

**PROCLAMATION**  
**City of Bethel 5 a Day Week**

**WHEREAS**, the prevention of cancer and heart disease are two of the most urgent health challenges of our day; and

**WHEREAS**, cancer, the number two killer in America, is predicted to strike one out of three Americans during a lifetime and heart disease is the number one killer in America; and

**WHEREAS**, the 1988 Surgeon General's Report on Nutrition and Health estimates that two-thirds of the deaths in America are a result of heart disease, cancer and associated diseases; and

**WHEREAS**, the National Cancer Institute estimates that more than 150,000 cancer deaths a year are related to the American diet which is too high in fat and low in fruits, vegetables and fiber; and

**WHEREAS**, the American Cancer Society, the American Heart Association and the American Diabetes Association all recommend that people should reduce their intake of fats and increase their consumption of high fiber foods such as fruits and vegetables, as part of their diet to help reduce their risk of cancer and heart disease; and

**WHEREAS**, the United States Department of Health and Human Services, the United States Department of Agriculture and the National Academy of Sciences recommend that all Americans should eat at least five daily servings of fruit and vegetables; and

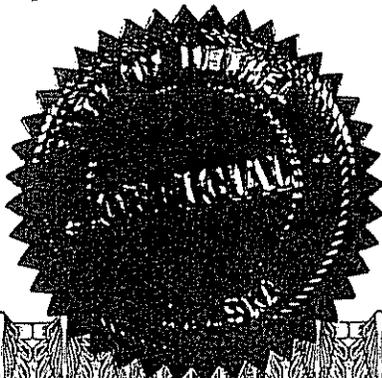
**WHEREAS**, the average American eats only 3.5 servings of fruit and vegetables a day; and

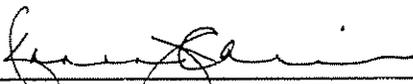
**WHEREAS**, the National Cancer Institute has launched the 5 a Day For Better Health national disease prevention/health promotion program to encourage all Americans to eat five or more servings of fruits and vegetables a day for better health; and

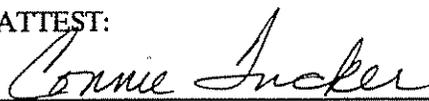
**WHEREAS**, the goal of the 5 a Day program is to increase the average consumption of fruits and vegetables to five daily servings by the year 2000.

**NOW, THEREFORE**, I, Donna J. Chris, Mayor of the City of Bethel, Alaska, do hereby proclaim the week of September 11-17, 1994, 5 a Day Week and encourage all citizens of Bethel to eat more fruits and vegetables;

**AND FURTHER**, I call upon the people of Bethel to set a goal for consumption of fruits and vegetables of five or more servings per person, per day, by the year 2000 as a chronic disease prevention measure.



  
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Donna J. Chris, Mayor

ATTEST:  
  
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Connie Tucker, City Clerk