BEFORE THE BOARD OF SUPERVISORS

OF THE COUNTY OF FRESNO

STATE OF CALIFORNIA

In the matter of)	RESOLUTION PROCLAIMING
NUTRITION MONTH)	MARCH AS NUTRITION MONTH

WHEREAS, chronic diseases, such as heart disease, cancer, diabetes, and obesity, are associated with poor nutrition and impact a large number of Central Valley residents; and

WHEREAS, poor nutrition and physical inactivity together are the second most preventable cause of death among US adults; and

WHEREAS, well-nourished children have better attendance, improved school performance, and fewer discipline problems; and

WHEREAS, regular consumption of fruits and vegetables are a part of the dietary guidelines to promote health and reduce risk for chronic diseases; and

WHEREAS, Fresno County is home to 1.88 million acres of the world's most productive farmland, with agricultural operations covering nearly half of the county's entire land base of 3.84 million acres; and

WHEREAS, six thousand farmers grow more than 250 different crops, contributing more than $3.5 billion a year to the California economy and supporting 30 percent of all jobs in the Fresno area.

THEREFORE, BE IT RESOLVED, that the Fresno County Board of Supervisors declares March as Nutrition Month and recognizes that the rich agricultural products of Fresno County create a resource for local residents to combat the obesity epidemic and curb the prevalence of many chronic diseases and that promoting the consumption of five or more servings of fruits and vegetables daily will not only improve the health of Fresno County residents but will also support local farmers and the local economy.