

RESOLUTION

THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAIMS MARCH 2016 as

National Nutrition Month

WHEREAS, Since 1980, National Nutrition Month has been celebrated throughout the United States during the month of March to raise awareness of healthy eating and being more physically active; and

WHEREAS, 69% of US adults and 21% of teens are overweight or obese, and 9% of US adults have diabetes and these conditions can lead to heart disease, stroke, and certain types of cancer—some of the leading causes of preventable death; and

WHEREAS, San Mateo County, through its Health System, strives to promote longer and better lives for its residents; and

WHEREAS, changes in diet and exercise can help fight these serious conditions; and it can be easy and fun to cook healthy, tasty food and be more active;

WHEREAS, San Mateo County has many programs to help residents eat healthier and be more active, including nutrition and breastfeeding education for families, healthy meals at senior centers, access to healthy foods through CalFresh, encouraging physical activity, and a focus on healthy food offerings for all patients and visitors at San Mateo Medical Center;

WHEREAS, San Mateo County supports Get Healthy San Mateo County’s goals of **Healthy Schools** through nutrition education in the classroom and in school gardens, encouraging healthy school meals and increased physical activity and **Healthy Food Access** through work to connect residents to local, healthy food; and

WHEREAS, we have a dedicated workforce of Registered Dietitians and other public health nutrition professionals who enable us to advance this important work:

NOW, THEREFORE BE IT RESOLVED that the Board of Supervisors of San Mateo County do hereby proclaim March 1 through March 31 as National Nutrition Month where we all strive to help ourselves, our families and our communities live longer, better lives by eating healthier and being more active.

Dated: March 8, 2016

SUPERVISORS:

WARREN SLOCUM, PRESIDENT

DAVE PINE

CAROLE GROOM

DON HORSLEY

ADRIENNE J. TISSIER

Attest: _____
Deputy Clerk of the Board of Supervisors