

MOTION BY SUPERVISOR KATHRYN BARGER

MARCH 11, 2025

NATIONAL NUTRITION MONTH MARCH 2025

National Nutrition Month is an annual education and information campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits. The theme for 2025 is “Food Connects Us,” which highlights foods’ role in connecting us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it, and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the food we eat, it is important to highlight that healthy choices in the foods we eat also affect our health.

The Los Angeles County Aging & Disabilities Department Area Agency on Aging (AAA) and its Aging Network are making a concerted effort in Los Angeles County to promote healthy eating decisions and improved physical fitness. From July 1, 2024 through January 31, 2025, the AAA has provided over 1.8 million nutritious meals for older adults in Los Angeles County. In addition to providing meals, AAA provides nutrition counseling sessions and evidence-based nutrition education that encourages older adults to make healthy food choices and choose physically active lifestyles. In collaboration with the Los Angeles Regional Nutrition Coalition for Aging and Disabilities, the AAA will launch a social media and community informational campaign during National Nutrition Month promoting the benefits of nutritious eating to its Aging Network. Furthermore, the AAA will be requesting all nutrition service providers to provide outreach efforts to all congregate meal sites across all five supervisorial districts to ensure these resources are accessible to all communities served.

I, THEREFORE, MOVE that the Board of Supervisors declare the month of March 2025 as National Nutrition Month in Los Angeles County and commend the Los Angeles County Aging & Disabilities Department AAA for providing nutritious meals for older adults that are approved by registered dietitians and promote physical activity habits through its nutrition service providers.

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