

It's summertime! Our young ones will soon be done with school and looking to participate in summer programs and activities. As a former educator, I believe that creating a healthy lifestyle begins at a young age. Helping children foster the value of good health requires a comprehensive strategy that includes parents, teachers, health professionals, business and government leaders and even celebrity athletes and cartoon characters.

As a champion of this cause, First Lady Michelle Obama recently introduced a national initiative to combat childhood obesity. The campaign, "[Let's Move](#)," works to increase access to nutritional information and healthy foods, encourages physical activity, and supports personal responsibility. The initiative will include funding of up to \$1 billion a year for 10 years along and will establish the first ever national task force on childhood obesity, bringing in expertise from the Departments of the Interior, Health and Human Services, Agriculture and Education.

This summer, encourage your kids to be active, eat healthy and have fun! Here in Santa Clara County, your child could join a sports or arts camp or volunteer with a community service program. [First Lady Obama recently kicked off the South Lawn Series](#) – events throughout the summer season to bring local youth, sports leagues, and community groups to the White House to join in sports, games and activities. With initiatives like these to address childhood obesity and promote healthy lifestyles, I am excited by our nation's recommitment to improving the quality of our health care programs and hope that such projects will empower individuals and families to take ownership of their health.