

Michelle Obama Campaigns Against Childhood Obesity

Even our first lady has concerns regarding obesity prevention for her daughters. In late January, The Associated Press released an [article](#) describing how Michelle Obama framed her national [campaign](#) against childhood obesity in intensely personal terms. She said that her own daughters were starting to get off-track before the family's pediatrician gave her a wake-up call and warned her to watch it.

"In my eyes, I thought my children were perfect," the first lady stated. "I didn't see the changes."

But the family's pediatrician, warned her otherwise. The doctor *"cautioned me that I had to take a look at my own children's BMI,"* (body mass index) the first lady said. Mrs. Obama admitted that though parents often recognize that kids in general don't eat right and aren't exercising enough, but *"we always think that only happens to someone else's kids, and I was in that position."*

Knowing that she is looked at as a healthy families leader, she knew she needed to make some changes. If you were Mrs. Obama, what would you do to help your children?



The first lady said that over the next few months she made some small changes that got her daughters back on track. No more weekday TV. More attention to portion sizes. Low-fat milk. Water bottles in the lunch boxes. Grapes on the breakfast table. Apple slices at lunch. Colorful vegetables on the dinner table.

"It was really very minor stuff, but these small changes resulted in some really significant improvements, and I didn't know it would," Mrs. Obama said. "It was so significant that the next time we visited our pediatrician, he was amazed. He looked over the girls' charts and he said, 'What on earth are you doing?'"

Mrs. Obama said that's the message she hopes to share in her anti-obesity campaign, **"small changes can lead to big results."**