

Agenda Item # 14

DISTRIBUTION  
County Board  
Health Department

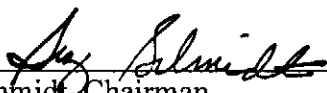
STATE OF ILLINOIS )  
                                  ) SS  
COUNTY OF LAKE )

COUNTY BOARD, LAKE COUNTY, ILLINOIS  
ADJOURNED REGULAR SEPTEMBER, A.D., 2004 SESSION  
MARCH 8, A.D., 2005

MEMBERS OF THE COUNTY BOARD:

Your Chairman herewith presents a Resolution recognizing March 2005 as National Nutrition Month, and requests its adoption.

Respectfully submitted,

  
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Suzi Schmidt, Chairman  
Lake County Board

## RESOLUTION

WHEREAS, March is observed as National Nutrition Month in keeping with the theme of the national observance, "Get a taste for nutrition," all Lake Countians should become aware that proper nutrition and physical activity are vital to achieving a healthy body; and,

WHEREAS, the United States Department of Health and Human Services, Healthy People 2010 goals lists overweight and obesity as one the major contributors to many preventable causes of death. Healthy People 2010 is the prevention agenda for the Nation. It is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce these threats; and,

WHEREAS a healthy diet throughout life is important for maintaining a healthy body, enhancing psychological well-being, and preventing premature death, and,

WHEREAS, a healthy weight through proper diet and regular physical activity is key to a long, healthy life, and,

WHEREAS, diet and or nutrition are among the primary causal features in the diseases of diabetes, cancer and heart disease, and,

WHEREAS, in Lake County, from 1999- 2001, there were 11,178 deaths (61% of all Lake County deaths) due to diseases that may be preventable through good nutrition, and,

WHEREAS, the Lake County Health Department has resources to assist Lake County residents in making informed nutrition decisions to help achieve optimum health; and,

WHEREAS, the Lake County Board of Health recognizes the role of good nutrition for the maintenance of health and the prevention of disease;

NOW, THEREFORE, BE IT RESOLVED by this County Board of Lake County, Illinois that it actively supports March 2005 as NATIONAL NUTRITION MONTH in recognition of the need for accurate information about nutrition to enable citizens to make wise decisions at all stages of life.

BE IT FURTHER RESOLVED, that the County Clerk is hereby authorized to distribute a certified copy of the Resolution to the County Board, County Administrator, and Executive Director of the Lake County Health Department.

DATED, at Waukegan, Lake County, Illinois on this 8th day of March A.D. 2005.