

Alarming Statistics



- 20-30% of American children are overweight or at risk of becoming overweight!
- Children aged 2-18 spend an average of 4 hours a day watching television, playing video games, or using a computer.
- Obese children and adolescents are more likely to become obese adults.
- Type 2 Diabetes (previously known as an adult disease) has dramatically increased in children and adolescents.
- Only one in five children get the recommended servings of fruits and vegetables each day.
- Nearly half of young people do not regularly engage in vigorous physical activity.



HABITS ARE ESTABLISHED AT A YOUNG AGE.

YOU MAKE THE DIFFERENCE!

Healthy Kids Healthy Hearts



Sponsored by the
Macomb County Board of Commissioners
and administered by the
Macomb County Health Department
www.macombcountymi.gov/publichealth



*An interactive
cardiovascular program
for 4th grade students*

Healthy Kids ~ Healthy Hearts

Who provides the program?

A Macomb County Health Department Team consisting of:

- ♥ Registered Nurses
- ♥ Health Educators
- ♥ Community Health Technicians

What grade is it for?

This program is designed for 4th grade students only. The Cardiovascular Disease Risk Reduction Program does offer various one-time presentations for kindergarten through fifth grade. Contact program staff for more details.

How much does it cost?

It does not cost you a thing!

It's FREE!



The Program Outline

Week 1: Being Physically Active

Week 2: Eating Healthy

Week 3: Staying Tobacco-Free

Week 4: Healthy Habits Wrap Up



How do I get the Healthy Kids ~ Healthy Hearts Program for my school?

Contact Macomb County Health Department's Cardiovascular Disease Risk Reduction Program

call (586) 412-3387 or

email alice.hatalsky@macombcountymi.gov

What is needed?

- ♥ Teacher Support
- ♥ Student Participation
- ♥ Parental Involvement
- ♥ Allow the Healthy Hearts Program into your classroom one hour per week, for four consecutive weeks

Program Supplements

- ♥ Resource packet for teachers
- ♥ Parent newsletter each week
- ♥ Incentives for students each week
- ♥ Month-long Healthy Hearts Classroom Competition to help students apply what they have learned

