Chronic Illness Education 2023: Increasing Youth Healthy Eating in the Pediatric Population: An Effort to Reduce Cardiovascular Risk Factors

Mohammad Al-Hadidi  
*Wayne State University School of Medicine, gn6591@wayne.edu*

Molly Dahle  
*Wayne State University School of Medicine, hk4743@wayne.edu*

Jovan Jande  
*Wayne State University School of Medicine, ga7228@wayne.edu*

Krishni Kumaresan  
*Wayne State University School of Medicine, hn0050@wayne.edu*

Jessica Long  
*Wayne State University School of Medicine, hm5511@wayne.edu*

Follow this and additional works at:  
[https://digitalcommons.wayne.edu/pat_edu_proj](https://digitalcommons.wayne.edu/pat_edu_proj)

Part of the Curriculum and Instruction Commons, Medical Education Commons, and the Public Health Commons

**Recommended Citation**  
Al-Hadidi, Mohammad; Dahle, Molly; Jande, Jovan; Kumaresan, Krishni; Long, Jessica; Ruesch, Trevor; and Jomaa, Jamil, "Chronic Illness Education 2023: Increasing Youth Healthy Eating in the Pediatric Population: An Effort to Reduce Cardiovascular Risk Factors" (2023). *Patient Education Projects*. 642.  
[https://digitalcommons.wayne.edu/pat_edu_proj/642](https://digitalcommons.wayne.edu/pat_edu_proj/642)

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.
Increasing Youth Healthy Eating in the Pediatric Population: An Effort to Reduce Cardiovascular Risk Factors

Authors: Al-Hadidi, M., Dahle, M., Jande, J., Kumaresan, K., Long, J., Ruesch, T.

Learning Community: Yellow 46
Age Group: Middle School Age Children, 11-13
Curriculum Tie-In: Cardiovascular Health
Background

- Education of patients is a core component of making healthier choices
- Furthermore, anthropometric measures like BMI and Waist Circumference best predict cardiometabolic comorbidities
  - Thus, if we can reduce obesity in middle schoolers through attainable healthy eating swaps, we can reduce their cardiovascular risk
- Interventions
  - Micro: Provide individual families with relevant resources on healthy food options
  - Meso: Increase community access to healthy foods (community gardens, etc.)
  - Macro: Increase funding for programs that make healthier eating more affordable
Intervention (Graphic)

- Identified Needs
  - Understandable Health information about the importance of healthy eating
  - Easy methods to improve diet without sacrifice
- Components of CC model
  - Self-directed nutrition choices
  - Community improvement
As future physicians, it is essential that we have a deep understanding of the factors that contribute to healthy eating habits. By studying this Chronic Illness Project, we can gain valuable insights into the cognitive, social, and environmental influences that affect young people's food choices. This knowledge can help us develop more effective strategies for promoting healthy eating behaviors in our patients. By studying the project, we can learn how to communicate effectively with patients of different ages and backgrounds and how to encourage them to make positive changes to their diets. It is essential that we recognize the importance of preventative care and patient education, and this infographic project provides an excellent model for how we might put these values into practice in our own careers.
References