National Nutrition Month, March 2026

COLUMBUS, NC – A PROCLAMATION

Whereas, food is the substance by which life is sustained; and

Whereas, promoting health and good nutrition practices among older adults is critical in helping them remain independent; and

Whereas**,** National Nutrition Month ® is a campaign created by the Academy of Nutrition and Dietetics held annually in March which focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits; and

Whereas, people who eat healthy, balanced meals, and engage in regular physical activity can have lower risks of chronic disease such as cardiovascular disease, Type 2 diabetes, and hypertension; and

Whereas, efforts are being made in Polk County by the Meeting Place Senior Center and Polk County Senior Services to promote health, and conduct a wide-scale effort to enhance healthy eating practices and improve physical fitness through nutrition education;

Therefore, be it resolved**,** that this Board of Polk County, North Carolina Commissioners hereby proclaims next March, 2026, and each March hereafter as "National Nutrition Month" in Polk County, North Carolina, and calls upon our residents and interested groups to observe the month with appropriate activities that promote awareness of the importance of healthy eating and physical fitness at all ages.

Dated:

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Myron Yoder, Chairman David Moore, Vice-Chairman

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Paul Beiler, Commissioner Tommy Melton, Commissioner Jennifer Hargett, Commissioner