

Raise a heart-healthy child.

Give your child the gift of heart health.

Did you know children can also have high blood pressure? Excess body weight and high blood pressure will follow a child into adulthood. Without intervention, these conditions will worsen.



Unhealthy child



Healthy child



High body weight



Low levels of physical fitness



Inactive for long periods of time



Screen time is high



Unhealthy food intake



High blood pressure



Low energy



Tired



Low self-confidence



Healthy body weight



Physically fit



Active and playful lifestyle



Limited screen time



Healthy food intake



Drinks water



Adequate sleep



Healthy blood pressure



Confident, energetic and happy

High risk for heart disease and stroke into adulthood.

Low risk for heart disease and stroke into adulthood.

1 in 5 children have high blood pressure*



1 in 5 children are overweight or obese*



You are key to helping your child lead a heart-healthy lifestyle.



Limit screen time



Encourage physical activity



Reduce stress



Eat more fresh fruit and vegetables



Avoid sweets and chips



Choose water over sugary drinks



Avoid takeaways and processed foods



Use less salt in cooking

High blood pressure screening

It's a good idea to test your child for high blood pressure at an early age. Ask your local clinic, pharmacy or doctor about blood pressure screening.

Contact us to learn more about being a heart-healthy parent.

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*According to research conducted by Hypertension in Africa Research Team (HART) at the North West University

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Hypertension in Africa
Research Team (HART)

