



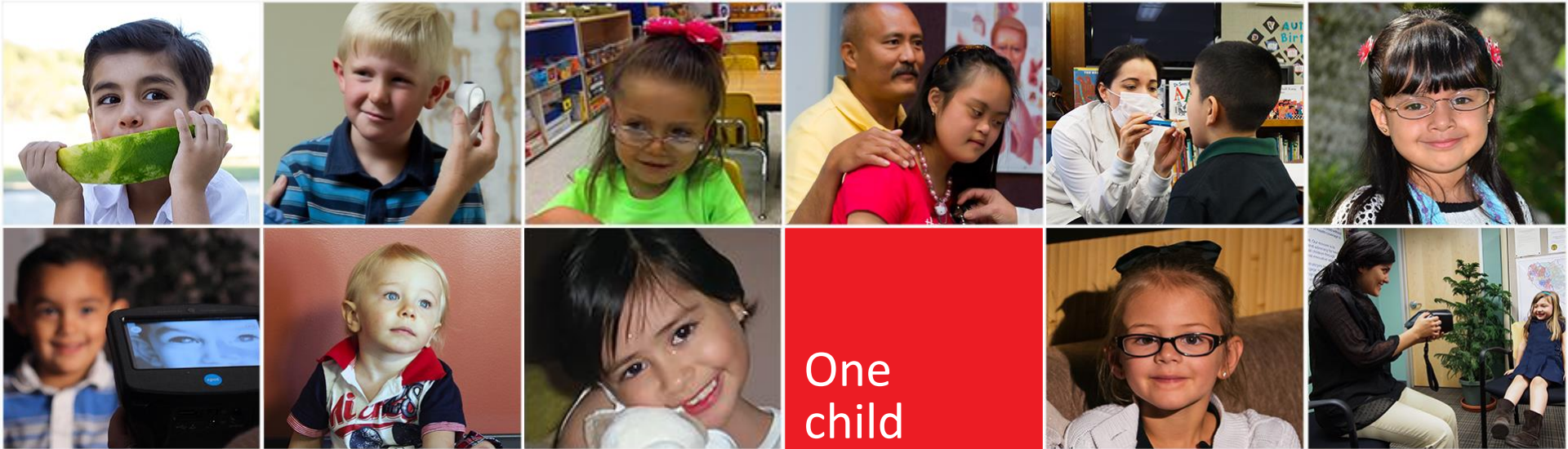
**Healthier Kids
Foundation
Santa Clara County**

10 Steps to a Healthier You

April 7, 2016

Kathleen King

Healthier Kids Foundation



One
child

without access to
health care or coverage is
one child too many



Healthier Kids
Foundation
Santa Clara County



Vision First



Screens children for undetected vision issues and assists with accessing follow-up.



Hearing First



Screens children for undetected hearing issues and assists with accessing follow-up.



Dental First



Screens children for undetected dental issues and assists with accessing follow-up.



10 Steps



A free, three-class series for parents, that focuses on integrating healthy lifestyles at home.



COPE



Identifies uninsured children and assists parents in obtaining subsidized health coverage.



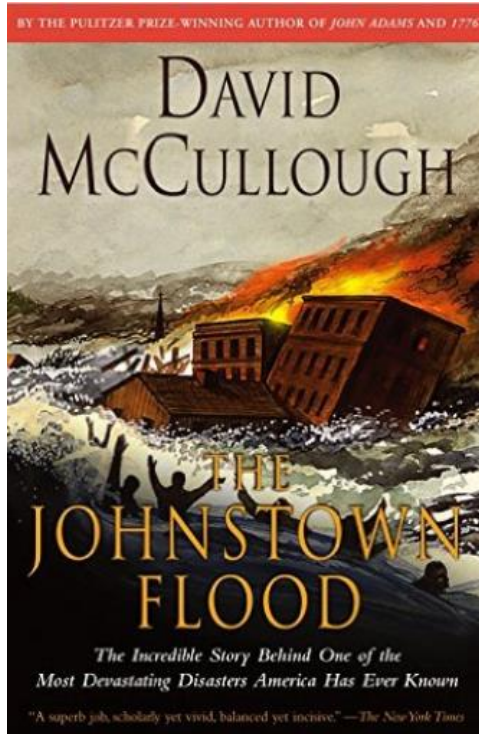
Baby Gateway



Ensures a secure medical home for newborns, before being discharged.



The stunning story of one of America's great disasters, a preventable tragedy of Gilded Age America.



Preventable Disasters

Despite repeated warnings of possible danger, nothing was done about the dam. It was a tragedy that became a national scandal.

In 1955, 60% of males and 28.4% of females smoked in the United States.

Without intervention efforts, up to 30% of people with prediabetes will develop type 2 diabetes within 5 years, and up to 70% will develop diabetes within their lifetime.





The stunning story of one of America's great disasters, a preventable tragedy of the Twentieth Century

UCLA Health Policy Brief

**One out of every 11 adults in California are diagnosed diabetic
46% of adults are prediabetic.**

Type II diabetes disproportionately impacts the Latino population, with the lifetime risk of developing diabetes for a Hispanic female born in the United States in the year 2000 until her death is one in two.

In California, diabetes among adults increased 35% between 2001 and 2012

Kidsdata.org

**Students Meeting All Fitness Standards, Hispanic/Latino by Grade
5th grade-1 in 6 7th and 9th grade-1 in 4**





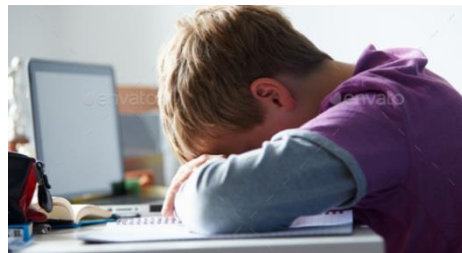
- Pediatric Health Lifestyle Center (PHLC)
- Evidence-based
- Intervention to prevention





10 Steps Mission

- Implement healthy eating habits
- Eat 3 meals a day
- Engage in active physical play
- Reduce non-homework screen time
- Get enough sleep





3 Class Series

hours x 3 days offered across SC County **Child care provided** English & Spanish

FREE



10 Steps to a Healthier You!

Implement healthy habits in your home



Structure & Routines

Develop & implement strategies around mealtime and bedtime

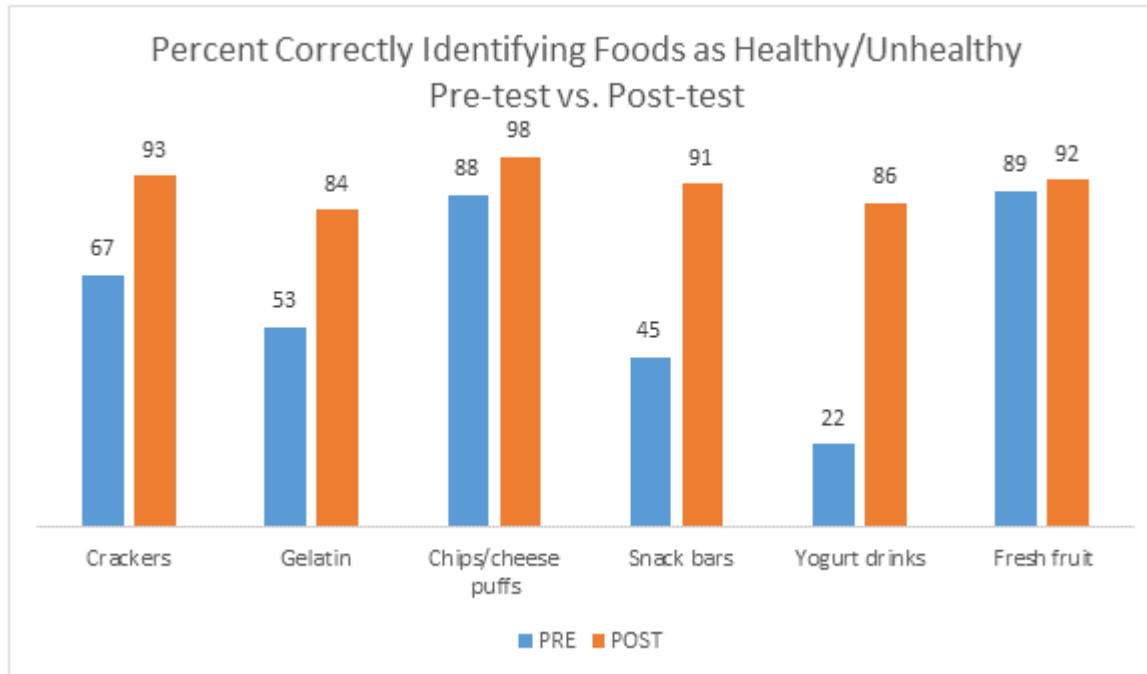


5 Keys to Raising a Healthy, Happy Eater

Divide responsibility for feeding young children



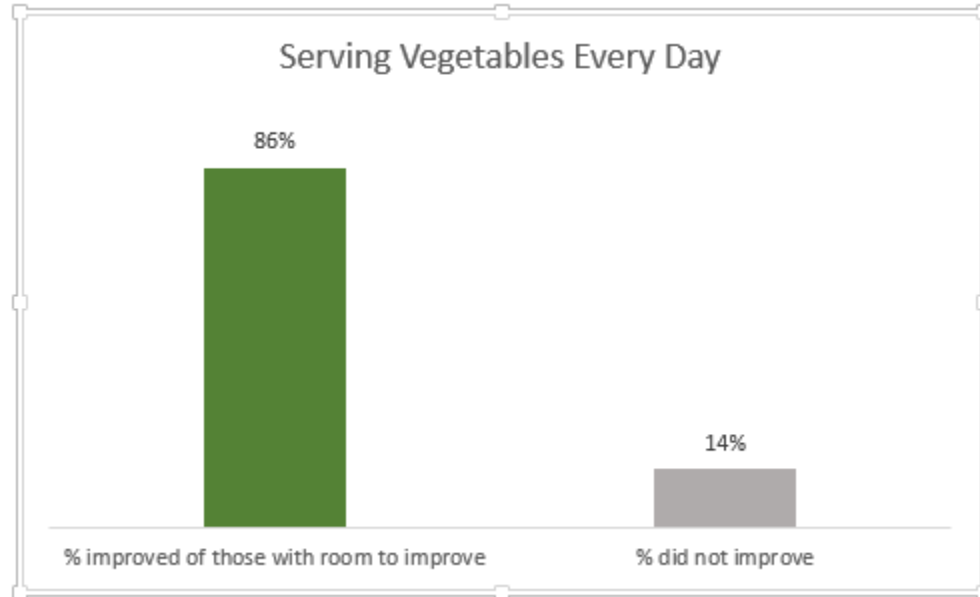
Parents Increase in Knowledge of Healthy vs. Unhealthy Foods (Pre vs. Post Surveys)





Behavior Change: Serving More Vegetables

After attending classes, 86% of parents who had room to improve increased the number of days per week that they serve vegetables



Program Contacts

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