



FOR IMMEDIATE RELEASE

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**Kidango Child Development Centers Receive Kaiser Grant
to Help Prevent Childhood Obesity**

Thanks to a grant award from Kaiser Permanente (Greater Southern Alameda County), Kidango will provide 250 families with preschool age children enrolled in our Alameda County Head Start preschool programs with the resources they need to live healthy lifestyles.

According to the Centers for Disease Control and Prevention, data from two (1976-1980 and 2003-2004) National Health and Nutrition Examination Surveys (NHANES) showed the prevalence of childhood obesity is increasing. For children ages 2-5 years, the prevalence of childhood obesity increased from 5% to 13.9%.

Thanks to the Kaiser grant award, Kidango will hire a registered dietician who will conduct workshops at Kidango Child Development Centers where each family's nutritional information (eating habits, types of food eaten, etc.) will be reviewed and analyzed. Additionally, the registered dietician will review the BMI (body mass index) of each child in the program. From this information, the dietician will assess each child's current behaviors and nutritional needs to prevent or decrease childhood obesity. The dietician will then strategize with each family to help them incorporate simple methods of increasing healthier foods and exercise into their daily routines to help in the prevention of childhood obesity.

Kidango staff in our Head Start preschool classrooms will also attend a workshop focusing on nutrition issues and how they can promote the healthy goals of the families and children while the children are in their care.

Kidango's Head Start program provides year round, part and full day services for 300 children from 2 to 5 years and their families in Alameda and Santa Clara Counties. Very low-income children can access developmental and behavioral screenings, growth assessments (height and weight), dental screenings, hearing and vision screenings, nutrition assessment, home visits, parent conferences and other services that help them be healthy and successful learners.

This is the second year Kaiser has funded this vital program which is instrumental in helping families with very young children incorporate healthy practices into their daily lives.

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About Kidango

Kidango, Inc. is a private, not-for-profit children's agency. It began as Tri-Cities Children's Centers, Inc. in 1979 and at inception there were 90 children and families being served at one center in Fremont. As a leader in early care and education, Kidango offers a wide variety of programs to meet the diverse needs of children 0-12 years of age and their families. Currently there are 38 centers throughout the Bay Area and the agency is continuously expanding to meet the growing needs of children and families. Today more than 2,500 children and families are served in the Alameda, Santa Clara, and San Francisco counties each year.

For more information on Kidango please contact Camille E. Llanes at 510-897-6912 or at cllanes@kidango.org.