



REACH IN! REACH OUT! **Chicago Children's Diabetes Prevention Program**

In recent years obesity has been on the rise, especially in the African-American community, due to decreased physical activity, high fat diets and many other reasons. Carrying extra weight can contribute to diabetes, heart disease, certain cancers, and other chronic diseases. With the rise in weight gain in children, type 2 diabetes has become more common at younger and younger ages. Young people who are overweight are exposed to risk factors for longer periods of their lives making it more likely that they will develop a chronic illness.

REACH IN! REACH OUT! Chicago Children's Diabetes Prevention Program is a study being conducted by Dr. Deborah Burnet at the University of Chicago to determine the best ways to help families make changes so that they can improve eating habits, be more active, and live healthier lives. We offer a family-oriented health program designed to lower the risk of developing type 2 diabetes; the program is for children ages 9 to 12 in the African American community, and a parent/guardian.

REACH OUT! meets weekly for 14 weeks followed by monthly updates and provides families with information and skills they can use everyday to make healthy choices in their nutrition and exercise habits. Small groups sessions are held where families work together to learn about healthy nutrition and exercise strategies. Groups meet in the Hyde Park area to discuss the importance of physical activity and make use of resources such as yoga, karate dance. Groups also meet at a community grocery store where they go on stores tours, cook healthy meals, and discuss nutrition. Individualized goals are set by each family in order to increase physical activity, plan healthier meals, lose or maintain weight, watch portion sizes, and much more.

REACH IN! meets once every six weeks over the two year period with a registered dietitian and reviews similar topics.

Participants are followed for two years and are asked to attend four study visits; families are compensated for their time for the visits.

If you or someone you know is interested in ***REACH IN! REACH OUT!*** Chicago Children's Diabetes Prevention Program, please contact:

Izadora Torres at 773.753.1313 or itorres@medicine.bsd.uchicago.edu
Althera Stenees at 773.753.9941 or asteenes@medicine.bsd.uchicago.edu
Sarah Wolf at 773.753.1327 or swolf@medicine.bsd.uchicago.edu