

CARDIAC— Kinder Project

Teacher Handout



CARDIAC-KINDER BEGINNINGS

Parents and their Kindergarten children will be asked to participate in the Coronary Artery Risk Detection in Appalachian Communities—Kindergarten (CARDIAC—Kinder) Project that will begin in the Fall 2004 school year.

PURPOSE OF CARDIAC-KINDER

The purpose of this study is to increase awareness about normal growth (weight and height) among Kindergarten children, and to learn more about chronic diseases such as diabetes and premature heart disease. Early identification and education of factors associated with at risk growth will provide the opportunity to work with families to reduce the risk of heart disease later in the child's life. It is hoped that increased awareness of cardiovascular disease risk and protective factors within West Virginian communities will result in local strategies to promote wellness.

PROJECT COORDINATORS/ CONTACT PERSONS

The Project is supervised by Lesley Cottrell, Ph.D., a Developmental Psychologist on the faculty of West Virginia University, Department of Pediatrics. She is working closely with Dr. William A. Neal, M.D., a children's heart specialist also on the faculty in West Virginia University, Department of Pediatrics as well as with local medical providers, school personnel, and health science students who are learning about community-based public health. For more information please contact Dr. Cottrell at (304) 293-1149 or Dr. Neal at (304) 293-2416.

PROJECT SUPPORT INFORMATION

The Project is supported by the West Virginia Department of Health and Human Resources.

PROJECT COUNTIES

The CARDIAC-Kinder project will be offered within six counties of West Virginia during its first year of implementation. These counties include: Braxton, Marshall, Mason, Monongalia, Pendleton, and Taylor.

PROJECT PROCEDURES

The procedures of the CARDIAC-Kinder project are similar to those of the CARDIAC program among WV 5th graders, however, there are a few unique characteristics of the younger project. First, all interested Kindergarten teachers will be asked to provide each of their students with a consent booklet (see example provided) to take home to their parent(s). Parents who provide consent for their children to participate in the program will be instructed to return the signed forms to their children's teachers. These forms will be collected either by the Site Coordinator or School Nurse.

Once the majority of the signed forms have been collected, a screening date will be scheduled. During the screening, children who have signed forms will have their weight and height calculated as well as their Body Mass Index (BMI). This information will be collected by the Site Coordinator and sent to Drs. Cottrell and Neal for review.

With a child's BMI information in hand, Drs. Neal and Cottrell will begin to mail information directly to the child and his or her parents. Information will include issues related to maintaining a healthy diet and physical activity schedule for Kindergarten children as well as information on reducing caloric intakes for children and families facing above average weight concerns.

Children (and some parents) will also receive pedometers to use during the school day and while awake at home.