well-being.

NOW, THEREFORE, BE IT RESOLVED that the Dallas County Commissioners Court hereby recognizes July as **Uterine Fibroid Awareness Month** and we stand in solidarity with those impacted by uterine fibroids, reaffirming our commitment to education, advocacy, and compassionate care, ensuring that no woman suffers in silence.

DONE IN OPEN COURT on this the 16th day of June 2026.

Clay Lewis Jenkins,
County Judge

Dr. Theresa M. Daniel,
District 1

Andrew Sommerman,
District 2

John Wiley Price,
District 3

Dr. Elba Garcia,
District 4