



## **Starlight Starbright Unveils *Get Fit, Get Right* a Program to Prevent Type 2 Diabetes and Weight-related Conditions in Teens**

**Los Angeles – October 23, 2007** – Starlight Starbright Children's Foundation is unveiling *Get Fit, Get Right* ([www.getfitgetright.org](http://www.getfitgetright.org)), an online program designed to reduce obesity in teens and prevent type 2 diabetes and weight-related conditions such as blindness, amputation, renal failure, hypertension and heart disease.

"We need a program like *Get Fit, Get Right* because over the last few years, I've seen, as so many colleagues across the globe have, an explosion of type 2 diabetes in youth," said Francine Kaufman, M.D., *Get Fit, Get Right's* medical director and head of the Center for Diabetes and Endocrinology at Children's Hospital Los Angeles. "If we don't intervene, it will lead to devastating health consequences in our children. We need to explain to teenagers in particular that they can do something to prevent this, if they start living a healthy lifestyle today."

*Get Fit, Get Right* participants learn to adopt healthier behaviors through: real-life video diaries of six teens as they work to improve their eating and exercise habits over 90 days; real world advice from nutrition, fitness and medical experts; and through a social network where teens share struggles and successes with one another.

"Preventing type 2 diabetes in teens calls for an intervention that motivates and educates them in a way they will hear and accept," said Starlight CEO Paula Van Ness. "Starlight Starbright developed *Get Fit, Get Right* with input from 40 overweight teens across the nation to ensure it speaks to teens."

### **About Starlight Starbright Children's Foundation**

When a child or teenager has a serious medical condition, everyone in the family is affected. For nearly 25 years, Starlight Starbright Children's Foundation has dedicated itself to helping seriously ill children and their families cope with their pain, fear and isolation through entertainment, education and family activities. Starlight Starbright's programs have been proven to distract children from their pain, help them better understand and manage their illnesses, and connect families facing similar challenges so that no one feels alone. Through a network of 32 offices, Starlight Starbright provides ongoing support to children, parents and siblings in all U.S. states and Canadian provinces with an array of outpatient, hospital-based and Web offerings. Programs are delivered internationally through affiliates in Australia, Japan and the United Kingdom. For more visit [www.starlight.org](http://www.starlight.org).

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