

[IMAGE]

Heart Disease (Risk) Starts Early

By Editorial Staff

Are your kids pursuing health behaviors that could lead to heart disease in adult life? The research certainly suggest so – a reminder to all parents to instill healthy habits in their children before it's too late. Case in point: A study published in *The New England Journal of Medicine* checked more than 9,000 overweight or obese adolescents / teens ages 3-19 for heart disease risk factors including high blood pressure, cholesterol and diabetes. Results showed that weight status was associated with poorer health status with regard to heart disease risk: Obese youth had higher blood pressure, worse cholesterol profiles and higher blood sugar levels than their overweight counterparts, suggesting the more overweight a child is, the higher their risk of developing heart disease later in life.

healthy heart - Copyright â Stock Photo / Register Mark The moral to the story: Excess weight – even in childhood – can be dangerous! Teach children the importance of a balanced, nutritious diet, consistent physical activity and other heart-friendly behaviors to help them grow up healthy and stay healthy, at least when it comes to the nation's No. 1 killer: heart disease. And talk to your doctor if you or your child is experiencing a weight problem for practical advice to help bring your weight into the healthy range.

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