**FOR IMMEDIATE RELEASE**
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# OCCUPATIONAL THERAPY PROFESSION SUPPORTS FIRST LADY'S CAMPAIGN TO "SOLVE THE EPIDEMIC OF CHILDHOOD OBESITY"

**Bethesda, MD** — The American Occupational Therapy Association (AOTA), which represents the professional interests and concerns of more than 140,000 occupational therapists, assistants and students nationwide, released the following statement in response to First Lady Michelle Obama's "Let's Move" campaign, which aims to solve the epidemic of childhood obesity within a generation.

*Dear Mrs. Obama,*

*The American Occupational Therapy Association (AOTA) supports primary, secondary, and tertiary prevention for the management of obesity. AOTA is firmly dedicated to promoting community health, increasing life expectancy, and improving the quality of life for all people. As such, we were thrilled to hear about your ambitious "Let's Move" campaign.*

*As you already know, one-third of U.S. children and adolescents are overweight or obese. Obesity is the leading modifiable risk factor contributing to early mortality; type 2 diabetes; cardiovascular disease; metabolic syndrome; breast, prostate, and colon cancer; gallbladder disease; sleep apnea; musculoskeletal disorders; and associated limitations in physical activity.*

*Our current brand, "Living Life To Its Fullest™," promotes the profession's comprehensive approach to health, which covers psychosocial, physical, cognitive, and environmental barriers to full participation in life activities.*

*Within the United States, millions of people struggle and fail to achieve a healthy weight using current methods. However, occupational therapy's holistic and unique focus on occupation and daily life activities offers structured intervention and support for the management of obesity across the life span regardless of ability. As practitioners, we enable people – of all ages – to live life to its fullest and will stand by you during this campaign to provide education and awareness about solutions to obesity.*

Founded in 1917, the **American Occupational Therapy Association** (AOTA) represents the professional interests and concerns of more than 140,000 occupational therapists, assistants and students nationwide. The Association educates the public and advances the profession of occupational therapy by providing resources, setting standards including accreditations and serving as an advocate to improve health care. Based in Bethesda, Md., AOTA's major programs and activities are directed toward promoting the professional development of its members and assuring consumer access to quality services so patients can maximize their individual potential. For more information, go to **www.aota.org**.

– 30 –