

MOTION BY SUPERVISOR MARK RIDLEY-THOMAS

MARCH 14, 2017

Proclaim March as Nutrition Month

National Nutrition Month is an annual education and information campaign to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for 2017 is “Put Your Best Fork Forward” which highlights the importance of consistently making healthy decisions when choosing what to eat.

The Los Angeles County Workforce Development, Aging and Community Services (WDACS) Area Agency on Aging (AAA) and its Aging Network are making a concerted effort in Los Angeles County (County) to promote healthy eating decisions and reduce hunger among older adults. In Fiscal Year 2015-2016, AAA provided more than 2.4 million nutritious meals for older adults in the County. In addition to providing meals, AAA provides nutrition counseling sessions and evidence-based nutrition education and physical activities that encourage older adults to adopt healthy eating habits and physical activity plans.

- MORE -

MOTION

SOLIS _____

KUEHL _____

HAHN _____

BARGER _____

RIDLEY-THOMAS _____

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I THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:

Proclaim March 2017 as National Nutrition Month in Los Angeles County; encourage the Los Angeles County Workforce Development, Aging and Community Services Area Agency on Aging to continue its efforts to reduce hunger and promote sound eating and physical activity habits among older adults; and support residents in observing the month of March 2017 with appropriate activities that promote the importance of reducing hunger and making informed food choices.

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