

State of Maine



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 fruit, vegetables and fiber, 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 inform all Americans to eat 5 or more servings of fruits and vegetables a day for better health; and

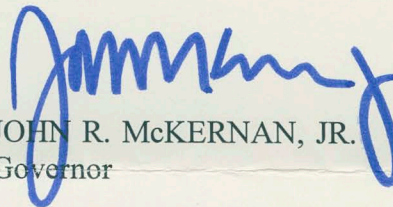
NOW THEREFORE, I, JOHN R. McKERNAN, JR., Governor of the State of Maine, do hereby proclaim September 12 through 18, 1993 as

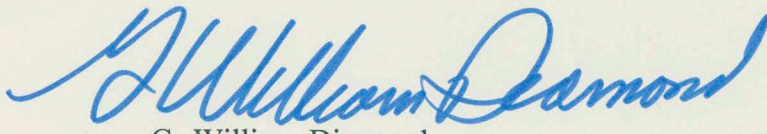
5 A DAY WEEK

throughout the State of Maine, and encourage all citizens of Maine to take the 5 a Day Challenge and eat more fruits and vegetables!



In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this eighth day of September in the Year of our Lord One Thousand Nine Hundred and Ninety-Three.


JOHN R. McKERNAN, JR.
Governor


G. William Diamond
Secretary of State