A RESOLUTION To recognize March as National Nutrition Month®

BE IT ENACTED BY THE 2019 TENNESSEE 4-H CONGRESS:

WHEREAS, food is the substance by which life is sustained; and

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 healthy eating practices; and

WHEREAS, only 11.1 percent of adults in Tennessee meet the daily fruit recommendation and only 9.6 percent eat enough vegetables; and

WHEREAS, consumption of healthy foods reduces the risk for chronic diseases, such as diabetes, and Tennessee has the fifth highest rate of diabetes in the United States; and

WHEREAS, National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics;

THEREFORE, BE IT RESOLVED, that the 4-H Senators and Representatives of this 72nd Tennessee 4-H Congress do hereby proudly recognize March as National Nutrition Month®.

Passed: _____________________

Speaker of the Senate
Tennessee 4-H Congress

Approved: _____________________

Governor
Tennessee 4-H Congress