

MEDIA RELEASE

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**CHILD START RECEIVES GRANT TO ADDRESS EARLY CHILDHOOD OBESITY**

WICHITA, KAN. – Child Start received a Kansas Health Foundation Recognition Grant for materials to help families establish healthy habits.

The goal is to teach young children healthy eating habits from an early age; help parents provide affordable, healthy meals at home for the entire family; and provide fun ways for families to establish and maintain healthy physical activities to keep them healthy throughout a lifetime.

For the 2008-2009 school year, 46% of the 935 children enrolled in Child Start's Head Start program were considered "overweight" with a body mass index (BMI) of greater than 85% putting them at increased risk for the negative health consequences related to childhood obesity including depression and a variety of chronic diseases such as diabetes and high blood pressure.

"So much of chronic disease is preventable." said Teresa Rupp, Executive Director of Child Start. "We can make a big difference when we start in early childhood."

*Child Start, Inc. is a charitable, nonprofit agency in operation since 1958 providing early childhood development services that prepare children for lifelong success. Administering Early Head Start, Head Start and the Child Care Resource and Referral program, Child Start works with parents, child care providers, early educators and caregivers providing a wide range of services to ensure that children enter school ready to learn. For more information about Child Start, please visit [www.childstart.org](http://www.childstart.org) on the Internet or contact the agency at 316-682-1853. Child Start is located at 1069 S. Glendale in Wichita.*

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