

Does Heart Disease Begin in Childhood?

Heart disease is thought of as an exclusively adult problem. But research shows that the underlying risk factors can begin manifesting during childhood.



1 in 3 kids is overweight or obese.



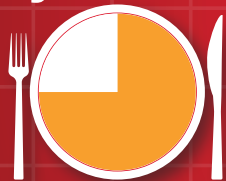
1 in 5 teens has high cholesterol.



Atherosclerosis and hypertension can begin manifesting by ages 5–8.



Why? According to a new study, 99% of children eat unhealthy diets.*



3 in 4 children consume excess saturated fat.



9 in 10 eat too much sodium.



Just 2 in 10 kids eat 5 daily servings of fruits and vegetables.

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*Source: Ning, Hongyan, M.D., M.S., et al. Status of Cardiovascular Health in US Children Up to 11 Years of Age. The National Health and Nutrition Examination Surveys 2003–2010. *Circulation: Cardiovascular Quality and Outcomes*. 2015;8:164-171.