



Proclamation

By the Governor of Alabama

WHEREAS, the Academy of Nutrition and Dietetics recognizes March as National Nutrition Month to raise awareness of healthy lifestyle behaviors, sound eating habits and regular physical activity; and

WHEREAS, according to the CDC, obesity is associated with poorer mental health outcomes, reduced quality of life and is associated with the leading causes of death in the U.S. including diabetes, heart disease, stroke and some types of cancer; and

WHEREAS, Alabama has the third highest obesity rate in the United States with 35.7% of adults considered obese; and

WHEREAS, Alabama has a high rate of obesity-related chronic disease; approximately 15.2% of adults have diabetes, while heart disease is the leading cause of death; and

WHEREAS, making informed food choices, developing sound eating and physical activity habits are key to preventing obesity-related chronic disease and maintaining good health;

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim March 2018, as

National Nutrition Month

in the State of Alabama.



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 2nd day of March 2018.

Kay Ivey
Kay Ivey, Governor