

# Congenital Heart Defects

40,000 babies are born  
in the US with CHD each year



1 in 100  
babies are born  
with CHD



CHD is the #1  
birth defect worldwide

Twice as many children die from CHD  
than from all forms of childhood cancers combined



There are more than 40 different types CHD

There is no known prevention or cure

## Awareness



Most children with CHD won't require accommodations, but some will.

- Medical absences don't count against them
- Restricted physical activity/Allowed to self limit activities
- Have the closest locker to the classroom
- Able to have water bottle everywhere, including gym
- Can only be in a fully vaccinated classroom (the family that offered this, had this in place before covid)
- Extra set of books, so the child doesn't have to carry them back and forth
- Child is always with the teacher on field trips, rather than parents that don't know about the condition, or one of the child's parents are always allowed on field trips.







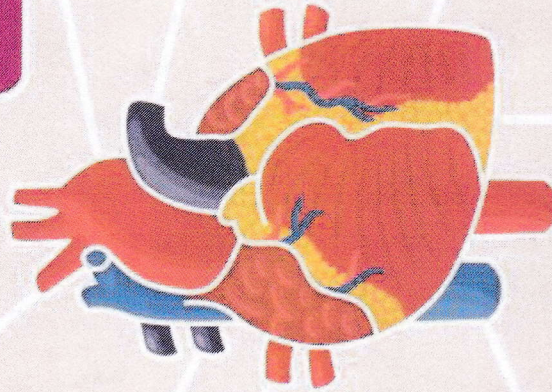
## Facts & Figures

Congenital heart diseases are present in nearly 1%—or about 40,000—births per year in the United States.

The prevalence of some congenital heart diseases, especially mild types, is increasing, while the prevalence of other types has remained stable.

The most common type of heart defect is a ventricular septal defect.

Researchers estimate that about 1 million US children and about 1 million US adults are living with congenital heart disease.



The Centers for Disease Control and Prevention is working on a pilot project with the New York State Department of Health, Emory University in Atlanta, Georgia, and the Massachusetts Department of Public Health to develop tracking of children and adults with congenital heart disease.

About 95% of babies born with a noncritical congenital heart disease are expected to survive to 18 years of age.

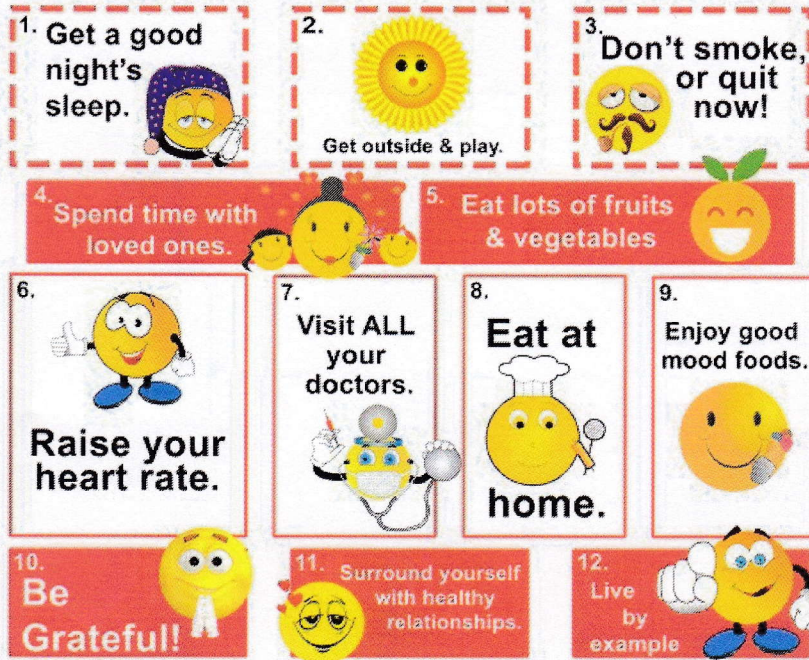
In the United States, hospital costs for the population of individuals with CHDs totals about \$1.8 billion.

About 25% of babies with a congenital heart disease have a critical defect.

Source: Centers for Disease Control and Prevention



# 12 Heart Healthy Habits to share with your kids.



## Celebrities with Congenital Heart Defects

**Shaun White**



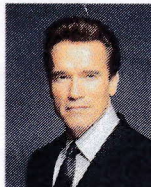
**Lauren Holiday**



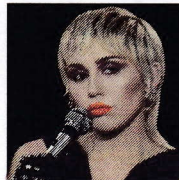
**Jane Lee**



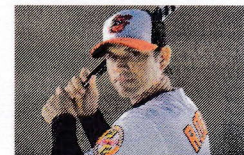
**Arnold Schwarzenegger**



**Miley Cyrus**



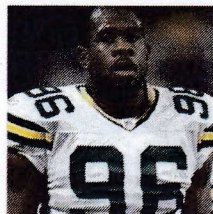
**Brian Roberts**



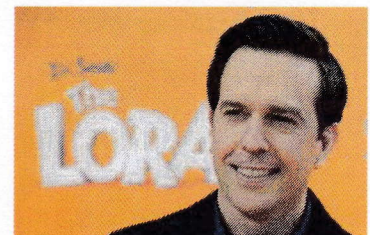
**Nwankwo Kanu**



**Michael Montgomery**



**Ed Helms**

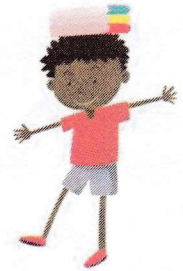






American  
Heart  
Association.

# 25 WAYS TO GET MOVING AT HOME



1

Run in place for  
30 seconds



2

Dance party  
for 1 minute

3

Stand up and sit  
down 10 times



4

Read standing up

5

Hot lava!  
Keep a balloon in the air  
without touching the ground  
(make it harder by only  
using heads or elbows)

6

Jumping jacks  
for 30 seconds

7

Do the  
hokey pokey

8

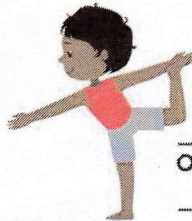
See how many  
squats you can do  
in 15 seconds

9

Stand up, touch  
your toes

10

Wall sits  
while reading



11

One-minute  
yoga

12

Stretch your  
hands high over  
your head



13

Arm circles forward for  
30 seconds, arm circles  
backward for 30 seconds

14

10 frog jumps



15

Standing mountain  
climbers for  
30 seconds

16

Stand on one leg, put  
your hands up, put your  
hands out to the side

17

5 lunges on the right leg,  
5 lunges on the left leg

ABC 18

Practice spelling,  
do a squat for  
every vowel

19

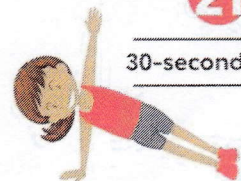
Run in place for 30  
seconds, check your  
heart rate

20

Practice spelling by  
doing a jumping  
jack for each letter

21

30-second plank



24

Ball toss spelling practice.  
Toss the ball and say a letter  
then toss the ball to someone  
else to say the next letter

25

High knees  
for 30 seconds

22

Practice math problems, do a  
jumping jack every time the  
answer is an even number

23

20 leg lifts

[heart.org/KidsActivities](http://heart.org/KidsActivities)