




First Lady Michelle Obama Unveiled Her Strategy for Tackling the Nation's Childhood Obesity Crisis

Mrs. Obama's initiative is called Let's Move , and includes a website with tools and background on the initiative. Her speech was informative and inspiring. One quote was particularly compelling.

"We can't build the future for our youth, but we can build our youth for the future." - Franklin D. Roosevelt

When FDR made his statement, our world was a different place, faced with scarcity, with little worry about environmental influences on our children's health. Today, in our 21st century, we are building the future for our children, because everything we do now affects their future. I submit that when we address our various environmental issues we are in fact building the future for our children.

The impact of the environment on everyday living is a huge contributor to our present day childhood obesity crisis. That future is certain and bleak, but as pointed out by Mrs. Obama in her speech, it is also preventable. Childhood obesity is something we as a nation can turn around.

In our present condition, building a healthy environment is a national outcome that may determine the future for the next generation. Clearly, the importance of building our youth for the future is equally important.

The First Lady and her Let's Move agenda asks us to look at the childhood obesity issue from a new perspective. She encourages us to "ask not what parents are doing wrong but what we as a nation can do to create a healthy environment which combats childhood obesity."

Not only does her initiative reframe the conversation but it also shifts the burden/blame from individual or parent to the collective society consisting of schools, business, non-profits, health organizations, doctors, communities, states and the government. Her initiative, Let's Move, requires a collaborative effort from all participants in order to "fix" the environment. To read more and see a video of the First Lady's recent speech on childhood obesity, visit: <http://www.peacefulplaygrounds.com/schools-role-childhood-obesity-crisis.htm>

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Contact the editor: Allyson Taylor [mailto: allyson.taylor@stginternational.com](mailto:allyson.taylor@stginternational.com)