

Hidalgo County Commissioners Court
National Nutrition Month 2011
Proclamation



Whereas: Making healthy food choices, staying physically active and maintaining a healthy weight are essential to good health; and

Whereas: Obesity has become a major health problem in Hidalgo County, with 36.1% of adults with a BMI of 30 or greater, compared to Texas at 29.5%.

Whereas: the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and

Whereas: there is a need for continuing nutrition education and a wide-scale effort to enhance good eating practices; and

Whereas: " A Healthier Me" Obesity Awareness Program will couple with HCHHS and WIC to empower Hidalgo County residents on the importance of making informed food choices and developing sound eating and physical activity habits.

NOW, THEREFORE, County Commissioners Court of Hidalgo County, do hereby proclaim March 2011, as National Nutrition Month in Hidalgo County/Texas and encourage businesses, government agencies, national organizations, community-based organizations, and service groups to promote the Obesity Prevention message throughout their communities. I also encourage public and private health care providers, parents, and community leaders in this Hidalgo County/Texas to advance the health of children and adults by promoting nutrition and fitness practices to ensure a healthier county.

DATE: _____ SIGNED: _____
Ramon Garcia
Hidalgo County Judge

DATE: _____ SIGNED: _____
Joel Quintanilla
Hidalgo County Precinct 1 Commissioner

DATE: _____ SIGNED: _____
Hector "Tito" Palacios
Hidalgo County Precinct 2 Commissioner

DATE: _____ SIGNED: _____
Joe M. Flores
Hidalgo County Precinct 3 Commissioner

DATE: _____ SIGNED: _____
Joseph Palacios
Hidalgo County Precinct 4 Commissioner