

# Healthy Hearts Elementary School Program



*"I learned that even just the little things  
can make a big impact on your health."  
- Elementary student*

## Our mission

Healthy Hearts is an outreach heart health screening and preventive education program. Our purpose is to educate students, families and adults about how to live a heart-healthy lifestyle.

We provide cardiovascular health screenings to empower students to take charge of their healthy choices and to identify children with elevated blood pressure or cholesterol for early intervention.

### Educational day 1-2:

Learn CDE wellness standards

*(computer and projector required)*

- Cardiovascular health
- Heart anatomy
- Genetic risk factors
- Physical activity
- Tobacco and vaping
- Nutrition
- Stress management
- Goal setting

### Educational day 3:

Cholesterol screening

*(separate room will be required)*

- Students can participate in a free health screening to learn their cholesterol, blood pressure and BMI.
- Parent/guardian permission required.
- Health screening data collected and shared with families in a HIPAA compliant manner.



*"Very knowledgeable, engaging and fun to  
have in the classroom!" – McGraw Elem.*

### How do I sign up?

Select your top two dates for the presentation and email: [HealthyHearts@uhealth.org](mailto:HealthyHearts@uhealth.org)

For questions call 970.624.5297 or visit our website at [UCHealth.org/HealthyHearts](http://UCHealth.org/HealthyHearts)

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