



Proclamation

WHEREAS, the problems of obesity and food insecurity are growing issues in Illinois and across the country; and

WHEREAS, it is crucial that we as a state do our part to promote good health and nutrition by encouraging all citizens to practice sound eating habits; and

WHEREAS, according to the Illinois Behavioral Risk Factor Surveillance System, nearly 36 percent of all Illinois citizens are overweight. At the same time, over 9 percent of the state's population does not have routine access to adequate amounts of food; and

WHEREAS, it is important that people eat neither too much nor too little of any food or nutrient in order to help maintain a healthy lifestyle. Overindulgence in food can result in excess weight and related health complications, while eating too little can lead to numerous nutrient deficiencies and low body mass; and

WHEREAS, the Illinois Department of Human Services, along with the Illinois Interagency Nutrition Council, and the Illinois Department of Public Health is joining forces with nutrition professionals in Illinois and throughout the United States to promote good nutrition during the month of March. The theme of this year's awareness campaign is "Fruits and Veggies **More Matters!**";

THEREFORE, I, Rod R. Blagojevich, Governor of the State of Illinois, do hereby proclaim March 2007 as **NUTRITION MONTH** in Illinois, and encourage all citizens to support food programs and establish healthy eating habits in hopes of reducing the risk for obesity and preventing hunger.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.

Done at the Capitol, in the City of Springfield,
this SIXTEENTH day of FEBRUARY, in
the Year of Our Lord two thousand and
SEVEN, and of the State of Illinois
the one hundred and EIGHTY-NINTH



Debra White

SECRETARY OF STATE

Rod Blagojevich

GOVERNOR