



# Homework for Health

Cholesterol Help for Kids and their Families

## HOMework FOR HEALTH - FACT SHEET

### Homework for Health Mission Statement

Homework for Health is a **cholesterol teaching resource** for healthcare providers, teachers and families. Through this online resource, we educate, empower and provide support so families will make smart choices about their health.

### Cholesterol and Associated Diseases

**Screening adults for high cholesterol is standard of care due to cholesterol's role in heart disease, stroke and other cardiovascular diseases.**

- Nearly 801,000 people in the U.S. died from heart disease, stroke and other cardiovascular diseases in 2013. This translates to about one in every three deaths in America.
- About 2,200 Americans die each day from these diseases, one every 40 seconds.
- Cardiovascular diseases claim more lives than all forms of cancer combined.
- The direct and indirect costs of cardiovascular diseases and stroke are more than \$316.6 billion. That includes health expenditures and lost productivity.

*(Statistics provided by the American Heart Association 2016 Update)*

**Cholesterol** is a waxy material that can be made by your body or come from foods you eat. It is present in animal cells and tissues, is important in bodily processes, and may be related to the abnormal thickening and hardening of arteries when too much is present.

### Cholesterol's Role in Artherosclerosis

**Artherosclerosis** is a disease in which plaque builds up in the arteries. High cholesterol and other risk factors compound the likelihood of developing artherosclerosis.

### Universal Cholesterol Screening in Children = True Prevention

#### National Heart, Lung and Blood Institute's 2011 Cardiovascular Risk Reduction Guidelines

- **Screen all children by age 9-11**
- **Repeat at ages 17-21**
- **Focus on specific lifestyle changes** for all and detect genetic problems like **Familial Hypercholesterolemia (FH)**. **This disease is diagnosed in routine cholesterol screening and occurs in 1 in 250 Americans.** FH can lead children to start developing blockages in their arteries during childhood and adolescence.
- **Implement** American Academy of Pediatrics Bright Futures Recommendations
- Treatment of cholesterol spans many medical disciplines leaving no coordination of understanding. **Family-friendly resources are limited.**



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## Doing Your Health Homework Can Give You a Healthier Future

- **Homework for Health** is the only resource available that is designed for kids to understand how cholesterol works in the body. It offers online and print resources for cholesterol education created specifically for families.
- The graphic novel, ***Adventures in Cholesterol***, by Dr. Ann Liebeskind and her sons, William and Zachary, created animated characters representing cholesterol particles LDL, HDL, Triglycerides and Esters. As the book's characters go on adventures throughout the body, they teach about how the body works and how the decisions we make each day affects healthy living.
- **Homework for Health** provides medically accurate teaching tools and presents information for kids in the classroom and to share with families.
- Physicians, nurses, and dietitians can use the **Homework for Health** tools to educate pediatric patients in a fun, engaging way.