

# **OPT for Fit Kids II**

## **CSUC Research Foundation**

**Cindy Wolff, PhD, MPH, RD, Project Director**  
**Michele Buran, MA, Outreach Coordinator**  
**Kristin Gruneisen, MS, RD, Clinical Coordinator**  
**Melissa Nicholaw, MPH, RD, Registered Dietitian**  
**Amy Cahill and Laurie White, Community Nutrition Assistants**  
**Jolene Harris, Physical Activity Specialist**

OPT (Overweight Prevention and Treatment) for Fit Kids II is an expansion grant. The original grant:

- Provided direct counseling services for families
- Created LEAP (Lifelong Eating and Activity Patterns) curriculum for Preschoolers
- Implemented LEAP at Head Start and private preschools
- Provided nutrition education classes/workshops for parents and early childhood educators

The expansion grant:

- Adapts the LEAP for Preschoolers curriculum for the home daycare provider and includes a physical activity component
- Offers nutrition related trainings to parents and professional staff
- Trains home visitors to screen young children for nutritional risk
- Provides families with individual nutrition-based counseling