

9-1-2023

Chronic Illness Education 2023: Healthy Heart Habits for Kids

Chase Aaron

Wayne State University School of Medicine, hm5145@wayne.edu

Jane Dow

Wayne State University School of Medicine, gr8501@wayne.edu

Max Jones

Wayne State University School of Medicine, hk7989@wayne.edu

Karamoja Monchamp


Wayne State University School of Medicine, hk4846@wayne.edu

Ingrid Rocha

Wayne State University School of Medicine, hk4773@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj

 Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Aaron, Chase; Dow, Jane; Jones, Max; Monchamp, Karamoja; Rocha, Ingrid; Shetty, Arhan; and Gockman, Kelsey, "Chronic Illness Education 2023: Healthy Heart Habits for Kids" (2023). *Patient Education Projects*. 638.

https://digitalcommons.wayne.edu/pat_edu_proj/638

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

Chase Aaron, Jane Dow, Max Jones, Karamoja Monchamp, Ingrid Rocha, Arhan Shetty, and Kelsey Gockman

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.

2

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!

3

REDUCE SCREEN TIME

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

4

BE A ROLE MODEL!

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

1. Saeedi P, Shavandi A, Skidmore PML. What Do We Know about Diet and Markers of Cardiovascular Health in Children: A Review. Int J Environ Res Public Health. 2019;16(4):548. Published 2019 Feb 14. doi:10.3390/ijerph16040548
2. FitKids 360. Kids Health Connections. January 17, 2023. Accessed May 8, 2023. <https://khcmi.org/program/fitkids-360/>.
3. Perak AM, Benuck I. Preserving Optimal Cardiovascular Health in Children. Pediatr Ann. 2018 Dec 1;47(12):e479-e486. doi: 10.3928/19382359-20181115-01. PMID: 30543376; PMCID: PMC6777342.
4. Baker S, Morawska A, Mitchell A. Promoting Children's Healthy Habits Through Self-Regulation Via Parenting. Clin Child Fam Psychol Rev. 2019;22(1):52-62. doi:10.1007/s10567-019-00280-6



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

