

THE WHITE HOUSE

May 24, 2011

I want to welcome you all to the launch of *Let's Move! in Indian Country*, and I wish I could be with you all in person today to thank you for the vital work the Menominee Indian Tribe of Wisconsin has been doing to confront the health challenges facing Indian Country.

One of those challenges involves an issue that I care deeply about — the epidemic of childhood obesity. It's a problem that affects us all, but we know that Native communities are especially hard hit. The obesity rate among American Indian and Alaska Native children is the highest of all communities. One in three children in Indian Country are overweight or obese before the age of five, putting them at risk for diseases like diabetes, cancer, and heart disease.

None of us wants that kind of future for our kids. That is why we started *Let's Move!*, our nationwide campaign to solve this epidemic once and for all. We are working with leaders from every sector of our society, from teachers and parents to doctors and business leaders. There is a role for everyone involved in our children's lives, and today, I'm asking all of you to get involved as well.

Through *Let's Move! in Indian Country* we have an opportunity to engage Native communities, schools, tribes, the private sector, and non-profits to work together to tackle this issue head on. Tribes can sign up to become part of *Let's Move! in Indian Country*, elders can mentor children about traditional foods and the importance of physical activity, and families can incorporate healthy habits like eating vegetables or participating in the President's Active Lifestyle Award into their everyday life.

Together, I know we can build a brighter, healthier future for our next generation. So thank you again for all that you have done, and all you will continue to do to keep our Nation healthy. I look forward to working with you in the months and years ahead.

*Michelle Obama*