

Table 16A. Guidelines for Cardiovascular Health Promotion in All Children and Adolescents

Health Promotion Goals	Recommendations
<p>Diet</p> <ul style="list-style-type: none"> • An overall healthy eating pattern • Appropriate body weight • Desirable lipid profile • Desirable blood pressure 	<ul style="list-style-type: none"> • Assess diet at every visit. • Match energy intake with energy needs for normal growth and development. • Make appropriate changes to maintain a healthy weight and achieve weight loss when indicated. • Advocate consumption of a variety of fruits, vegetables, whole grains, dairy products, fish, legumes, poultry, and lean meat. • Fat intake is unrestricted prior to 2 years of age. After age 2, limit foods high in saturated fats (<10% of calories per day), cholesterol (<300 mg per day), and <i>trans</i> fatty acids. • Limit salt intake to <6 g per day. • Limit intake of sugar.
<p>Smoking</p> <ul style="list-style-type: none"> • No new initiation of cigarette smoking • No exposure to environmental tobacco smoke • Complete cessation for those who smoke 	<ul style="list-style-type: none"> • Question tobacco use by parents at every visit. • Question tobacco use by children, starting at age 10, at every visit. • Provide clear, strong, informed, and personalized counseling against initiation of smoking. • Advise avoidance of second-hand smoke at home, with friends, at school, or at work.
<p>Physical Activity</p> <ul style="list-style-type: none"> • Be physically active every day • Reduce sedentary time (eg television watching, computer, video games, or time on the phone) 	<ul style="list-style-type: none"> • Assess physical activity at every visit. • Advise young people to participate in at least 60 minutes of moderate to vigorous physical activity every day. • Physical activity should be fun for children and adolescents. • For adolescents, resistance training (10 to 15 repetitions at moderate intensity) can be combined with aerobic activity in an overall activity program. • Sedentary time should be limited. For example, limit television time to at most 2 hours per day.

Kavey REW, Daniels SR, Lauer RM, Atkins DL, Hayman LL, Taubert K. American Heart Association Guidelines for Primary Prevention of Atherosclerotic Cardiovascular Disease Beginning in Childhood. *Circulation*. 2003;107:1562-1566.