

Proclamation



Bob Buckhorn, Mayor

WHEREAS, food is the substance by which life is sustained and the type, quality and amount of food that individuals consume each day plays a vital role in our citizens' overall health and physical fitness; and

WHEREAS, National Nutrition Month® is an education and information campaign established in 1973 by the Academy of Nutrition & Dietetics, formerly the American Dietetic Association, and celebrated annually in March, designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

WHEREAS, eating well means eating a variety of healthy food in the right amounts so your body get the nutrients needed to maintain good health and work properly; and

WHEREAS, in Florida, the Governor's Council for Physical Fitness was established by executive order in 2007 for the purpose of establishing a state plan of action to increase Floridians' level of physical fitness through regular exercise and sound nutrition practices; and

WHEREAS, National Nutrition Month is designed to reinforce healthy and nutritious eating habits and the theme for 2013, "**Eat Right, Your Way, Every Day**" encourages personalized healthy eating styles based on the United States Department of Agriculture's recommended *2010 Dietary Guidelines* and *MyPlate* messages, recognizing that food preferences, lifestyle, cultural and ethnic traditions, and health concerns impact individual food choice; and

WHEREAS, the purpose of this campaign is to foster public awareness regarding the importance of good nutrition and physical activity, and to promote lifestyle behavior changes that lead to positive nutrition status, healthy body weights, and fitness, and registered dietitians play a critical role in helping people eat right, their way, every day. The City of Tampa is committed to promoting the health and well-being of our citizens and is pleased to join in this health initiative; and

WHEREAS, in celebration of National Nutrition Month®, the Tampa Dietetic Association will partner with the Pinellas Dietetic Association for the St. Petersburg **2013 Walk to Cure Diabetes** on Saturday, March 16, 2013, and throughout the month of March will host "**Ask-the-Dietitian**" events featuring educational activities, informational handouts, and interaction with the public on how to make informed choices to improve overall health and fitness.

NOW, THEREFORE, I, Bob Buckhorn, by virtue of the authority vested in me as Mayor of the City of Tampa, Florida do hereby proclaim the month of March, 2013 as

"NATIONAL NUTRITION MONTH®"

in the city of Tampa, Florida and urge all residents to join me and the Tampa Dietetic Association in this campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health.

Dated in Tampa, Florida this 15th day of February, 2013.



Bob Buckhorn

Mayor

