

# Did you **Know**

High blood pressure is more common in children with obesity. Children who have high blood pressure have a greater risk of developing these conditions during their lifetime:

- Stroke
- Heart disease
- Kidney disease
- Seizures

COME PREPARED  
FOR YOUR CHILD'S  
**BLOOD  
PRESSURE  
READING**

MaineHealth

**LET'S GO!**

5-2-1-0



### **Be a Role Model**

Don't smoke around your child. Call the Maine Tobacco Helpline for help with quitting, 1-800-207-1230

