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### Policy Memorandum

Michelle Obama has made steps in the right direction with the *Let's Move* initiative. This is an initiative to help with the growing problem of obesity in the United States, and who better to lead this initiative than the first lady. But I am not here to refute what she has done or describe it to you. What I really want to discuss is the lack of a national food policy that could save countless lives in our great country. If America was to implement a new food policy we could tremendously affect the well-being of the population in many categories such as life expectancy, less pain and disease due to unhealthy habits, and even reduce the negative effects we have on the environment.

A short summary of what Michelle Obama has already done is quite simply a route to a better life through the targeting of childhood obesity. She has done this by cooperating with the USDA in implementing a new strategy into school called *My Plate*. My plate is basically a new age food pyramid suggesting the necessary units to a balanced meal. It is a reminder to not only school age students, but to adults as well. But how many actually pay attention to this *My Plate* thing... not many, and this presents us with a problem. How are we supposed to get healthier when no one is paying attention?

It seems as though this world revolves around food. Why do we work? We work to put food on the table. Why do eat? We eat to gain energy to get through the rest of our day. Food is a necessary part of our everyday lives and we cannot survive without food. The food industry is the biggest industry in the world, and it affects every single person on this Earth in one way or another. So, why do we not demand for this industry to treat us as not just profits but as a society and as people? How does a mother cook for her darling babies, she makes them eat healthy; and this should be the basis of the food industry. They need to treat us as if we are important, because we truly are, without us they have nothing. We must demand nothing but the best.

The first step to taking control of this is having the FDA and the USDA get on board with a regulated program, which is more strict, of inspecting what is in our foods. They need to be extremely cautious of the amount to fatty foods and sugary foods that are in stores as of now. If these two factors are more regulated than that will improve not only life expectancy but it will undoubtedly reduce the amount of childhood early onset diabetes, which is a rapidly growing problem in our society.

The next step is just as simple but will be a little harder to accomplish. As many of us know the extremely tasty part of food comes from the unhealthiest sources such as: sugars, trans fat, sodium, refined grains, and preservatives. This is a tougher clause because this effects the product's shelf life. But would you rather keep a product longer, or your health and possibly your life? Pretty simple answer. If we put more limitations on these sources, (I'm not saying take away the flavor, I'm saying lower the amount of unhealthy parts of product). If we can somehow accomplish this feat, we can put a huge dent in the amount of heart and circulatory disease that is in our society. This in turn takes away multiple sources of pain: health problems, not being able to participate in your regular life, and death of loved ones.

Lastly (the USDA is extremely important in this one), our agricultural system is mainly dependant on fossil fuel driven machinery which is a major contributor to Greenhouse Gas Emissions. Now this one is pretty obvious on how it harms the environment. If the USDA can come up with a way to regulate fossil fuel emissions on farms and other agricultural facilities (possibly implementing a tax on gas powered machinery so that farmers are pushed to change to healthier alternatives, this isn't the best example), then we can all live on a healthier Mother Earth (Thus also increasing our life expectancy).

With those steps I can honestly say that this world can be changed for the better. Of course there will be people battling this the whole way. It is a tough road ahead, no doubt, but it will all be worth it. Michelle Obama lead us in the right direction, we just need to continue in her footsteps and change this world, so that we can live healthier, with less pain, and in a better environment.

USDA. "Let's Move." America's Move to Raise A Healthier Generation of Kids. Michelle Obama, n.d. Web. 02 Dec. 2014.

Washington Post. "How a National Food Policy Could save Millions of American Lives." Washington Post. The Washington Post, 07 Nov. 2014. Web. 02 Dec. 2014.