

# National Nutrition Month® 2019

## Proclamation

**WHEREAS**, food is the substance by which life is sustained; and

**WHEREAS**, the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and

**WHEREAS**, most of our leading causes of death and illness are preventable and related to nutrition; and

**WHEREAS**, a healthy diet typically includes:

- Higher amounts of fruits, vegetables, whole grains, legumes, and nuts;
- Lower amounts of refined grains and red and processed meats;
- Low consumption of added sugar, especially sugar-sweetened beverages;
- Reduced intake of sodium; and
- Appropriate portion size control and balancing caloric intake with physical activity to manage weight; and

**WHEREAS**, Skagit County maintains one of the largest and most diverse agricultural communities west of the Cascade mountain range:

- Local farmers produce about \$300 million worth of crops, livestock, and dairy products on approximately 90,000 acres of land;
- Over 90 different crops are grown in the County; and

**WHEREAS**, Nutrition plays a major role in advancing health equity:

- Accessing fresh foods at affordable prices is challenging for many low-wage workers;
- Lack of access to healthy foods contributes to rising rates of obesity and chronic disease such as diabetes and coronary artery disease;
- Many Americans are overfed and undernourished. The most obese children and adults in the country are also the most nutritionally deficient; and

**WHEREAS**, Nutrition has a significant impact on mental health; and

**WHEREAS**, Nutrition needs vary across the lifespan, from pregnancy to seniors; and

**WHEREAS**, there is a need for continuing nutrition education and a wide-scale effort to enhance healthy eating practices;

**NOW, THEREFORE**, be it resolved, that we, the Skagit County Board of Commissioners, do hereby proclaim March 2019 as Nutrition Month in Skagit County and encourage all citizens to join the campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow.

**PASSED this 26<sup>th</sup> day of February, 2019.**

**BOARD OF COUNTY COMMISSIONERS  
SKAGIT COUNTY, WASHINGTON**



  
Lisa Janicki, Chair

  
Ron Wesen, Commissioner

  
Kenneth A. Dahlstedt, Commissioner