



BelmontPatch

SCHOOLS

Two Belmont After-School Programs Recognized for Healthy Awareness

Footsteps@Cipriani and Footsteps@Nesbit were among eight San Mateo County programs to receive an award.

By **Laura Dudnick** November 14, 2010

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Two Belmont after-school programs, Footsteps@Cipriani and Footsteps@Nesbit, have received Silver Apple Awards for meeting or exceeding California's healthy school policies, according to San Mateo County health officials.

The Silver Apple Awards are part of the "Healthy Apple Awards for Excellence in Nutrition & Physical Activity," which recognize after school programs programs for their commitment to healthy nutrition and physical activity.

The Get Healthy San Mateo After-School Committee reviews the programs to ensure health is a priority for the children.

San Mateo County Health Officer Dr. Scott Morrow said it's important for local communities to make an effort to curb the rising rate of childhood obesity, especially in San Mateo County where 69 percent of black children, 74 percent of Hispanic children and 84 percent of Pacific Islander children did not meet all the state physical fitness standards.

Ensuring after-school programs promote a healthy environment is a key way to bring those numbers down, he said.

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

Other local after-school programs that received an award are the Beresford Kids Club of San Mateo's Department of Parks and Recreation and the Bowditch Middle School Clubhouse of the San Mateo-Foster City School District, which earned Gold Apple Awards.

Foster City Elementary School, The Children's Annex; and Horrall Annex Program, The Children's Annex both of the San Mateo-Foster City School District also received a Silver Apple Award, as well as Parca REACH of Burlingame.

College Park Kuai Le Mandarin Annex, The Children's Annex of the San Mateo-Foster City School District received a Bronze Apple Award.

[Click here](#) for more information about Get Healthy San Mateo County or the Healthy Apple Awards.



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