

Printed from THE DAILY JOURNAL, dtd. 11/11/2010

---

## County curbs obesity with after-school programs

November 11, 2010, 02:13 AM Daily Journal Staff Report

Eight after-school programs in San Mateo County were honored for helping promote healthy nutrition and physical activity for children in the 2009-10 school year.

Each program won a healthy apple award from the Get Healthy San Mateo After-School Committee which includes providers, recreation professionals, a dietitian and a pediatrician. The committee looks at programs yearly to recognize those committed to nutrition and activity.

"This is the first generation of children who will live shorter lives and have a lower quality of life than their parents," said Dr. Scott Morrow, county health officer, in a prepared statement. "The growing network of these exemplary after-school programs can make a significant contribution to improving the health of our children."

In San Mateo County, minorities are disproportionately obese, including 69 percent of blacks, 74 percent of Hispanics and 83 percent of Pacific Islanders that didn't meet all of the state physical fitness standards set by the state.

The programs honored serve children who struggle with receiving healthy snacks and being active. This also marked the first year any county program received the "gold apple" which is the highest honor and recognizes programs that far exceed state mandates.

The 2010 award recipients are:

Gold Apple Winners: Beresford Kids Club, San Mateo Department of Parks and Recreation; Bowditch Middle School Clubhouse, The Annex Clubhouse, San Mateo-Foster City School District.

Silver Apple Award Winners: Footsteps@Cipriani, Footsteps Child Care; Foster City Elementary School, The Children's Annex, San Mateo-Foster City School District; Horrall Annex Program, The Children's Annex, San Mateo-Foster City School District; Parca REACH, Burlingame.

Bronze Apple Award Winners: College Park Kuai Le Mandarin Annex, The Children's Annex, San Mateo-Foster City School District.