



State of North Carolina

ROY COOPER
GOVERNOR

NUTRITION MONTH

2018

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A 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, as of 2015, approximately 66 percent of North Carolinians are overweight or obese; more than 30 percent of high school students in North Carolina are either overweight or obese; and

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

WHEREAS, one way to realize the benefits of healthy eating is to consult a registered dietitian for easy to follow, personalized nutrition advice to meet your lifestyle, preferences, and health related concerns; and

WHEREAS, the 2018 theme for National Nutrition Month is Go Further with Food, encouraging people to achieve the numerous benefits healthy eating habits offer, but also find ways to cut back on food waste; and

WHEREAS, the State of North Carolina encourages our communities to join the campaign and become concerned about their nutrition, and the nutrition of others, to achieve optimum health for both today and tomorrow; and

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim March, 2018, as "NUTRITION MONTH" in North Carolina, and commend its observance to all citizens.





Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twenty-sixth day of February in the year of our Lord two thousand and eighteen and of the Independence of the United States of America the two hundred and forty-second.