

Wayne State University

### **Patient Education Projects**

**Patient Education** 

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

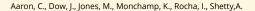
This infographic is available at DigitalCommons@WayneState: https://digitalcommons.wayne.edu/pat\_edu\_proj/638

# 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!

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. Tiklidis 360. (Mid Health Connections, January 17, 2022. Accessed May 8, 2023. https://khcmi.org/program/fitkidis-360/.

2. Prictus Sec. Nus Featur Connections, January 17, 2022. Accessed may 6, 2023. https://winino.org/programminuous-sou.
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; PMID: PMCD: PMCGT77342.

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

