



PROCLAIMING  
NATIONAL NUTRITION MONTH  
MARCH 2023

**WHEREAS**, NATIONAL NUTRITION MONTH IS AN ANNUAL EDUCATION CAMPAIGN CREATED IN 1973 BY THE ACADEMY OF NUTRITION AND DIETETICS, THE WORLD'S LARGEST ORGANIZATION OF FOOD AND NUTRITION PROFESSIONALS; THE ACADEMY, WHICH TODAY HAS A MEMBERSHIP OF MORE THAN 100,000 CREDENTIALLED NUTRITION AND DIETETICS PRACTITIONERS, IS DEDICATED TO IMPROVING PUBLIC HEALTH AND ADVANCING THE PROFESSION OF DIETETICS THROUGH RESEARCH, EDUCATION, AND ADVOCACY; AND

**WHEREAS**, BY PROMOTING NATIONAL NUTRITION MONTH EACH MARCH, THE ACADEMY OF NUTRITION AND DIETETICS IS ENCOURAGING AMERICANS TO BE MORE MINDFUL OF THE WAY THEY EAT AND TO CONSIDER MAKING POSITIVE DIETARY CHANGES; THE ORGANIZATION'S RECOMMENDATIONS INCLUDE EATING MORE FRUITS AND VEGETABLES, REDUCING PORTION SIZES, READING NUTRITION LABELS, AVOIDING ADDED SUGARS, AND EXERCISING REGULARLY; AND

**WHEREAS**, GOOD NUTRITION PLAYS A VITAL ROLE IN AN INDIVIDUAL'S OVERALL HEALTH, WELL-BEING, AND QUALITY OF LIFE, AND THE OBSERVANCE OF NATIONAL NUTRITION MONTH PROVIDES A WELCOME OPPORTUNITY FOR AMERICANS TO LEARN MORE ABOUT WAYS THEY CAN ENJOY THE BENEFITS OF A HEALTHIER DIET; AND

**WHEREAS**, THIS YEAR'S THEME, "FUEL FOR THE FUTURE," REINFORCES THE GOAL OF EATING A HEALTHY DIET WITH PLENTY OF FRUITS AND VEGETABLES THAT ARE LOCALLY GROWN, AND BY INCREASING THE ACCESS AND CONSUMPTION OF HEALTHY FOOD AS WELL AS PROMOTING FOOD EQUITY AND ECONOMIC OPPORTUNITY FOR LOCAL FARMERS WHICH CREATES A SUSTAINABLE IMPACT ON THE HEALTH OF OUR ENTIRE COMMUNITY; AND

**WHEREAS**, OBESITY IS A COMMON, SERIOUS, AND COSTLY CHRONIC DISEASE THAT PUTS PEOPLE AT RISK FOR MANY OTHER SERIOUS CHRONIC CONDITIONS AND INCREASES THE RISK OF SEVERE ILLNESS FROM COVID-19; AND

**WHEREAS**, 63.4% OF ADULTS IN VENTURA COUNTY ARE OVERWEIGHT OR OBESE, AND BEING OVERWEIGHT OR OBESE AFFECTS THE QUALITY OF LIFE AND PUTS INDIVIDUALS AT RISK FOR DEVELOPING MANY DISEASES, ESPECIALLY HEART DISEASE, STROKE, DIABETES, AND CANCER; AND

**WHEREAS**, 32.5% OF TEENAGERS IN VENTURA COUNTY ARE OVERWEIGHT OR OBESE, AND OBESE AND OVERWEIGHT CHILDREN AND ADOLESCENTS ARE AT RISK FOR MULTIPLE HEALTH PROBLEMS DURING THEIR YOUTH, WHICH ARE LIKELY TO BE MORE SEVERE DURING ADULTHOOD; AND

**WHEREAS**, RECOGNIZING THAT EVERYONE HAS A ROLE TO PLAY IN TURNING THE TIDE AGAINST OBESITY AND ITS DISPROPORTIONATE IMPACT ON RACIAL AND ETHNIC MINORITY GROUPS, THE PARTNERSHIP FOR A HEALTHY VENTURA COUNTY, A COLLABORATIVE NETWORK THAT INCLUDES REPRESENTATIVES FROM VENTURA COUNTY PUBLIC HEALTH, SCHOOL DISTRICTS, COMMUNITY ORGANIZATIONS, YOUTH ORGANIZATIONS, AND OTHERS, FOCUSES ON SHARING RESOURCES THAT PROMOTE HEALTHY HABITS AMONG RESIDENTS AND SUPPORTING POLICIES THAT ADVANCE COMMUNITY HEALTH.

**NOW, THEREFORE BE IT RESOLVED**, THAT THE COUNTY OF VENTURA BOARD OF SUPERVISORS DO HEREBY PROCLAIM THE MONTH OF MARCH 2023 AS NATIONAL NUTRITION MONTH AND ENCOURAGE RESIDENTS TO FOLLOW A HEALTHY EATING AND ACTIVE LIVING PLAN AND ENGAGE IN LOCAL EFFORTS TO CREATE HEALTHIER COMMUNITIES.

**BE IT, FURTHER RESOLVED**, THAT THE VENTURA COUNTY BOARD OF SUPERVISORS RECOGNIZE MS. ELVIRA ZAVALA AND FOOD SHARE AS THE PARTNERSHIP FOR A HEALTHY VENTURA COUNTY 2023 HEALTH CHAMPION AWARD RECIPIENTS.

PRESENTED ON THIS 14<sup>TH</sup> DAY OF MARCH 2023

  
\_\_\_\_\_  
CHAIR OF THE BOARD OF SUPERVISORS  
MATT LAVERE, SUPERVISOR 1ST DISTRICT

  
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JEFF GORELL, SUPERVISOR 2ND DISTRICT

  
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KELLY LONG, SUPERVISOR 3RD DISTRICT

  
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JANICE S. PARVIN, SUPERVISOR 4TH DISTRICT

  
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VIANEY LOPEZ, SUPERVISOR 5TH DISTRICT