



WHEREAS, robust scientific evidence has linked excess sodium intake with high blood pressure, which increases the risk of heart attack, stroke, and heart failure; and,

WHEREAS, Americans consume an average 3,400 milligrams of sodium per day; a reduction to 1,500 mg/day could result in an estimated \$26.2 billion in health care savings and 500,000 to 1.2 million fewer deaths from cardiovascular disease during the next 10 years; and,

WHEREAS, the United States Centers for Disease Control and Prevention recognizes World Salt Awareness Week; and,

WHEREAS, public health communications staff from across the state have partnered with the American Heart Association to plan a statewide #breakupwithsalt social media campaign to raise awareness about the connection between sodium and chronic diseases, as well as the health benefits of reducing sodium;

*THEREFORE, I, Bruce Rauner, Governor of the State of Illinois, do hereby proclaim March 12-18, 2018, as **SODIUM REDUCTION WEEK** in Illinois and call this observance to the attention of all our citizens.*

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



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

Deese White

SECRETARY OF STATE

Bruce Rauner

GOVERNOR