

*Administration of Donald J. Trump, 2025*

## **Message on Child Health Day**

*October 6, 2025*

This Child Health Day, and every day, my administration is committed to protecting the health and well-being of every American child, equipping our youngest citizens to lead long and fulfilling lives, and keeping the American spirit alive and flourishing for years to come.

In recent decades, there has been an unexplained and alarming rise in chronic illnesses and health problems among American children. Before our very eyes, we have seen massive rises in autism, autoimmune disorders, obesity, diabetes, serious allergies, and mental health challenges in younger generations.

My administration's Make America Healthy Again Commission is leading the effort to find out what is going on and provide solutions. Starting with reducing chemical exposure and the flood of ultraprocessed foods that pollute children's plates and returning to real, whole foods that nourish instead of weaken. Physical activity is being restored in schools, once again making exercise an invigorating part of every child's day and the Presidential Fitness Test has been reestablished.

Through this Commission, we are also assessing the dangers of widespread prescriptions of selective serotonin reuptake inhibitors (SSRIs), antipsychotics, mood stabilizers, and weight loss drugs. For too long, the status quo has promoted medication as the first answer to every challenge, leaving young Americans dependent and often worse off. My administration is committed to finding a better way, encouraging lasting solutions like exercise, nutrition, and community that builds strong minds and bodies.

Earlier this year, I signed into law the TAKE IT DOWN Act, a landmark new law championed by First Lady Melania Trump. Through her leadership and tireless advocacy, this law provides critical protections for American children against digital exploitation, including deepfake abuse, and strengthens safeguards for their online privacy and mental health. Melania's commitment to this cause underscores the fact that protecting our children in the digital age is as vital as looking after their physical well-being.

Today the First Lady and I join our fellow Americans in renewing our resolve to champion the well-being and health of the youngest among us. For nearly 250 years, our Nation has been sustained by the vision and strength of younger generations, and under my leadership, American children will once again grow, thrive, and lead us into a bigger, brighter, and healthier future.

*Categories:* Letters and Messages : Child Health Day, message.

*Names:* Trump, Melania.

*Subjects:* Child Health Day; Childhood fitness and nutrition, improvement efforts; Make America Healthy Again Commission; Nonconsensual intimate imagery, efforts to combat distribution; Presidential Fitness Test, reinstatement; Privacy.

*DCPD Number:* DCPD202500984.