



Kids Take Heart™

Kids Take Heart™ turns 8-11 year old children inside out. The program consists of four units: Anatomy, Fitness, Nutrition and Goal-Setting. Teachers comment that hands-on activities reach diverse learners. For example, students walk the path of a blood cell on a six by twelve foot mat of the Circulatory System. Fitness activities put them in relay teams wearing jerseys with different chambers of the heart highlighted. When a chamber is named, the student wearing that chamber runs to the opposite end zone. The goal: to pump up that pulse! They count their pulse (both resting and active), assess their activity level most days of the week and identify individualized Calorie Requirements and Daily Amounts of Food from Food Groups. Reading nutrition facts, students determine healthier choices for a snack. Matching gaming items to food measures provides them with a quick reference for portion control. In the end, students write S.M.A.R.T. goals that are specific, measurable, attainable, realistic, and time-bound. Kids Take Heart™ shows students how their insides work, what disease is, and how a healthy lifestyle can prevent heart disease and overcome obesity.

For more information, contact Laurie Sween at 425.456.8730 or ltiffany@hopeheart.org.



Youth Take Heart™ is a four-week comprehensive Middle School Science curriculum focusing on heart anatomy, the causes of cardiovascular disease, prevention of cardiovascular disease through heart-healthy nutrition and physical activity, and biotechnological solutions for repairing damaged heart and vascular tissue. It is a cutting edge science education program for 21st century classrooms, created by The Hope Heart Institute through a collaborative effort with The University of Washington Engineered Biomaterials, and MESA (Mathematics, Engineering, and Science Achievement).

The program evaluation uses pre- and post- unit surveys to acquire data on student knowledge and attitudes. A 3-day teacher training component provides continuing education credits and up-to-date science research information combined with current needs for middle school health education. After training, teachers are provided materials for the entire month long curriculum. Youth Take Heart™ also engages in community education and outreach, promoting heart health to youth and their families in local underserved communities.

For more information, contact Chris Wieland at 425.456.8741 or cwieland@hopeheart.org.



Women Take Heart

Heart disease is the No. 1 killer of women in America. Women Take Heart™ is a free community education series targeting underserved populations most at risk, equipping women and their families with key prevention tools. The series blends hands-on instruction with expert speakers to send home the critical message: basic changes in diet and exercise can make the difference between life and death. Taste tests, ingredient substitution tips, movement classes, and blood pressure checks are all on tap. Family involvement and goal setting are woven throughout the event, and in the end, participants write S.M.A.R.T. goals that are specific, measurable, attainable, realistic, and time-bound.

For scheduling, contact Kristen McHenry at 425.456.8751 or kmchenry@hopeheart.org.