

# DEVELOPING HEALTHY LIVING RESOURCES FOR CHILDREN WITH COMPLEX HEART PROBLEMS (CHP)

## WHAT WE KNOW



A healthy lifestyle is a part of care for children with CHP

### FAMILIES ARE...

Going to friends and family for healthy living tips



## WHAT WE FOUND

### KEY ASPECTS OF HEALTHY LIFESTYLE ACCORDING TO...

  
clinicians

  
physical activity

  
healthy diet

  
smoking

  
families

  
physical activity

  
healthy diet

  
emotional health

## WHAT WE DEVELOPED

### CONSULTED...

  
healthcare professionals

  
kids with CHP

  
parents

To make 9 amazing resources!



CHP families want healthy lifestyle support from experts in cardiology clinics

