

Proclamation declaring March as National Nutrition Month

Whereas Hidalgo County has long been challenged with a high rate of obesity and a high rate of diabetes; and

Whereas health experts continue to offer growing evidence of the importance of a healthy diet and as part of this effort to teach the public about healthy eating, the Academy of Nutrition and Dietetics created a campaign in 1973 that evolved into each March being called National Nutrition Month; and

Whereas this year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines and inclusivity, plus highlights the expertise of registered dietitian nutritionists; and

Whereas the Academy of Nutrition and Dietetics encourages everyone to "Eat Right, Bite by Bite". This Eat Right campaign includes the advice that "a Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors; and

Whereas during National Nutrition Month, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long; and

Whereas the second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 9.

Now therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby declares March as National Nutrition Month and encourages its residents to follow healthful eating and exercise habits.

Approved this 8th day of March, 2022.

RICHARD F. CORTEZ
County Judge

DAVID L. FUENTES
County Commissioner, Pct. 1

EDUARDO "EDDIE" CANTU
County Commissioner, Pct. 2

EVERARDO "EVER" VILLARREAL
County Commissioner, Pct. 3

ELLIE TORRES
County Commissioner, Pct. 4

Attest: _____
ARTURO GUAJARDO, JR.
County Clerk