

# Michelle Obama, Nike and childhood obesity; Mediterranean diet: Healthy Living



By [Katy Muldoon, The Oregonian](#)

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First Lady Michelle Obama exercises Thursday with children in Chicago.

*SPENCER GREEN/The Associated Press*

This week in personal health:

## **CHILDHOOD OBESITY:**

The national battle of the bulge ramped up Thursday, when First Lady Michelle Obama launched the **Let's Move! Active Schools** program with a boost from **Nike**. The Oregon company vowed to give \$50 million over the next five years to get kids across the country exercising. **The Oregonian's Allen Brettman reports.**

## **MEDITERRANEAN DIET: A**

**study** widely reported earlier this week indicated that a so-called Mediterranean diet lowered the risk of heart attack and stroke. So, should you switch up your diet to comply with the plant-based diet low in saturated fat and animal fat? **Rachael Rettner, a staff writer for MyHealthNewsDaily investigates** just what such a switch might entail.

**BREAST CANCER:** The **Los Angeles Times reports** on a **new study** showing that the number of cases of younger women with advanced breast cancer have climbed about 2 percent a year since the mid 1970s. The discovery came from Rebecca Johnson, director of the **Adolescent and Young Adult Oncology program at Seattle Children's Hospital**, who examined decades' worth of data from the **National Cancer Institute**. Johnson was 27 when she got a breast-cancer diagnosis.

**SYMPOSIUM:** The **National College of Natural Medicine's Women in Balance Institute** plans a three-day symposium focusing on hormone balance. While it's generally aimed at health-care providers, the public can attend a daylong session focusing on menopause, hot flashes, night sweats, insomnia and other topics related to aging. Cost for the March 16 public session is \$42.