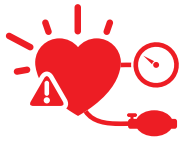


# HINTS FOR A HAPPY HEALTHY HEART



## NEARLY 60%

of overweight children ages 5-17 had at least **one risk factor** for cardiovascular disease and **25% had two or more.**



## NEARLY 1 IN 3 KIDS OR TEENS

in the U.S. are **overweight or obese**, nearly 3 times the number in 1963.



## LESS THAN 30%

of high school students get enough physical activity each day to keep their hearts healthy.



Obese kids have an **80% CHANCE OF STAYING OBESE** their entire lives.



Overweight children under age 13 may start developing **HEART DISEASE AS EARLY AS AGE 25.**



## TO REDUCE FATTY BUILDUP IN ARTERIES,

children ages 2+ should be encouraged to **eat 4 to 5 cups of fruits and vegetables daily** & a wide variety of other foods low in saturated fat and trans fat.