

MIKE Program

9155 SW Barnes Road, Ste. 219
Portland, OR 97225
Phone—503-296-7705
Fax—503-216-2594
Email—info@mikeprogram.org
Web—www.mikeprogram.org
Tax ID/EIN: 45-0520604

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April 2, 2015

The Honorable Margaret Doherty
State Representative
Chair, Oregon House Committee on Education
900 Court St. NE H-282
Salem, Oregon 97301

Dear Representative Doherty and Members of the Oregon House Committee on Education,

MIKE Program commends your efforts on championing healthier school environments for Oregon's children. As a public service nonprofit committed to equipping young people with the knowledge, skills and leadership to adopt and share healthier lifestyles, we greatly appreciate your dedication to the health of Oregon's youngest generation.

Our children face an increasing risk of developing chronic diseases. Their personal burden will cost us all socially, economically and environmentally. Prevention is the most effective means to counter chronic disease, especially when more than 75 percent of chronic diseases like obesity, diabetes and high blood pressure are avoidable.

MIKE (Multicultural Integrated Kidney Education) mentors teens in schools (currently in Portland and Hillsboro) to empower them to be health leaders. As the teens garner the knowledge and social-emotional skills to make educated decisions for healthy lives, they mobilize their peers, families and neighbors now; and, they prepare a strong start for future generations.

Even with our positive outcomes, teens face a daunting array of marketing for junk food and other unhealthy behaviors. Your current work to create a healthier environment in schools reinforces our mission and vision of all people meeting their potential of vibrant good health, participating as citizens of a vibrant, strong society.

Thank you!

A handwritten signature in blue ink that reads "Cheryl Neal". The signature is written in a cursive style.

Cheryl Neal, MD
President

For Healthy Youth

Please remember MIKE Program in your will or estate plans to secure a healthier future for today's teens.