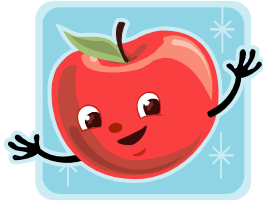
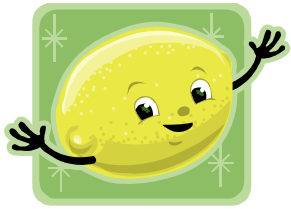




THE UNIVERSITY OF
CHICAGO

See Our **FUN** Activities Below...



REACH IN! REACH OUT! TEAM

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Karate...Kee-YA!!!



Ice Skating!!

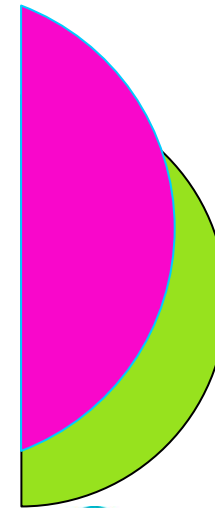


A Family Cooking
Together!!



More Ice Skating!!

The Chicago Children's Diabetes Prevention Program is a research study funded by the National Institute of Health and the University of Chicago. The focus of this research study is to evaluate two nutrition and exercise programs for children and adults who are at risk for developing diabetes. Interested families must meet study criteria requirements determined prior to program consent.



A Family- Focused Nutrition and Fitness Program



Chicago Children's Diabetes Prevention Program

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Chicago, IL 60637

(773) 753-9941 ~ (773) 753-1313

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Web:

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Get Ready To...
Increase: Health
Decrease: Diabetes

**ARE ANY OF THESE
IMPORTANT TO YOU?**

- Improving the health of your family
- Learning how to make healthier food choices
- Getting more involved as a family
- Having more energy during the day
- Losing or maintaining weight
- Being a role model for your family and friends

If you answered "Yes" to any of the above lifestyle changes, you are on your way to making good health habits a reality.

For more info, CALL
(773) 753-9941

About us

The Reach In! Reach Out! Chicago Children's Diabetes Prevention Program is a free family-oriented research program for children and their families. It is designed to lower the risk of type 2 diabetes in young people as well as teach them about living a healthier lifestyle. The program serves the African-American community in the Chicagoland area. Families will receive a stipend up to \$400 for their participation, time and energy.

Requirements to Participate:

- * African American
- * Ages 9-12
- * Family history of type 2 diabetes

Reach In! Reach Out! sessions are held in the Hyde Park area where families meet in a group setting to discuss and learn all about nutrition and physical activity.

Have fun while making healthy changes as a family!



Guide to a Healthy Diet



"Oranges ARE delicious!!!"

Did you know...

- All foods go into a healthy diet!
- Exercise gives you energy!
- You CAN do it as a family!