

How do we prevent children from becoming
and overweight and obese (obesity)?

SCIENCE-BASED EARLY INTERVENTION



PILOT PROGRAM: ATTACHMENT-BID-BEHAVORIAL CATCH-UP (ABC)
ABC is an intervention proven to regulate infant/toddler cortisol levels—and help them thrive for all lifetimes.

WHAT IS ABC?

- Teaches caregivers of children between 9 and 24 months old evidence-based strategies that build attachment
- Consists of 10 one-hour sessions at a family's home, all led by a parent coach who observes interactions between parent and child and provides feedback on recurring behaviors
- Measured by School of Social Workers at KU through a series of cortisol levels in child saliva samples pre- and post-program
- Developed by the University of Delaware and replicated extensively with consistently positive results

A 1-YEAR, \$2.4 MILLION PROJECT ACROSS 21 KANSAS COUNTIES

SITES:

- Horizons Mental Health Center
- Northwest Kansas Council on Disabilities Autism
- Project Eagle
- Rainbows Unified
- Russell Child Development Center

ABC FUNDING PARTNERS:

- United Methodist Health Ministry Fund
- REACH Healthcare Foundation
- Hutchinson Community Foundation
- Kansas Health Foundation
- Wyandotte Health Foundation

