

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim June 2013 as Dairy Month in the State of New York

WHEREAS, It is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim June 2013, as Dairy Month in the State of New York; and

WHEREAS, Dairy Month is a reason to celebrate the safe, healthy, high quality and most importantly, delicious dairy foods we are blessed to have abundant access to here in the United States; and

WHEREAS, This is all thanks to the day-in and day-out hard work and commitment of our nation's dairy farmers; and

WHEREAS, Consumers should know that milk production is highly regulated and inspected to ensure the safety and quality of the milk we drink as well as that which is used to make other dairy products; and

WHEREAS, Testing and safeguards are in place throughout the process from farm to store to guarantee that only safe, healthy milk and dairy products reach the consumer; and

WHEREAS, Dairy farms undergo regular on-farm inspections; farmers must be very conscientious of sanitary conditions during milking on the farm; cows' udders are thoroughly cleaned before each milking, and all milking equipment and facilities must be kept sanitary as well; and

WHEREAS, After cows are milked, the milk is immediately transferred into a cooling tank on the farm where it is chilled to 37 degrees Fahrenheit within two hours of milking; the milk is stored at this temperature on the farm until it is transported by refrigerated tanker truck to a milk processing plant; and

WHEREAS, To ensure freshness, milk is picked up at large dairy farms each day, and smaller farms usually every other day; when the milk arrives at the processing plant, each truckload is tested for antibiotics and bacteria; any truckload of milk that does not pass this stringent testing is rejected and not allowed to enter the plant; and

WHEREAS, Once at the processing plant, milk is usually processed within 24 hours, either for bottling as fluid milk or sent on to be further processed into other dairy products; and

WHEREAS, Processing consists of standardization (the process of differentiating whole milk, 2%, 1% and skim milk), pasteurization (heating the milk and then immediately cooling to ensure any harmful bacteria are destroyed), and homogenization (blending the milk under high pressure to evenly distribute the fat particles); and

WHEREAS, Cow's milk truly is one of the most wholesome foods there is; dairy products supply our bodies with nine essential vitamins and minerals, as well as many others: Calcium - helps build and maintain healthy bones and teeth; Potassium - helps maintain the heart, brain, kidneys, and muscle tissues; Phosphorus - helps strengthen bones and generates energy in the body's cells; Protein - builds and repairs muscle tissue and serves as a source of energy; Vitamin A - helps maintain normal vision and skin and is important for bone growth; Vitamin D - helps promote absorption of calcium and maintenance of bone strength; Vitamin B12 - helps maintain healthy red blood cells and nerve cells; Riboflavin - helps convert food into energy and is important for eyesight and skin; and Magnesium - helps maintain muscles and nerves, supports the immune system, and keeps bones strong; and

WHEREAS, Dairy products play an important role in a healthy diet for people of all ages; however, many Americans, especially women, fail to consume the recommended amount of dairy in their diets; but, there is growing research evidence that dairy products may help reduce the risk of many of the most serious health issues facing women today including:

osteoporosis, hypertension, cardiovascular disease, and obesity, as well

as other chronic health problems related to these conditions; and

WHEREAS, From the time you were a child you were probably told to drink your milk in order to have strong bones; and if you are a mother, you probably have repeated those exact same words to your own children; it is true: dairy products are an excellent source of calcium which fortifies bone structure, and nearly half of all bone is formed during the child and teen years; but Moms need calcium in their own diets; and

WHEREAS, Up to about age 30, women need calcium to build a "bone bank"; after that, continuing to consume dairy foods high in calcium will help you maintain that strong bone structure; and

WHEREAS, In addition to the bone health benefits, calcium also plays a crucial role in metabolism, muscle contraction, nerve transmission, and blood clotting; it is easier for the body to digest and put to use the calcium found in natural dairy products compared to calcium supplements; and

WHEREAS, The benefits of milk for strong bones go beyond calcium; nearly all cow's milk sold in the United States is fortified with Vitamin D; in the body, Vitamin D regulates blood calcium levels; and

WHEREAS, Vitamin D deficiencies are linked to poor bone health and osteoporosis; low levels of Vitamin D may also increase the risk of certain cancers, hypertension, metabolic syndrome (insulin resistance syndrome), and autoimmune disorders; research shows that consuming more than the recommended daily Vitamin D intake can reduce the risk of these diseases; and

WHEREAS, Besides calcium and Vitamin D, other nutrients found in milk that support bone health include: protein, phosphorus, magnesium, potassium, zinc, and Vitamins A, C, and K; and

WHEREAS, Dairy products can also help in the fight against heart disease; increasing numbers of women are being diagnosed with heart disease; uncontrolled high blood pressure can put women at risk for heart disease; research shows that calcium, potassium, and magnesium, all found in milk and dairy products, play an important role in managing a healthy blood pressure; and

WHEREAS, Dietary Approaches to Stop Hypertension (DASH) is an eating plan for the entire family that may help manage blood pressure and dairy foods are an important part of it; the DASH eating plan includes 2-3 servings of low-fat or fat-free dairy products and 8-10 servings of fruits and vegetables each day; and

WHEREAS, The American Heart Association guidelines for cardiovascular disease prevention in women also encourage consumption of low-fat and fat-free dairy products; obesity and its chronic effects (heart disease, high blood pressure, diabetes, joint problems, and depression) is an alarming problem in the United States; people can be "overweight", yet actually "undernourished" because they choose to fill up on so called "junk" food which is high in calories and fat, instead of nutritionally rich food, such as dairy products; and

WHEREAS, Women, in general, are concerned about weight, not only because of health issues, but because of appearance; a growing amount of research shows that eating three servings of dairy a day can actually help you maintain a healthy weight; many observational studies show that people who consume more calcium and dairy foods weigh less and have less body fat than people who consume little or no dairy; and

WHEREAS, Research trials have also shown that consuming adequate amounts of calcium, Vitamin D, and dairy products may help prevent type II diabetes; the USDA Dietary Guidelines recommend that all Americans age nine and older include just three servings of low-fat or fat-free dairy foods in their diet each day; milk, cheese, and yogurt are popular

and easy choices that really require no extra preparation in their

simplest forms; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim June 2013 as Dairy Month in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.