

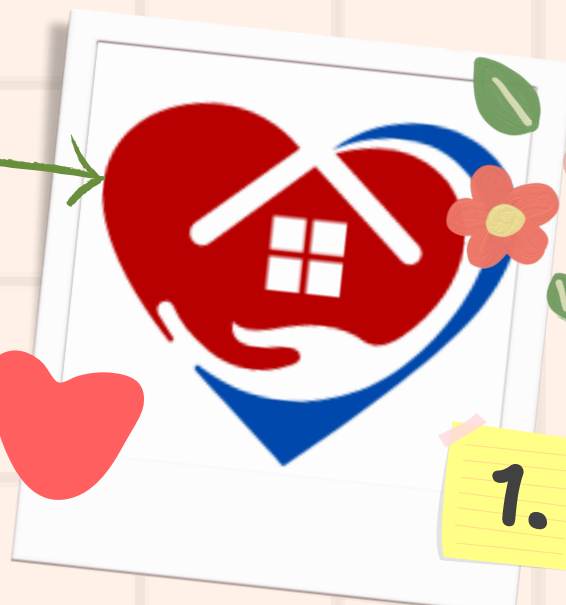
CARDIHOGAR

Sowing love in
every heartbeat



Who are we?

CARDIHOGAR is an initiative aimed at promoting healthy habits and lifestyles among fifth grade children (between 10 and 12 years old) to prevent cardiovascular diseases and related conditions.



1.

Our mission

Our main mission is to teach children to adopt healthy behaviors, reducing the risk of heart disease and the risks associated with unhealthy habits.

Our technological solution

Likewise, create a technological solution, in our case the application, together with our website, which can provide support and a complete solution to this problem.



3.

Activities

Activities will include a quiz to assess prior knowledge, a word search on cardiovascular diseases, a video titled "World Heart Day for Children - Superheart," a digital brochure with summarized information, a recreational activity in which children create a monster to defend the heart, minimal interaction with an app, and a bulletin board with tips learned.



4.

Results

The activity on heart care involved 30 children, who showed enthusiasm despite having no prior knowledge. In the end, they were able to identify healthy habits, although most still did not understand the risk factors for cardiovascular diseases.



5.

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Thank
you!