



GUAM MEMORIAL HOSPITAL AUTHORITY

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For Immediate Release

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GMHA Celebrates National Nutrition Month

(Tamuning, Guam; March 11, 2026) — The Guam Memorial Hospital Authority (GMHA) is proud to recognize March as National Nutrition Month, highlighting the importance of healthy eating habits and the role of nutrition in supporting overall health and well-being.

On March 6, 2026, a proclamation recognizing National Nutrition Month was signed at the Office of the Governor in Adelup. The proclamation emphasizes the importance of nutrition education and the role of Registered Dietitian Nutritionists in promoting lifelong wellness and disease prevention.

Throughout the year, GMHA's Registered Dietitian Nutritionists work closely with patients and healthcare teams to provide nutrition education, support recovery, and help manage chronic conditions such as diabetes, heart disease, and other health concerns. Their work supports patients across many areas of care, helping individuals make informed food choices that contribute to better health outcomes.

"Nutrition is one of the most powerful forms of prevention and healing. Every meal is an opportunity to protect health, bring families together, and strengthen our community. When we nourish our people, we do more than improve health — we invest in the future of Guam," said Sharon Azucena, Clinical Nutrition Manager at GMHA.

GMHA Hospital Administrator and CEO Dr. Joleen M. Aguon emphasized the importance of nutrition in patient care and community health.

"Proper nutrition plays a critical role in preventing disease, supporting recovery, and improving quality of life. We are grateful for the dedication of our nutrition professionals who work every day to educate and support our patients and community."

GMHA extends its appreciation to its Nutrition Services team and Registered Dietitian Nutritionists for their commitment to promoting healthy lifestyles and improving the health of the people of Guam.

For more updates on GMHA celebrations and other initiatives, follow GMHA on Facebook and Instagram at @GMHA_Guam.

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