



*The **Cardiac Risk Factor Reduction Program** at Children's Heart Center provides overweight children and children with heart disease the resources to make nutrition, fitness and lifestyle changes.*

♥ **Reasons for referral to the **Cardiac Risk Factor Reduction Program** include:**

1. Child with a total cholesterol greater than 170 mg/dL.
2. Family history of premature heart disease, that is, a first-degree male relative before the age of 55 or a female relative before the age of 65.
3. Family history of a parent with total cholesterol greater than 240 mg/dL.
4. Child with risk factors for heart disease:
 - Hypertension
 - Diabetes Mellitus
 - Hyperinsulinemia
 - Hyperlipidemia
 - Obesity
 - Sedentary lifestyle
5. Overweight (BMI \geq 95th %tile for age) with the need for nutrition counseling.

♥ **How it works:**

1. Patients undergo an initial medical evaluation with one of our cardiologists including ECG, (but generally no additional cardiac testing).
2. Once seen by the cardiologist, the patient and family then return for a consult with one of our Registered Dietitians for nutrition/lifestyle counseling.
3. After an initial nutrition consult families may then continue to follow-up as needed for nutrition intervention **OR** they may enroll into a 12-week program.

While enrolled in the 12-week **Risk Factor Reduction Program** patients and their families receive:

- Weekly nutrition education from our [Registered Dietitians](#).
- Exercise activities supervised by [Exercise Physiologists](#).
- Behavioral modification techniques to promote healthy lifestyle changes
- If needed, patients may also receive motivational therapy from our [Psychologist](#).

♥ The Cardiac Risk Factor Reduction Program also includes a **Cardiac Rehabilitation Program** designed to benefit patients with a *cardiac diagnosis*. The program provides a safe, structured environment for rehabilitative physical activity where patients will:

- Improve physical fitness and exercise tolerance.
- Increase their knowledge of heart disease.
- Work toward a healthy lifestyle.

Cardiac rehab patients are continuously monitored by cardiac telemetry during exercise, if needed.