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

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

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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



Healthy Swaps For Healthy Hearts

One of the best ways to keep your heart healthy is through your diet. Instead of foods with added sugars, saturated fats, and simple carbs, try switching for lean meats or fish, whole grains, and fruits/veggies. Here are some ideas to get started!

Swap that...	...For this!
Pop 	Flavored sparkling water 
Sugary cereals 	Cheerios 
 Steak	 Salmon
Potato chips 	Plain popcorn 

Looking for more ideas?
Visit [https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-hearthealthy-food-swaps!](https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-hearthealthy-food-swaps)

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Summary

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.



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