**HEALTHY CAREGIVERS-HEALTHY CHILDREN: A PRIMARY PREVENTION PROGRAM WITH PRESCHOOL CHILDREN**

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*Background*: Although cardiovascular disease is typically diagnosed in adulthood, its roots often begin in childhood. Obesity in children and adolescents associates with elevated cholesterol and elevated blood pressure and tracks from childhood to adulthood. Currently, the science needed to promote successful implementation of primary prevention practices, under naturally occurring conditions, is poorly developed. We describe here the outcomes of “Healthy Caregivers, Healthy Children (HC2)” an obesity prevention program with young children.

*Methods*: A randomized controlled trial was conducted with 1101 children in 24 childcare centers (n=12 intervention and 12 control). The Intervention focused on three components to support and encourage cardiovascular health: environmental changes related to food consumption and physical activity in the centers, a classroom curriculum, and family and teacher education regarding healthy role modeling behaviors. The primary outcome was the child’s body mass index (BMI), and the secondary outcomes were changes in dietary intake and physical activity at home and at the child care centers.

*Results*: At 6 months post-intervention, children in the intervention centers were significantly more likely to consume fresh vegetables fruits (p.oo6) and vegetables (p.001) as compared to the control centers. 91% of parents who increased buying vegetables had children whose BMIs either stayed the same or improved (p=.01), and 92% of parents who increased buying fruit had children whose BMI either stayed the same or improved (p=.03). *Conclusions*: The goal of this project is to develop and evaluate a multifaceted obesity prevention intervention in the early child-care setting, targeting low-income, multiethnic children. Results suggest that a preschool-based obesity prevention intervention working with parents and teachers as change-agents is effective in increasing healthy lifestyle behaviors while maintaining a healthy BMI percentile in the preschool years. These findings support efforts to implement healthy weight programs in the childcare setting as a means of primary prevention.