



State of North Carolina

ROY COOPER
GOVERNOR

NUTRITION MONTH

2021

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 North Carolinians consume each day plays a vital role in their overall health and physical fitness; and

WHEREAS, as of 2016, roughly 66 percent of North Carolinians were overweight or obese; and

WHEREAS, there is a critical need for continuing nutrition education and a wide-scale effort to enhance healthy eating practices throughout North Carolina; 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, every year, National Nutrition Month is an opportunity to increase public awareness of the importance of good nutrition; 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 today and tomorrow;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim March, 2021, 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-third day of February in the year of our Lord two thousand and twenty-one and of the Independence of the United States of America the two hundred and forty-fifth.