



## ***Superintendent's Corner***

Feb. 4, 2008 – Heart Month

Our Health Education Coordinator Katy Fleming reminded me today that February is a great month to focus on heart health. She shares the following message for parents:

*It is never too early to help your child prevent heart disease which is the leading cause of death in the United States. Most types of cardiovascular disease (CDV) typically emerge in adulthood, but the number of children with risk factors for CDV has dramatically increased. With childhood diabetes on the rise, it's important for families to take steps to prevent both CDV and diabetes since the diseases share risk factors (one disease might mean higher risk for the other).*

*Here are some steps to help your children begin early to reduce their risk: know your family's CDV history, increase fruits and vegetables in your family's diet, choose lean meats, poultry and low-fat dairy; cut back on trans fats, sugar, and salt; dance, play and exercise with your children; help your child prevent or stop the use of tobacco which increases the risk for heart disease.*

Helping your child develop healthy habits early in life will bring lifelong benefits.