

How Healthy Is Your Family?

Did You Know...

- that there is an abundance of compelling evidence that atherosclerosis (fatty deposits of plaque in the arterial walls) begins in early childhood and progresses slowly into adulthood?

Did You Know...

- high cholesterol levels early in life may play a role in the development of atherosclerosis in adults?
- both eating patterns and genetics affect cholesterol levels and risk for heart disease?
- studies have shown that fatty buildup in arteries begin in childhood and are more likely with higher cholesterol levels?

What can children and adults do to reduce their risk of developing coronary artery disease?

- Discourage cigarette smoking
- Participate in regular aerobic exercise that last 30-60 minutes most days of the week.
- Identify and treat high blood pressure.
- Avoid or reduce obesity
- Diagnose and treat diabetes

Children age two years and older should be encouraged to eat at least five servings of fruits and vegetables daily as well as a wide variety of other foods low in saturated fat and cholesterol. This can help maintain normal blood cholesterol and promote cardiovascular health.

For more information on this and many other health related issues, join us at the

Schoolcraft County Health Fair

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on October 16, 2004 at the Manistique High School from 8:30 a.m. to 12:30 p.m.