Chronic Illness Education 2023: Healthy Heart Habits for Kids

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Healthy Heart Habits for Kids

Authors: Aaron, C., Dow, J., Jones, M., Monchamp, K., Rocha, I., Shetty, A., Gockman, K.

Learning Community: Green 22
Age Group: Adult(22-64)
Curriculum Tie-In: Cardiovascular Disease
RAISE KIDS WITH HEALTHY HEART HABITS

CREATE HEALTHY EATING HABITS
Wayne Pediatrics offers nutrition education and resources to help set realistic dietary goals that fit your child and family’s needs.

GET INVOLVED IN ORGANIZED SPORTS
Organizations like the YMCA and FitKids360 have a range of activity options for all ages, and at all times of the year. Make exercise something they look forward to!

REDUCE SCREEN TIME
Avoid sedentary lifestyles by encouraging children to seek out activities that increase physical activity.

BE A ROLE MODEL!
Healthy choices are easier to make when the whole family is onboard - create healthy habits as a family!

2. Published 2019 Rev 14 Dec 1999:301 DOI:10.3390/ijerph16040548
Summary

• The importance and prevalence of cardiovascular health in all patients
• Local resources can help increase access and incorporate small changes in patients’ day to day lives
• Healthy habits from a young age can set the groundwork for cardiovascular conscious lifestyles