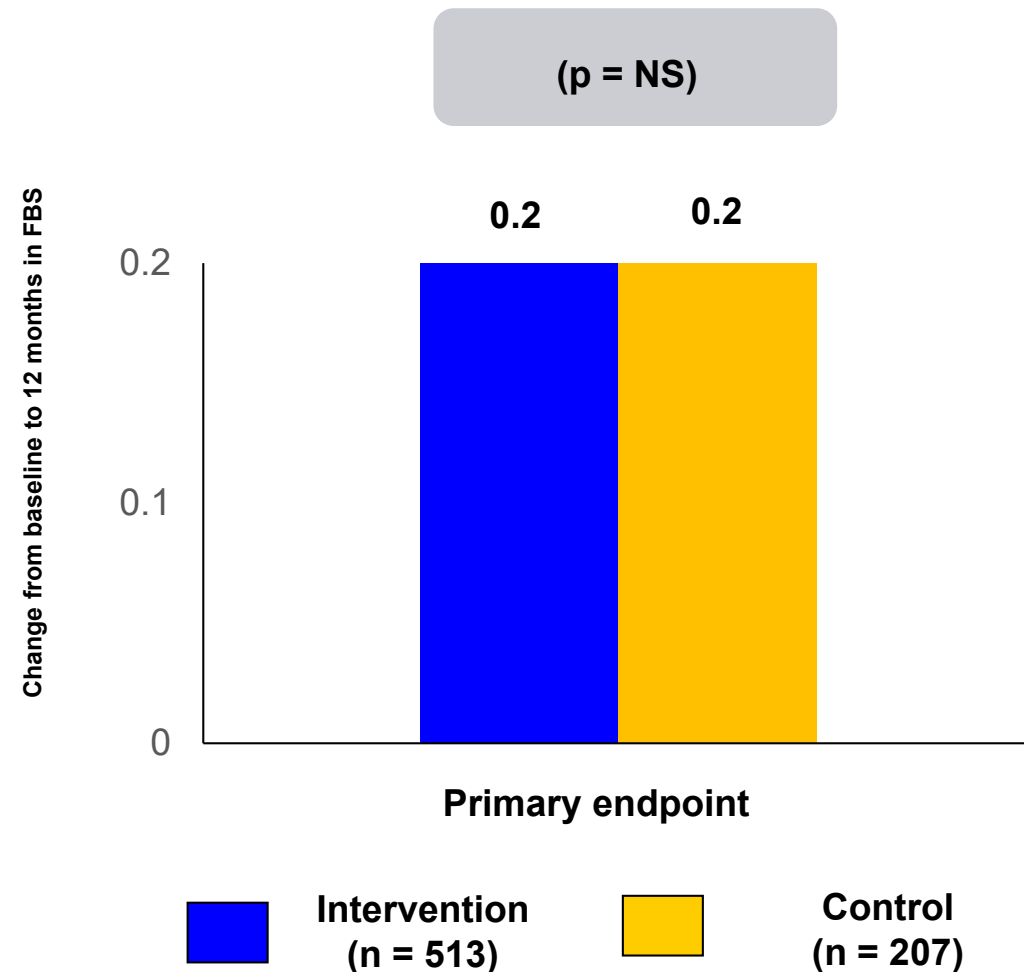


**Trial Description:** Preschool children enrolled in the Head Start program in Harlem, NY were randomized (at the school level) to intervention vs. control. The intervention group consisted of individual counseling sessions or monthly group meetings.



### RESULTS

- The primary outcome was the FBS, which is a composite health score consisting of blood pressure, exercise, weight, alimentation, and tobacco; an FBS of 15 represents ideal health; the mean baseline FBS was 9.3 points
- The change from baseline to 12 months in FBS was 0.2 in the intervention group vs. 0.2 in the control group (p = not significant); the results were the same at 24 months

### CONCLUSIONS

- Among patients/caregivers of preschool children, an intervention program was not effective at improving a composite health score at 12 months

Fernandez-Jimenez R, et al. J Am Coll Cardiol 2019;Nov 11:[Epub]