



## *A Proclamation by the Governor*

**WHEREAS**, chronic diseases account for 7 out of 10 deaths and more than 75 percent of health care costs; and

**WHEREAS**, use of and exposure to tobacco, physical inactivity, and poor nutrition are health-related behaviors that can be linked to the majority of chronic diseases; and

**WHEREAS**, over 18 percent of adults and 10 percent of high school students in Nevada are current smokers; and

**WHEREAS**, over 78 percent of adults and 76 percent of high school students in Nevada are not getting the recommended amount of physical activity; and

**WHEREAS**, less than 24 percent of adults in Nevada eat the recommended amount of fruits and vegetables every day, and over 6 percent of high school students have gone a week without eating any vegetables; and

**WHEREAS**, there are concrete steps that our community's residents, families, businesses, programs, and service providers can all take to combat chronic diseases by promoting physical activity, healthy eating and tobacco free lifestyles;

**NOW, THEREFORE, I, BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA**, do hereby proclaim September 18, 2014, as

### **HEALTHY LIVING DAY**



*In Witness Whereof*, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 15th day of September, 2014.

By the Governor:

Governor

By Carol J. Fambdy

Secretary of State

Deputy