



HR0640

LRB103 39695 MST 70113 r

1 HOUSE RESOLUTION

2 WHEREAS, The type, quality, and amount of food that
3 Illinoisans consume each day plays a vital role in their
4 overall health and physical well-being; and

5 WHEREAS, Nutrient needs change over an individual's life
6 span; and

7 WHEREAS, Following a healthy dietary pattern can help
8 maintain good health and reduce the risk of chronic diseases
9 throughout all stages of life; and

10 WHEREAS, There is a need for continuing nutrition
11 education to enhance healthy eating practices throughout
12 Illinois; and

13 WHEREAS, One way to experience the benefits of healthy
14 eating is to consult with a registered dietitian nutritionist
15 for personalized nutrition advice; and

16 WHEREAS, National Nutrition Month was created 50 years ago
17 to promote healthy eating development, informed food choices,
18 and physical activity habits; and

19 WHEREAS, Each March, National Nutrition Month is an

1 opportunity to increase public awareness about the importance
2 of good nutrition; and

3 WHEREAS, National Nutrition Month is powered by the
4 dedicated registered dietitian nutritionists throughout
5 Illinois who work to educate Illinois residents on healthy
6 nutrition habits; therefore, be it

7 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE
8 HUNDRED THIRD GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that
9 we declare March of 2024 as Nutrition Month in the State of
10 Illinois to promote healthy habits and lifestyles; and be it
11 further

12 RESOLVED, That we encourage all citizens to take the
13 opportunity during Nutrition Month to think about their
14 nutrition to achieve optimum health for today and tomorrow;
15 and be it further

16 RESOLVED, That suitable copies of this resolution be
17 presented to the Director of the Illinois Department of Public
18 Health and the President of the Board of the Illinois Academy
19 of Nutrition and Dietetics.