



WHEREAS, good nutrition is essential for growth, development, health, and well-being; and,

WHEREAS, many diseases are associated with being overweight and obese, and nutrition plays a large role in the incidence of preventable illness and premature death; and,

WHEREAS, healthy eating in childhood and adolescence is important for proper growth and development, and can prevent health problems such as obesity, dental cavities, iron deficiency, and osteoporosis; and,

WHEREAS, educating Illinoisans about health and nutrition is an important part of establishing healthy habits; and,

WHEREAS, it is important for the people of Illinois to be aware of the existence of community nutrition programs, as these programs are important to the health and wellness of all those they serve; and,

WHEREAS, March is a time of national recognition and awareness related to improving nutrition habits and knowledge; the Academy of Nutrition and Dietetics has announced this year's theme as "Go Further with Food;" and,

WHEREAS, the Illinois Department of Public Health (IDPH) recommends a variety of ways Illinoisans can shift toward a healthier lifestyle, including being mindful of portion sizes; incorporating a variety of healthy foods from each food group daily; and finding enjoyable, physical activities to do most days of the week;

THEREFORE, I, Bruce Rauner, Governor of the State of Illinois, do hereby proclaim March 2018 as **NATIONAL NUTRITION MONTH** in Illinois and encourage all citizens to take an interest in their nutrition and the nutrition of others in the hope of achieving optimum health.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.



Deese White

SECRETARY OF STATE

Done at the Capitol in the City of Springfield,
this SEVENTH day of FEBRUARY, in
the Year of Our Lord, two thousand and
EIGHTEEN, and of the State of Illinois,
two hundredth.

Bruce Rauner

GOVERNOR