

# A Kindergarten Cardiovascular Risk Surveillance Study: CARDIAC-Kinder

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**Objective:** To evaluate an intervention aimed at increasing family physical activity and parent education about diet and activity for kindergarten students and issues related to their children's BMI. **Methods:** A randomized, controlled trial design was used to assess intervention impact in parental report of child diet and physical activity, and step logs over a 4-week period. **Results:** Participants in the intervention

group reported that their children obtained more steps by the end of the program period, were more active, and had consumed fewer sweets than the comparison group. **Conclusion:** The proposed intervention for parents and their young children does produce awareness and behavior change.

**Key words:** childhood obesity, parent-based intervention, physical activity, diet

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