



RESOLUTION

WHEREAS, the first National Nutrition Week was proclaimed in 1973 to serve as a vehicle for delivering nutrition education messages to the public with the theme “Invest in Yourself – Buy Nutrition”, changing to National Nutrition Month in 1980; and

WHEREAS, National Nutrition month has grown dramatically with the support of the American Dietetic Association (ADA) , looking to promote major changes in the perception of nutrition and the importance nutrition plays in a healthy lifetime ; and

WHEREAS, National Nutrition Month and the ADA focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

WHEREAS, : “A Healthier Me” Obesity Awareness Program will empower Hidalgo County employees on the importance of making informed food choices and developing sound eating and physical activity habits.

NOW, THEREFORE, BE IT RESOLVED that the Hidalgo County Commissioners Court hereby proclaim March as “National Nutrition Month” in Hidalgo County and urge the employees to choose proper nutrition for a healthy today and tomorrow.

HIDALGO COUNTY COMMISSIONERS COURT

Ramon Garcia, County Judge

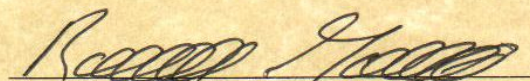
Joel Quintanilla Pct.1 Commissioner

Hector “Tito” Palacios, Pct. 2 Commissioner

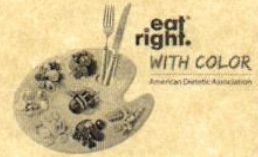
Joe Flores Pct. 3 Commissioner

Joseph Palacios, Pct 4 Commissioner

Signed before me this 1st day of March, 2011


Ramon Garcia, Hidalgo County Judge

**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

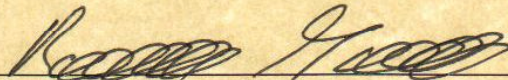
Whereas: Obesity has become a major health problem in Hidalgo County, with 36.1% of adults with a BMI of 30 or greater, compared to Texas at 29.5%.


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

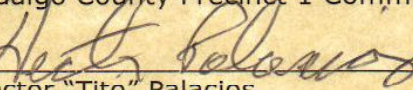
Whereas: there is a need for continuing nutrition education and a wide-scale effort to enhance good eating practices; and


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

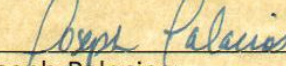
NOW, THEREFORE, County Commissioners Court of Hidalgo County, do hereby proclaim March 2011, as National Nutrition Month in Hidalgo County/Texas and encourage businesses, government agencies, national organizations, community-based organizations, and service groups to promote the Obesity Prevention message 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: 3-1-2011 SIGNED: 
Ramon Garcia
Hidalgo County Judge

DATE: 3/1/11 SIGNED: 
Joel Quintanilla
Hidalgo County Precinct 1 Commissioner

DATE: 3/1/11 SIGNED: 
Hector "Tito" Palacios
Hidalgo County Precinct 2 Commissioner

DATE: 3-1-2011 SIGNED: 
Joe M. Flores
Hidalgo County Precinct 3 Commissioner

DATE: 3-1-2011 SIGNED: 
Joseph Palacios
Hidalgo County Precinct 4 Commissioner