

Heart health in Kids

A seminar on Heart Health

from

The South Asian Heart Center

www.southasianheartcenter.org

&

NCNA

April 28, 2007

By

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How do you “Bring Up” your kids ?



Heart Disease - A family affair !

- Coronary Heart Disease (CHD) is the number one killer of adults
- Heart disease **begins developing in childhood**

Don't wait until its too late !

What “super size it” would mean in 30 years !



Why worry about Kids?

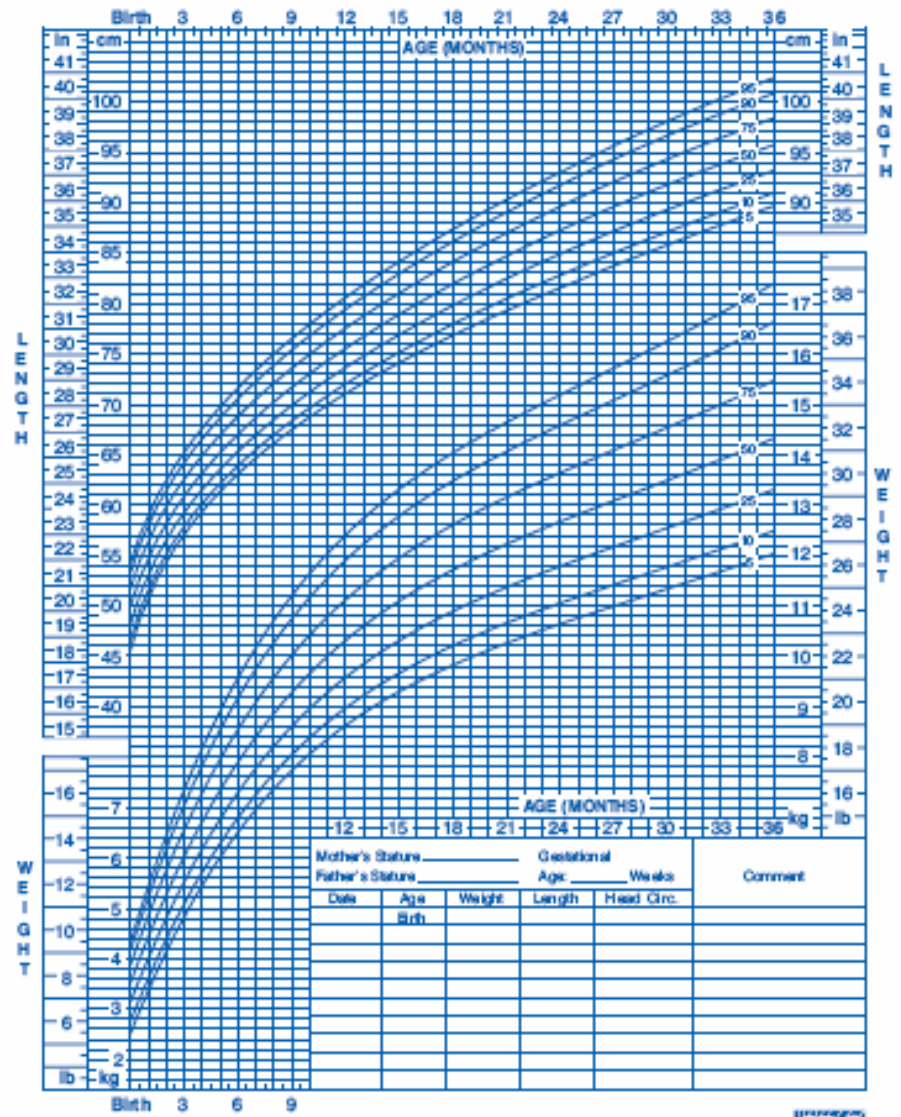
- **Heart disease has its roots in childhood !**
 - Autopsies: fat deposits in large artery by 3 years and coronary artery by 12 years.
- **Fat accumulation could become fatal**
 - Cholesterol in kids is a major under reported public health problem
 - Dramatic increase in obese children

Intervene early. Promote healthy life style

Birth to 36 months: Boys
 Length-for-age and Weight-for-age percentiles

NAME _____

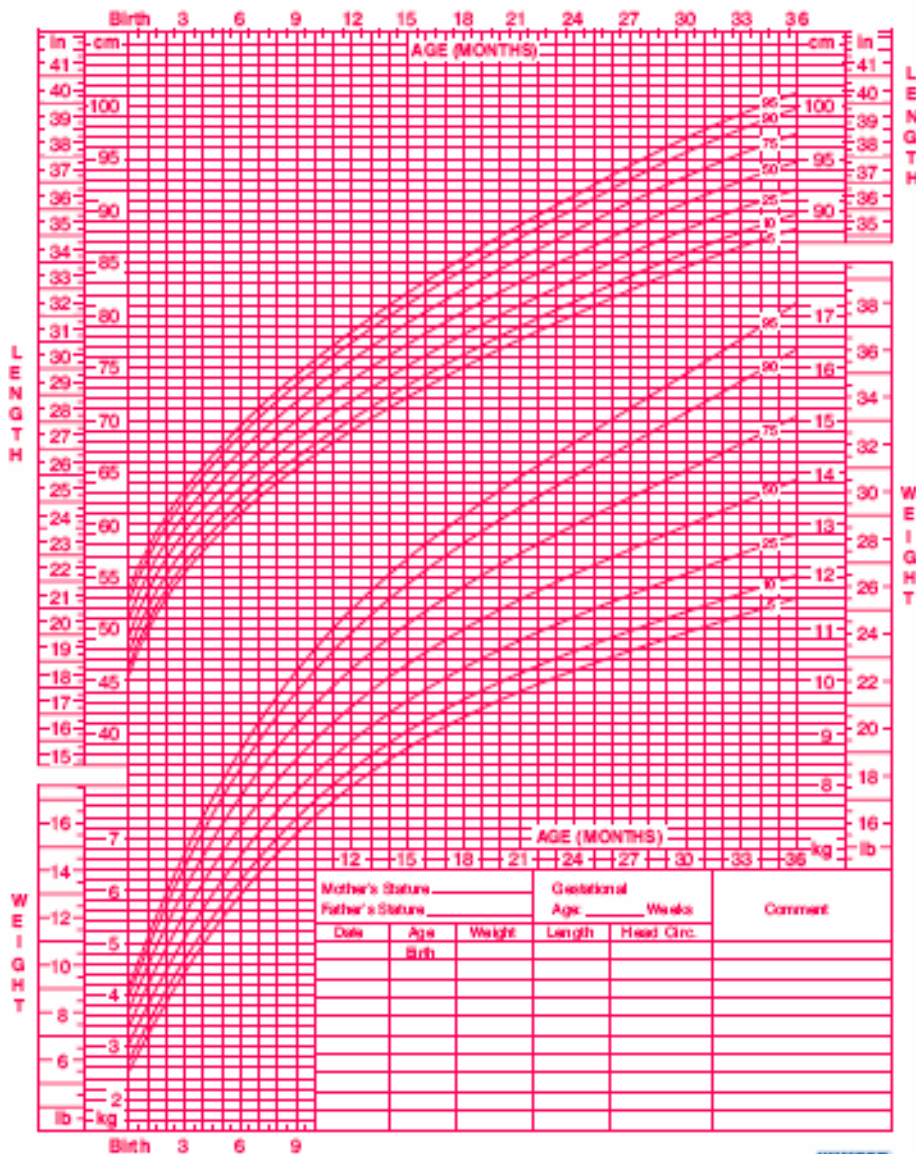
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Published May 30, 2000 (modified 4/26/05).
 SOURCE: Developed by the National Center for Health Statistics in collaboration with
 the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>

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Boys Growth Chart



Girls Growth Chart

Published May 30, 2000 (modified 4/2002).
 SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2002).
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Does Chubby = Healthy ?



Statistics and Research

- **Obesity is a growing epidemic**
 - 1980 - 46% of US adults overweight, **2000 - 64.5%**
 - 6-19 years: 15% of children are overweight
 - 2 to 5 years: 10% are overweight
- **Cholesterol level in kids - a growing concern**
 - 12 to 19 years: ~10% of kids with high Total Cholesterol (TC) levels (> 200 mg/dL)
 - 4 to 19 years: Average TC and LDL is higher in females than males
- Research with families have shown that **simple dietary modifications can lower cholesterol levels in parents and children**

Cholesterol ranges :2 to 19 years

Category	Total Cholesterol (mg/DL)
Acceptable	< 170
Borderline	170-199
High	>200

Category	LDL Cholesterol (mg/DL)
Acceptable	< 110
Borderline	110-129
High	>130

TC < 170 and LDL (Bad) < 110 !

Early Cholesterol screening in Kids

- **Start screening at the age of 2 if:**
 - Parent/s with total cholesterol level > 240 mg/dL
 - Parent /grandparent has a history of heart disease prior to age 55
 - Unknown family history
 - Overweight or obese

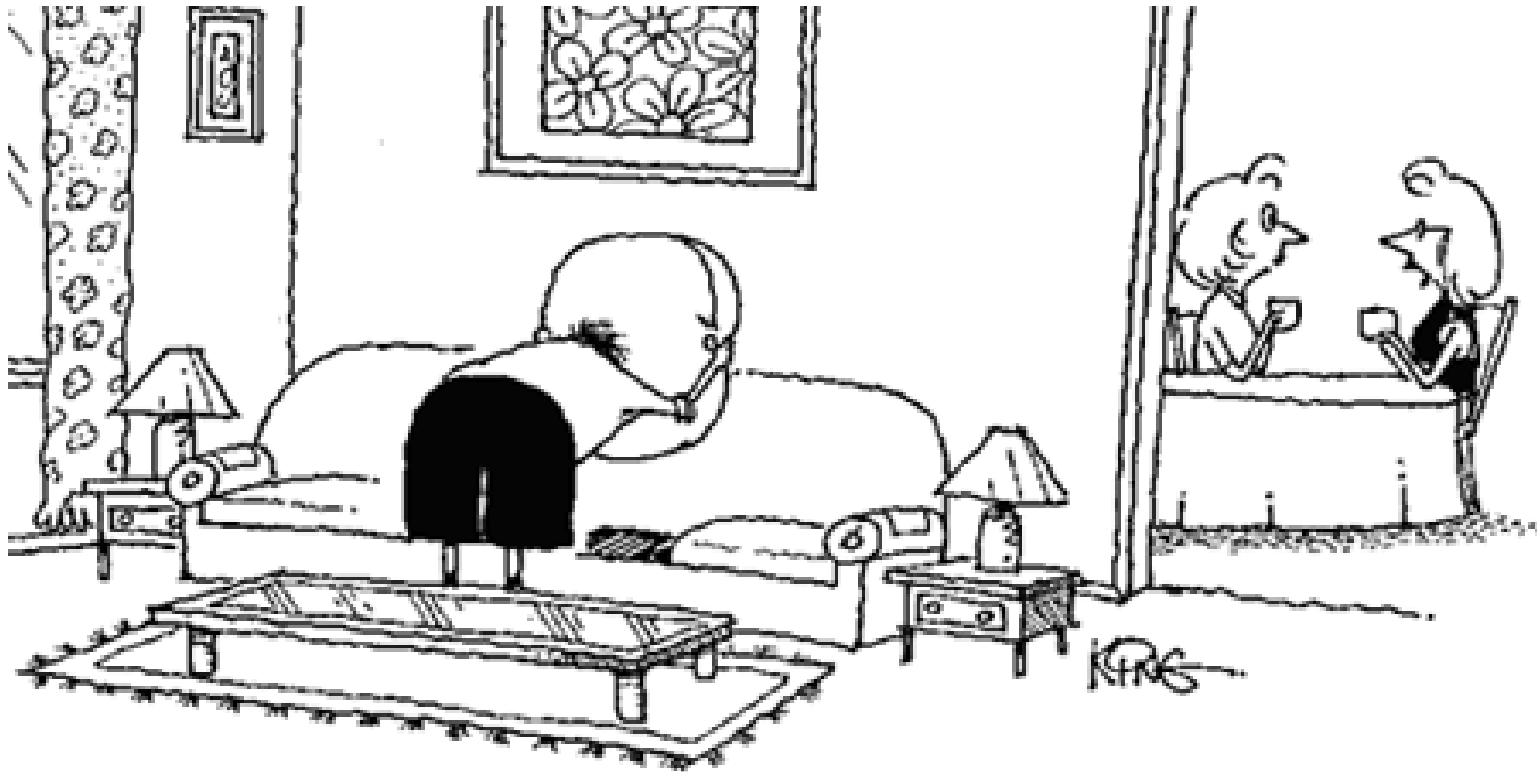
Prevention is better than cure !

Steps & Tips to lower Cholesterol

- ✓ **Check** cholesterol levels regularly
- ✓ **Eat healthy** snacks - low in cholesterol / trans-fat
- ✓ **Replace** red meat with poultry, fish, lentils, beans
- ✓ **Limit / avoid** saturated or trans-fat intake
- ✓ **Avoid** butter or margarine
- ✓ **Avoid** sodas and sugary fruit drinks
- ✓ **Exercise**

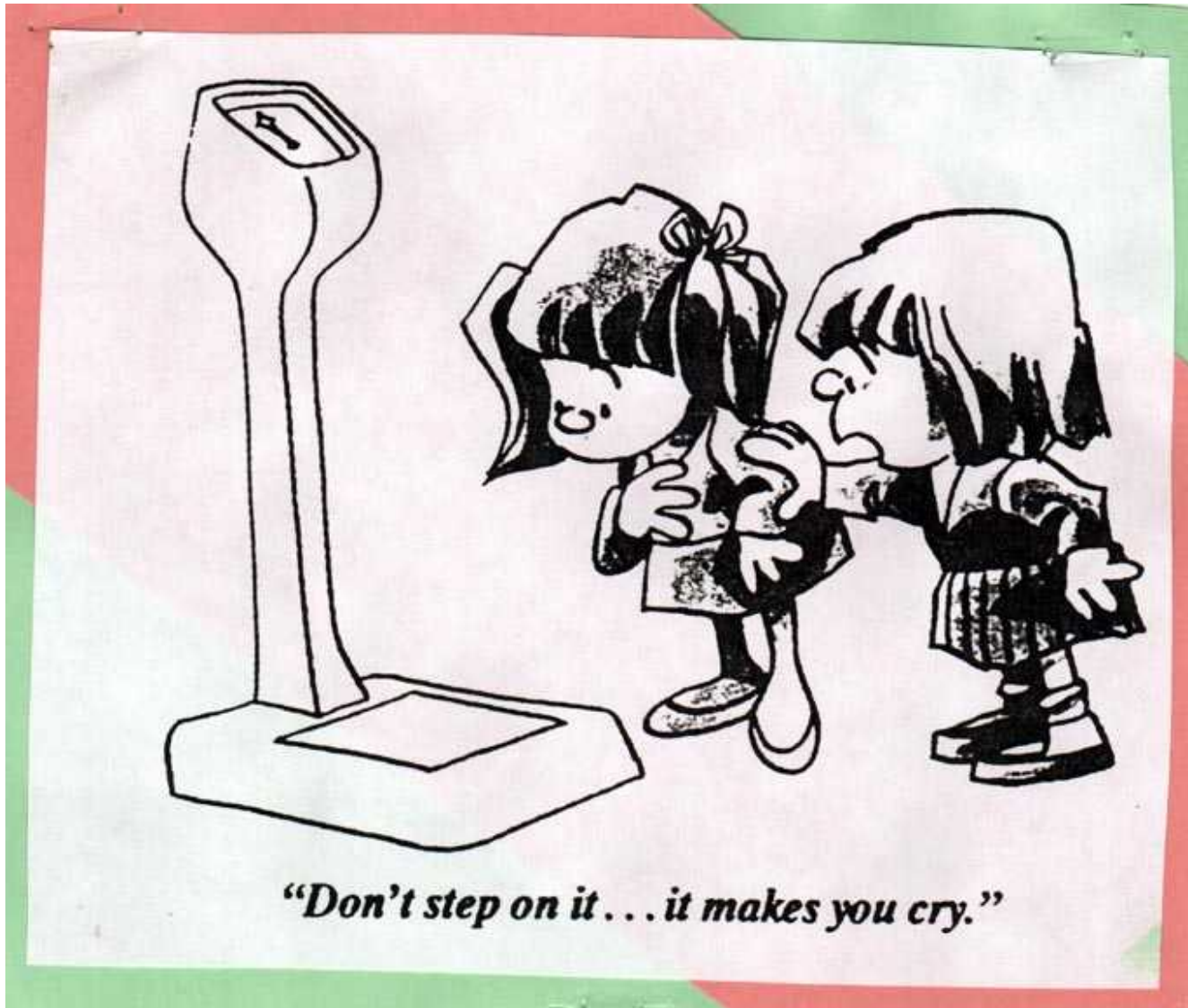
Screen, Diet, Rest and Exercise !

Here's one Great Way to Exercise..



The doctor said he needed more activity. So I hide his T.V. remote three times a week.

A word of caution ..



Summary

- Heart disease is a family affair
- Heart disease has its roots in childhood
- Cholesterol counts - hence, control
- Eat healthy and Exercise!
- **Don't wait until it's too late !**

The older you get, the tougher it is to lose weight because by then, your body and your fat are really good friends.

As Mark Twain said..

The only way to keep your health is to

- Eat what you don't want
- Drink what you don't like, and
- Do what you'd druther not.

Thank You !

Heart-health seminar for South Asians

EVENT IS FREE AND OPEN TO THE PUBLIC

When: Saturday, April 28th, 2007, 1:30 to 4:00 p.m.

Where: Dr. Martin Luther King, Jr. Library
150 E. San Fernando St.
San José, CA 95112
(408) 808-2000

Presentations by:

The South Asian Heart Center, El Camino Hospital, Mountain View

Dr. Arun Chockalingam, Secretary General, World Hypertension League, Canada

Dr. Meena Sathappan, Pediatrician, Aasha Pediatrics, San Jose

Dr. Chad Rammohan, Cardiologist, El Camino Hospital, Mountain View

Program Emcee:

Dr. Veerappan Annamalai, Gastroenterology and Internal Medicine, Fremont

Presentations followed by a Q/A session with panel of physicians and nutritionists

South Asians are 4 times more likely to suffer a heart attack compared to other ethnicities. One in four heart attacks occur in South Asians less than 40 years of age, one in two heart attacks are in folks less than 50! If you are South Asian, you may still be at risk even though you don't smoke, don't drink and are not obese. You may be at high-risk even if you have no prior history of diabetes, or hypertension.

To facilitate planning please RSVP: ncnahearthealth@gmail.com

Library will be open for kids to keep busy during the seminar

Free parking available close to the library

www.southasianheartcenter.org