

LET'S MOVE!



The Facts for American Indian/Alaska Natives

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of childhood obesity in a generation so that kids born today will grow up healthier and able to pursue their dreams. This is an ambitious goal. But it can be done. Combining comprehensive strategies with common sense, *Let's Move!* is all about putting children on the path to a healthy future starting with their earliest months and years and continuing throughout their lives. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every community has access to healthy, affordable food. And, helping kids become more physically active.

Obesity in the American Indian/Alaska Native Community

Over the past three decades, childhood obesity rates in America have tripled. Obesity is more than two times more common among American Indian/Alaska Native children (31%) than among white (16%) or Asian (13%) children. This rate is higher than any other racial or ethnic group studied.

Obesity has serious health consequences. Childhood obesity is a contributing factor to a higher risk of chronic illnesses—particularly type 2 diabetes — among American Indian/Alaska Native youth.



“In the end, as First Lady, this isn’t just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and physical activity.”

—First Lady Michelle Obama

Mrs. Obama began a national conversation about the health of America’s children when she broke ground on the White House Kitchen Garden with students from a local elementary school in Washington, DC. Through the garden, she began a discussion with kids about nutrition and the role food plays in living a healthy life. That discussion grew into the Let’s Move! campaign, which was launched by the First Lady in February, 2010.



“The importance of making better food choices and adding exercise to the day has generational benefits; younger kids watch adults and if we do these things, our kids will follow. Teach by doing, live the example, that’s the basis of building a healthy nation seven generations forward, beginning today, with me.”

—Jessica Burger, RN-Little River Band Ottawa

Find out more
www.letsmove.gov

Learn more about how your family can make healthier choices and get moving. Find tips on healthy eating. Discover fun activities you and your family can do together. Read the latest *Let’s Move!* news. Sign up for our newsletter, and see what else you can do to fight childhood obesity in your community or schools.

Additional resources
www.fitness.gov



What You Can Do

The good news is you can help your children maintain a healthy lifestyle. Individuals and communities can play a role in encouraging kids to eat healthier and to move more. When children combine physical activity with health in their daily routine, they help prevent a range of chronic issues, including heart disease, cancer and stroke—the three leading causes of death. Along with decreasing obesity risk, physical activity helps to control weight, build lean muscle, reduce fat and promote strong bone, muscle and joint development. Physical activity has also been shown to improve academic performance, including better grades, test scores, classroom behavior, attention, and concentration. And, of course, healthy eating gives kids the proper nutrition they need to stay energized, active and maintain a healthy weight.

Let’s Get Moving

Get kids moving and make healthier choices for your children

- Children need 60 minutes of active and vigorous play each day
- Serve fruit or veggies with every meal
- Substitute water or low-fat milk for sweetened beverages
- Pick a vegetable they like and find different, tasty ways to prepare it
- Substitute healthier ingredients such as whole grains, and lean meats in their favorite recipes
- Eat meals as a family

Take your family to see a doctor

- Make sure that every family member gets their Body Mass Index (BMI) checked when they go in for annual check-ups
- Talk to your doctor about diet, physical activity and other behaviors that affect your family’s health

Earn a Presidential Active Lifestyle Award (PALA)

- When you and your kids commit to an activity five days a week for six weeks—like walking to school together, riding bicycles or taking the stairs instead of the elevator— you can each get an award from President Obama! To join visit: www.presidentschallenge.org

Support a community garden

- Find a place to grow a garden with your kids—at school, church or in an empty lot—so they can learn to eat what they grow

Help build a community playground

- Work with your community and other organizations to build a playground so that kids have a place to get 60 minutes of physical activity a day