

HEALTHY HEARTS

The Healthy Hearts Program aims to prevent childhood obesity by providing students in 4th through 6th grades with the tools and knowledge needed to make healthier decisions and become stewards of good health. Through lectures and hands-on activities, it teaches students about the heart and the importance of a healthy diet and exercise.

The Healthy Hearts program goals include:

- ✓ Increase knowledge regarding health issues associated with high intake of sugar, fat, and sodium in students' daily diets.
- ✓ Encourage ownership of students' health by self-managing daily habits and increasing exercise.
- ✓ Empower students to become role models for their families, so together, they can lead healthier lifestyles.
- ✓ Change habits in healthy food consumption and increased physical activity.



Serving 1,400 elementary students per year since 2012

BARRIERS TO HEALTHY HEARTS THAT YOUTH FACE



Lack of health and nutrition education in elementary schools for children



Lack of access to safe, open spaces for exercise



Lack of nutrition education in Spanish for students and parents



Lack of marketing to children promoting healthy food



Lack of affordable, healthy food in neighborhoods



Limited healthy food choices for school breakfasts and lunches

PROGRAM LESSONS

- The heart and the circulatory system
- Food groups and appropriate portion sizes
- How the intake of sugar, salt, and fat impacts our health
- Reading nutrition facts labels



CONTACT

Northern Indiana Hispanic Health Coalition

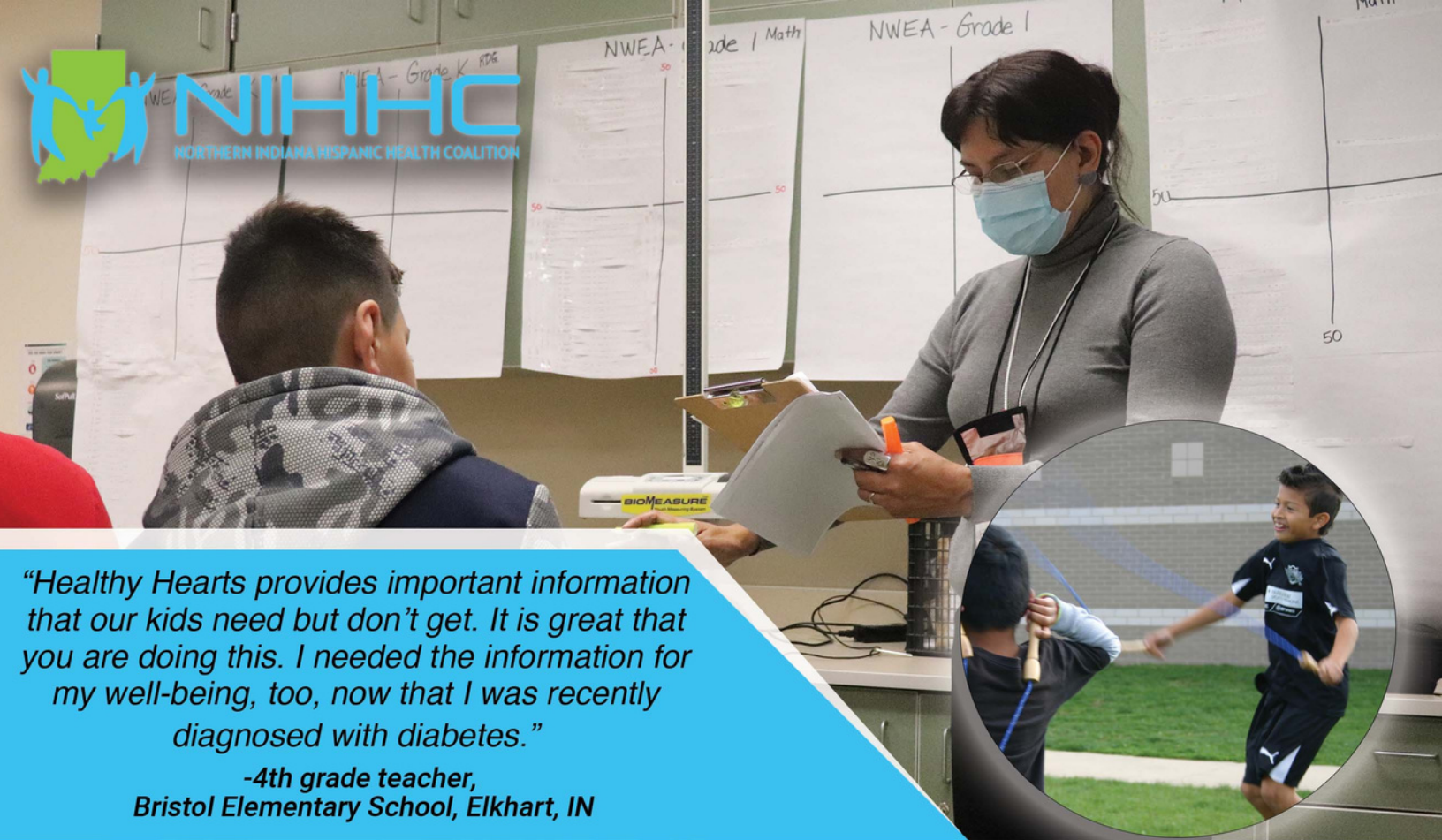
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“Healthy Hearts provides important information that our kids need but don’t get. It is great that you are doing this. I needed the information for my well-being, too, now that I was recently diagnosed with diabetes.”

*-4th grade teacher,
Bristol Elementary School, Elkhart, IN*

Why Healthy Hearts?

36.8%

Adults are obese in Indiana (ranked 5th in the nation)

15.6%

Children ages 10-17 are obese in Indiana

~45%

Children in 4th-6th grades in Elkhart County Schools are overweight or obese (2020)

1%

Decrease in BMI can reduce:
•1.4 million new cases of diabetes diagnosed every year
•126.9 million cases of heart disease and stroke in the U.S.

Healthy Hearts Participant
Elementary School Student



“I love Healthy Hearts - I don't want it to end! I love to learn about healthy foods, and now I love vegetables. My favorites are broccoli and pickles!”

NIHHC's Impact in the Community



-38%

Decrease in poor health days



+26%

Increase in knowledge about heart health and health issues associated with a diet high in fat, sugar, and sodium



+15%

Increase in healthy food consumption



+15%

Increase in physical activity



+32%

Increase in students NOT consuming candy or drinking non-diet soda the day prior

