



MARIA SHRIVER
FIRST LADY OF CALIFORNIA

Dear Doctor:

We are all aware of the increasing prevalence of obesity in California's children and adolescents. As you know all too well, obesity can lead to diabetes, cardiovascular disease and other problems. While many of the factors contributing to this epidemic are beyond the control of individuals, we can each do something to be part of the solution. We know you are currently helping your patients adopt health-promoting behaviors using a variety of strategies. To assist you in your efforts to promote healthier behaviors, **we have created parent and child brochures for you to share with patients and their families**, offering tips to better health.

We have created several ways for you to get free copies of the brochures.

- (1) You can make as many copies as you would like of the brochures we have included in this mailing;
- (2) 200 free copies will be sent to you if you submit the enclosed order form;
- (3) Free access to the brochures can also be obtained from the following websites
 - a. www.aap-ca.org
 - b. www.familydocs.org
 - c. www.firstlady.ca.gov/projects/health/

We hope you find these brochures helpful in your efforts to encourage all Californians to get healthy!

Sincerely yours,

Francine R. Kaufman, M.D.
Children's Hospital Los Angeles

Maria Shriver
First Lady of California