



Childhood Overweight and Obesity Prevention Initiative

**Help Prevent Childhood Overweight and Obesity
and Secure a Healthy Future for our Children**

Today, 12.5 million children are overweight in the United States—more than 17 percent. Teaching children the importance of healthy eating and physical activity at a young age is necessary to help prevent overweight and obesity in this country. Together we can make a difference.

As Surgeon General, I ask you to join this movement to help children achieve and maintain a healthy weight by making this promise:

Surgeon General's Pledge To Help Prevent Childhood Overweight and Obesity

I pledge to:

- Be a role model by making healthy choices for myself.
- Help children be physically active through everyday play and participation in sports.
- Support children's healthy eating habits.

A healthy future is our gift to our children.

Signature