

March 19, 2024

**MOTION BY SUPERVISORS LINDSEY P. HORVATH  
AND JANICE HAHN  
Proclaim March 2024 as National Nutrition Month**

National Nutrition Month is an annual education and information campaign created by the Academy of Nutrition and Dietetics. During March, people are encouraged to make informed food choices and develop healthy eating and physical activity habits. The theme for 2024, “Beyond the Table,” explores the farm-to-fork journey of food, including aspects of food production and distribution, navigating grocery stores and farmers markets, and practices for home food safety and storage. It also encompasses sustainability measures aimed at reducing food waste at school, work, home, and beyond. This aligns with the work the Los Angeles County Food Equity Roundtable Action Plan and the work of the forthcoming Office of Food Equity.

The Los Angeles County Aging & Disabilities Department Area Agency on Aging (AAA) and its Aging Network and the Department of Public Health are making a concerted effort in Los Angeles County to promote healthy eating decisions and improved physical fitness. In Fiscal Year 2022/23, the AAA provided over 4.2 million nutritious meals to older adults in Los Angeles County. In addition to meal provision, the AAA offers nutrition counseling sessions and evidence-based nutrition education, promoting healthy food choices and physically active lifestyles among older adults. Furthermore, the AAA plans to launch a social media and community information campaign to highlight the benefits of nutritious eating within its Aging

MOTION

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Network.

The Los Angeles County Department of Public Health and community partners are working to improve access to healthier foods and opportunities for physical activity. In 2023, Public Health's Nutrition and Physical Activity Program's 18 CalFresh Healthy Living partners conducted 457 produce distribution events, reaching 223,608 households and distributing nearly 1.6 million pounds of produce. In addition, 6,300 nutrition education and physical activity classes were conducted, reaching nearly 12,000 children and adults living in low-income households.

**WE, THEREFORE, MOVE** that the Board of Supervisors:

1. Declare the month of March 2024 as National Nutrition Month in Los Angeles County and adopt the attached proclamation;
2. Direct the Los Angeles County Aging & Disabilities Department Area Agency on Aging (AAA) to continue efforts of providing nutritious meals for older adults that are approved by Registered Dietitian Nutritionists and promote physical activity habits through its nutrition service providers. To the extent possible, align these efforts with relevant recommendations on nutrition security outlined in the Los Angeles County Food Equity Roundtable's Action Plan;
3. Direct the Department of Aging & Disabilities, in collaboration with the Department of Public Health and other relevant County departments, to launch an effort to encourage residents and interested groups to observe the month of March 2024 with appropriate activities that promote the importance of making informed food

choices such as promoting National Nutrition Month at the workplace, utilizing MyPlate as a visual tool to make healthy meal choices, trying new fruit or vegetables each week, promoting plant-based foods and lower sodium options when feasible, organizing a virtual or in-person healthy potluck, picking a meatless day, exploring food recovery options in your community, or even start a walking club with your co-workers; and

4. Direct the Chief Sustainability Officer, which administers the Community Food Resources Grant program, a Board-approved American Rescue Plan Act (ARPA) program, to evaluate any additional funding needed to provide grants to applicants already in queue and direct the Chief Executive Officer to evaluate the feasibility of reallocating available ARPA funding to support the program's needs.

# *National Nutrition Month*

## *March 2024*

**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**, this year's theme, "Beyond the Table", focuses attention on the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets in Los Angeles County; 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

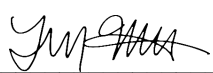
**WHEREAS**, a community outreach campaign will be initiated during March with weekly key messaging that promotes nutritious eating habits through various outlets and linked to [www.eatright.org/](http://www.eatright.org/); and

**WHEREAS**, efforts are being made in Los Angeles County by the Aging & Disabilities Department and its Aging Network and the Department of Public Health to promote health, and conduct a wide-scale effort to enhance healthy eating practices, and improve physical fitness through nutrition education; and

**THEREFORE BE IT RESOLVED**, that this Board of Supervisors hereby proclaims March 2024 as "**NATIONAL NUTRITION MONTH**" in Los Angeles County 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: March 19, 2024


  
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**Hilda L. Solis**  
Supervisor, 1st District

  
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**Lindsey P. Horvath, Chair**  
Supervisor, 3<sup>rd</sup> District



  
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**Holly J. Mitchell**  
Supervisor, 2nd District

  
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**Janice Hahn**  
Supervisor, 4<sup>th</sup> District

  
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**Kathryn Barger**  
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