



Childhood obesity and heart disease; why heart month matters

Posted by Susan Zimny

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Tags: childhood obesity, overweight kids, overweight children, eating healthier, kids with weight issues

“Fatness sort of hurts your heart. If your heart is hurt, you won’t live that long. Everyone wants to live long, that’s why it’s not good for you.”

Maya, 7



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With childhood obesity on the rise, more children are experiencing health problems that used to be reserved for adults. And being overweight as a kid increases the risk for heart disease and stroke down the road. Even kids who aren’t yet obese may be living unhealthy lifestyles that put their heart health at risk. That was the case for Maya, who was only 5 when she learned her triglycerides levels were nearly six times the healthy level. High triglycerides increase the risk of heart disease and are an important measure of heart health.

“I’ve seen high cholesterol levels in toddlers, high blood pressure, type 2 diabetes, high triglycerides. These used to be considered old people problems and we’re seeing them in little kids.”

Dr. David Thoele,
pediatric cardiologist



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Fortunately, kids still have time to change their eating and exercise habits. With medical supervision, Maya and her family learned to lower her triglycerides with diet changes and increased physical activity. She is one of five children who share their stories and heart-smart advice for kids and parents at BeSmartBeWell.com.

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MEDIA CONTACT: Ross_Blackstone@HCSC.com
ALL OTHER INQUIRIES: susan@besmartbewell.com

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