



**OFFICE OF THE GOVERNOR
AMERICAN SAMOA GOVERNMENT**

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PROCLAMATION

**“NATIONAL NUTRITION MONTH
MARCH 2025”**

- WHEREAS,** food is the substance by which life is sustained; and
- WHEREAS,** the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and
- WHEREAS,** food, especially that of poor quality and low in nutrients (those high in fat, salt, and sugar) contribute to Non-Communicable diseases also known as Chronic or Lifestyle diseases; and
- WHEREAS,** the high availability of these low nutrient foods and easy accessibility by the public especially children compounded with the high influx of fast-food venues into the country makes the problem hard to control; and
- WHEREAS,** American Samoa is in a health crisis for Non-Communicable diseases with high prevalence of Obesity, Diabetes, and Cardiovascular Diseases which stemmed from poor diet and lack of physical activity; and
- WHEREAS,** the lack of policies and structured programs with zero pool of professionals to provide guidance and support to the population’s needs is another culprit for high incidence of NCDs; and
- WHEREAS,** there is a need for continuing nutrition education and a wide-scale effort to enhance healthy eating practices in American Samoa.

NOW, THEREFORE, I, PULAALI'I NIKOLAO PULA, Governor of the Territory of American Samoa, do hereby proclaim March 2025 as "NATIONAL NUTRITION MONTH" in the Territory of American Samoa, and I encourage all citizens to join the campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow.

IN WITNESS WHEREOF, I have hereunto affixed my signature and the seal of my office on this 28th day of February, in the year of our Lord two thousand twenty-five.

A handwritten signature in black ink, appearing to read "Pulaali'i", followed by a horizontal line.

PULAALI'I NIKOLAO PULA
Governor