

# The Need for Childhood Education about Obesity & Heart Health

**Childhood obesity** is a national epidemic. In the past 30 years, the percentage of children and teens who are overweight has more than doubled.

We know that children who are overweight are more likely to be overweight or obese as adults. And, we know that being overweight is a major risk factor for heart disease—the #1 cause of death in America.

65% of adults today are overweight. 32% of kids are already overweight...

But we can turn the trend around. With healthy choices in nutrition and fitness, much of the childhood obesity problem can be solved. By getting kids excited about being active, energetic about playing with their friends, and hip to the idea that fruits and vegetables are pretty delicious after all, we're well on the way.

Kids Take Heart does just that.

*Statistics from the National Institutes of Health and the Centers for Disease Control and Prevention*



Kids Take Heart Teachers practice the Food Pyramid Relay!

## Ways to Help

### | Sponsorships |

We can tailor a sponsorship package to meet any giving level. If you have a dollar amount in mind, call or email us to find out what your donation would make happen for kids. Even the smallest amount can make a big difference!

### | Other Ways to Support Kids Take Heart |

Are you an elementary teacher? Be trained in the curriculum!

Volunteer with us.

Tell your PTA or Principal about Kids Take Heart. Bring the idea of sponsoring Kids Take Heart to your Business, Community Club, or Church.

Write a letter of support for our grant proposals.



### | Contact |

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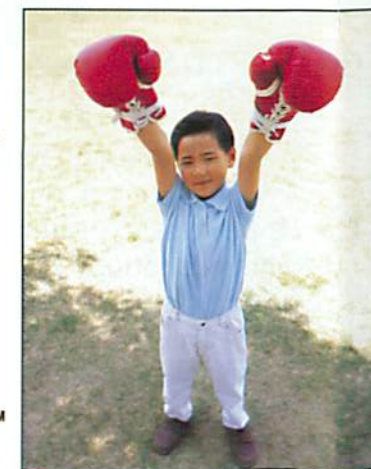
[www.hopeheart.org](http://www.hopeheart.org)  
[www.kidstakeheart.org](http://www.kidstakeheart.org)



## Kids Take Heart™



Empowering children to make choices promoting fitness, nutrition, and health to lower the risk of childhood obesity & heart disease





# What is Kids Take Heart™?

Kids Take Heart is a kit-based health and fitness curriculum empowering children to make choices that promote fitness, health, and wellness and lower the burden of cardiovascular disease. Certified elementary school teachers are trained on all aspects of the kit during an annual Summer Teacher Institute.



Kids Take Heart aligns with most states' Health and Fitness Expectations for 3rd through 5th grades, and meets the needs of diverse student populations.

## | 4 Units |

ANATOMY

FITNESS

NUTRITION

GOAL SETTING/  
STRESS



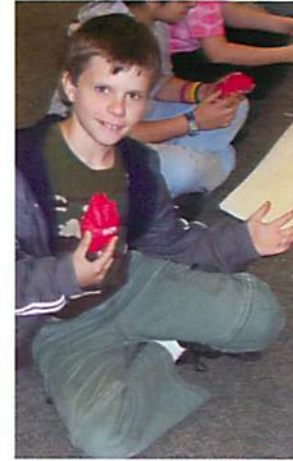
## | Education at The Hope Heart Institute |

The Hope aims to promote wellness and prevent disease through education. Programs bring current research, treatments, and prevention strategies to all ages in an interactive, relevant way that increases student learning. The Hope's trademarked 'Take Heart' series includes Kids Take Heart (elementary school), Youth Take Heart (middle school), Teen Take Heart (high school), Parents Take Heart, and Women Take Heart for the Whole Family.

# Goals & Outcomes

## | Goals of Kids Take Heart |

- Introduce children to anatomy, fitness, nutrition, stress management, and goal setting through activities that inspire them to make choices that improve their fitness and health.
- Increase the likelihood children will make heart healthy choices by setting and achieving S.M.A.R.T. goals.
- Increase parent-child conversations about anatomy, fitness, nutrition, stress, & goal-setting.
- Serve diverse populations.



Third-party evaluations have shown increases in student learning based on the curriculum and teacher training.

## | 3 Objectives of Kids Take Heart Curriculum |

Students will be able to:

1. Identify components, function, and diseases of the cardiovascular (circulatory) system.
2. Recognize and evaluate risk factors, warning signs, and prevention strategies.
3. Create and implement a personal wellness (disease prevention) plan. Share it with their friends and family to help teach them about the importance of a healthy heart.

# Highlights

## | Curriculum Kit Highlights |

- 6' X 12' mat of the circulatory system
- heart and artery models
- flags, belts, and jerseys for fitness lessons
- pulse cards helping students calculate daily amounts from each food group
- food model cards for label reading
- food scales and measuring cups
- customized children's book contrasting whole and refined grains
- picture books introducing stress and how to manage it
- goal setting lesson with student health logs
- student surveys and assessments



*"I loved the idea that my 3rd grader was learning how to write a S.M.A.R.T. goal. She can use that in all areas of her life."*



## | Families Take Heart |

Student Health Ambassadors who participated in the full Kids Take Heart curriculum share activities with their family and friends on circulation, serving sizes, stress, and more. We enjoy seeing their ownership of and their enthusiasm for sharing their heart-health knowledge with people they love.

*"When my 5th grader came home from a Kids Take Heart day, he talked with us about serving sizes. It really made me think about how much I was eating."*