



# WHL • NEWSLETTER

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In Official Relations with the International Society of Hypertension and the  
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## CHILDREN'S POSTER CONTEST WINNERS ANNOUNCED

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By Edward Roccella, PhD, WHL Special Envoy for Population Health and Katrina Sy-Uy, MPH, Doris Factor Women's Heart Disease Community Education Coordinator, Linda Joy Pollin Heart Health Program



Margo B. Minissian, PhD, ANCP, CLS, AACC, FAHA speaks to fifth-grade classes at Queen Anne Place Elementary School.

Dr. Daniel Lackland, President of the World Hypertension League (WHL) says, "It's never too early for children to start protecting their heart health." The WHL, in collaboration with the Linda Joy Pollin Women's Heart Health Network and Cedars-Sinai Healthy Habits Program, Los Angeles, sponsored an art poster contest. The purpose was to provide heart health education in the young and then have the students express what they learned through art. "Teaching lifestyle skills to prevent or slow the progression of heart disease is an important part of our activities. Our research findings are not only applied to patient care, but to prevent or prolong the onset of disease." said Dr. C. Noel

Bairey Merz, Professor of Medicine and Director of the Linda Joy Pollin Women's Heart Health Program at Cedars-Sinai Medical Center, a world-class teaching, research and patient care center.



Enthusiastic Fifth Graders ask questions during the class on preventing health problems.

Margo B. Minissian, PhD, ACNP, CLS, AACC, FAHA, a nurse scientist and cardiology nurse practitioner at Cedars-Sinai, spoke to two fifth-grade classes at Queen Anne Place Elementary School in Los Angeles, and shared age-appropriate tips on how to prevent heart problems. "We only have one heart, so we have to take special care of it," she told the students, whose ages range from 10 to 11. Her talk provided inspiration for the posters the students created to encourage the children, their families and communities to lead heart-healthy lives.



Dr. Minissian explains the poster making process.

The winning posters are below and can also be seen in the June issue of the WHL newsletter:

<http://www.whleague.org/images/JUNE-2018-Newsletter-Final-pdf.pdf>



1<sup>st</sup> Prize Winners: Melina Florian & Karla Gallardo



2<sup>nd</sup> Prize Winners: Ashley Alas, Gabriela Garcia, and Carolina Lemus



3<sup>rd</sup> Prize Winners: Emily Lopez, Yamilet Zamora, and Jamie Garcia (not shown)

Honorable Mention goes to Nathan Gonong, Diego Campuzano, Jordan Gomez, Destiny Orozco, Giselle Balderas, Jaqueline Sierra and Dalila Castillo, with a Special Thanks to their teachers: Celina Arroyo and Elizabeth Lee.

