



February 12, 2010

Federal Legislative Update

Childhood Obesity

On February 9, 2010, AAP President Judith S. Palfrey, MD, FAAP, joined First Lady of the United States Michelle Obama at the launch of her national [“Let’s Move!” campaign](#) to reduce childhood obesity rates in the United States. The AAP is proud to partner with the White House, the U.S. Department of Health and Human Services, the U.S. Department of Education, and the U.S. Department of Agriculture in this new initiative, and commends First Lady Michelle Obama for drawing national attention to this staggering health burden on our nation’s youth.

Specifically, as part of this new initiative, the AAP pledges to engage in a range of efforts:

- **The Academy will call on all pediatricians to calculate body mass index (BMI)** for every child over the age of two at every well-child visit, in accordance with AAP *Bright Futures* recommendations. BMI can be used as a simple and important tool for pediatricians to start conversations with families about their children’s health and well-being.
- **The AAP will encourage its members to make available “prescriptions” for healthy, active living** (good nutrition and physical activity) at every well-child visit. Using these “prescriptions,” pediatricians can engage in conversations with children and parents about the impact of healthy eating habits and regular physical activity on overall health.

The AAP will also continue promoting additional ongoing interventions to reduce the prevalence of childhood obesity, such as encouraging mothers to breastfeed, childcare providers and schools to serve healthy foods, children to get plenty of sleep, and families to follow the 5-2-1-0 guidelines for healthy, active living: eating five fruits or vegetables a day, watching two hours or less of screen time per day, committing to one hour of physical activity a day and limiting/avoiding sugar-sweetened drinks.

The AAP’s [new Web page](#) dedicated to this childhood obesity initiative and partnership with the White House outlines the Academy’s commitments to ending the childhood obesity epidemic and offers resources for families and pediatricians, including downloadable copies of the “prescriptions” to promote healthy, active living.

Additional Resources on the AAP and Childhood Obesity Prevention:

- Visit the [AAP's new obesity Web page](#) to learn more about our partnership with the White House in working to end the childhood obesity epidemic, and for other resources on how to reduce the prevalence of childhood obesity in the United States.
- Visit the [AAP Department of Federal Affairs Facebook page](#) for video coverage, photos and additional information on the "Let's Move!" obesity initiative launch event with First Lady Michelle Obama and AAP President Dr. Palfrey.
- Visit the AAP News Room to read Dr. Palfrey's [remarks](#) from the launch event and the AAP's [press release](#) on the new initiative.
- Visit [the Department of Federal Affairs Member Center Web page](#) to learn more about the AAP's role in childhood obesity prevention and other important federal legislative issues.
- Read the [USA Today cover story](#) on First Lady Michelle Obama's "Let's Move!" campaign, which also quotes Dr. Palfrey.
- Read the ["DOFA Download" blog](#) on the Young Physicians Network for more information on the AAP's role in childhood obesity prevention and to learn more about federal affairs events and activities.