



A Message from the Director of Office on Disability

Almost 6 million American children and youth with disabilities require special services. Healthy People 2010, a publication of the Centers for Disease Control and Prevention, reports that notable disparities in health and healthcare exist for these children. Children and youth with disabilities are at greater risk than their peers without disabilities to develop poor health, including obesity, cardiovascular disease, and musculo-skeletal limitations because they are not appropriately physically active and may not practice healthy nutrition.

To address this problem, the Office on Disability of the US Department of Health and Human Services (OD/HHS) initiated the ***I Can Do It, You Can Do It*** program. This exciting program is designed to enhance this populations' physical fitness, which includes increased physical activity and improved nutritional behaviors, ultimately resulting in a healthy lifestyle for children and youth with disabilities.

I Can Do It, You Can Do It is a program of national significance that will have an impact on every community throughout the United States. Thank you for your commitment to the ***I Can Do It, You Can Do It*** program.

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