

News Release

For Immediate Release: Wednesday, September 3, 2014 Media Contact: Tania J. Charette, MPH, CHES Health Program Specialist (801) 538-6423

September is Healthy Family Meals Month

Governor Herbert says sitting down together at meals is a priority

(Salt Lake City, UT) – Utah Governor Gary Herbert has signed a declaration promoting the importance and benefits of family meals, and is inviting Utahns to eat together as a family at least once a week during this month. To read the declaration go to http://www.choosehealth.utah.gov/documents/pdfs/nutrition/DeclarationHeathy%20familymeals.pdf

"The Governor has the right idea," says Tania Charette, Health Program Specialist, Utah Department of Health. "Children who are engaged with their parents through supportive activities like frequent family meals are less likely to use harmful substances, more likely to be successful in school, and have higher self-esteem and lower obesity rates." Studies show having meals together also helps children's mental and behavioral health, communication skills, and leads them down a path to a lifetime of healthier eating habits.

To celebrate the declaration, the Utah Department of Health, Utah's Local Health Departments, and other community partners like Intermountain LiVe Well, support the new utahfamilymeals.org/ website The site features healthful recipes and opportunities to win prizes.

For information on family meals visit http://www.choosehealth.utah.gov/your-health/healthy-eating/family-meals.php and http://utahfamilymeals.org/

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.