



Proclamation

WHEREAS: While consumers are concerned with overweight primarily from a cosmetic viewpoint, health and nutrition professionals are more concerned with it's potential impact on health; and

WHEREAS: With heart disease being a monumental threat and a leading cause of death, and obesity contributing to a higher incidence of heart disease; and

WHEREAS: The partnership between Weight Watchers and the American Heart Association in a joint effort, QUICK START WITH HEART, to educate the public about the dangers of heart disease and the necessity of good nutrition and weight control for good health; and

WHEREAS: For both the marginally and extremely obese, the Weight Watchers Program has been shown to be an effective tool for healthy and sensible weight control, it's goal to provide safe and effective means for lifetime weight control; and

WHEREAS: In a session before the Senate Select Committee on Nutrition and Human Needs, the Weight Watchers organization was noted as "a program that stands as one of the major social experiments of our time, and the first approach for the control of obesity which is sufficiently broad to warrant description as a public health measure";

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim the month of February 1985, to be

QUICK START WITH HEART MONTH

in Minnesota.

FURTHER, I urge all citizens to reflect on the health concerns associated with obesity and heart disease, and it's potential impact on health and to recognize the efforts of Weight Watchers and the American Heart Association in providing the often overlooked need for effective weight control and proper nutrition toward a healthy heart.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this third day of December in the year of our Lord one thousand nine hundred and eighty-four, and of the State the one hundred twenty-seventh.

Jean Anderson How
SECRETARY OF STATE

Rudy Perpich
GOVERNOR

STATE OF MINNESOTA
DEPARTMENT OF STATE
FILED
DEC 13 1984

Jean Anderson How
Secretary of State #35689

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