

CARDIAC Screening Health Information

Enclosed with this form is information from your child's CARDIAC screening. Use the information provided on this page to help better understand the results and importance of these findings.

Blood Pressure:

Recommendation? Talk to your child's physician about how your child's systolic and diastolic pressures compare to other children his/her age and gender.

Body Mass Index (BMI):

What does this mean? BMI is used to describe growth in children and adults. BMI for children is related to their age and gender (sex). Growth charts are used to compare children who are the same age and gender. If your child's BMI percentile is:

0—4th%		underweight
5th-84th%	your child is considered	normal weight
85th-94th%		at risk for overweight
95th% or above		overweight

Recommendations: Talk to your family physician or pediatrician. There are many easy and inexpensive things families can do to help their children achieve and keep a healthy weight. Always encourage healthy diet, sleep, and physical activity. Additional recommendations for children's diet and physical activity are included on the next page of this report.

To calculate the BMI percentile, use the following formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$. Helpful tips and activities on BMI can be found at:

http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm

Acanthosis Nigricans (AN):

What does this mean? AN is a skin thickening and discoloration most frequently found on the back of the neck. It can mean your child has a high insulin level and may be at risk of developing diabetes. AN is often associated with being overweight.

Recommendations: Talk to your physician about what you might do to reduce the risk of health conditions associated with AN and/or high insulin levels.

Leading a healthy lifestyle can help to prevent health problems

*Information from the National Heart, Lung, and Blood Institute; American Heart Association; and U.S. Surgeon General

Exercising every day can help keep you healthy and happy.

Children should get at least 60 minutes of physical activity each day. This can include activities like:

- playing outside
- doing household chores
- riding a bike



Limit Sedentary Activity. Try to cut-down on sedentary activities like playing video and computer games, watching TV, and sitting for more than 30 minutes at a time.

Get your heart pumping! Cardiovascular exercise is very important for children and adults. Parents are important role models for their children — if parents are active, children will be active too. Make physical activity part of your family's daily routine.



Eat well to help your body grow healthy and strong.

DO

Eat lots of fruits and vegetables. These foods help your body fight against diseases. All kinds are good— try to eat 5-9 each day.

Eat lean meats, fish, or chicken for protein

Limit sweets and salty snacks.

DON'T

Eat white or sugary bread products.

Eat many higher fat proteins such as red meat

Drink soda or sugary drinks.