



An Introduction to

KidsHealth®

Content for Families

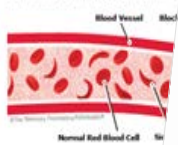
KidsHealth: Engaging Health Media for Families

PARTNER
Logo

After Your Teen's Visit
Caring for a Teen With Sickle Cell
Pain Crisis (Vaso-Occlusive Crisis)

Key Point

More pain crises can be managed at home, but the health
care professional and team of keeping your teen comfortable



Your Teen's Diagnosis

Sickle cell disease is a blood disorder that causes red blood cells to be
abnormal. It occurs when certain blood vessels in the
body are blocked. These cells don't move as smoothly as
normal cells do.

When blood vessels are blocked, your teen's body
cannot get the oxygen it needs. Pain results from
the blockage.

Home Care Instructions

Continue giving your teen the medicine daily
unless instructed otherwise.

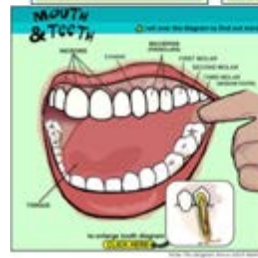
PARTNER
Logo
After Your Child's ER Visit
Caring for Your Child With a Nosebleed

Key Point
Nosebleeds are common in children and young adults. Most can be treated easily at home.



Your Child's Diagnosis
Common causes of nosebleeds include nose picking, sneezing, and injury. The vessels are lined
with a thin layer of tissue that is close to the surface, where they are vulnerable to minor trauma.
When a blood vessel in the nose is torn, blood runs out of the nostril, which can look scary, but it's not
serious. A nosebleed can sometimes return if the clot is not stopped by the bleeding area.

Home Care Instructions
• Kids should avoid blowing, rubbing, or picking their nose for at least 12 hours after a nosebleed.
• For the next 2-3 days, your child should avoid doing any lifting or strenuous
physical activity. If your child is still having trouble stopping a nosebleed, if the doctor
• Don't breathe your finger, which can get in the way of the doctor's care.



KidsHealth

Trusted content provider for family-friendly, age-appropriate, health & wellness information



- Creators of **print, video & online** resources about children's **health & development**
- **Physician-led**, professional, award-winning editorial group
- Expert in communicating **comfort & knowledge** with the whole family in mind – **parents, kids & teens** – in both **English & Spanish**
- KidsHealth comes from **Nemours**, one of the largest nonprofit organizations devoted to children's health

About Nemours



Founded in 1936 by Alfred I. duPont, The Nemours Foundation is a leader in children's health, providing nationally recognized healthcare for children, research, advocacy, education, and prevention



Nemours is a founding member of the First Lady's **Partnership for a Healthier America** and creator of **Let's Move Childcare**

10 Reasons to Partner with KidsHealth

1. Age-appropriate content for **3 distinct audiences**: parents, kids, and teens
2. **Physician-led** group providing ongoing **medical review and re-review**
3. **Family-friendly**, warm, & comforting approach to health, **free of medical jargon**
4. **10,000+ pieces of content** including videos, quizzes, easy-to-understand definitions, goal-setting tools, disease management centers and more
5. **Cost-effective solution** to add complete libraries of medically-reviewed health & wellness information – in **English & Spanish**
6. **Seasonal and timely content** to keep your site and member communications fresh and up-to-date
7. *Features relevant to moms-on-the-go and the Medicaid population: a **mobile version** of the content and “**listen**” **functionality** included*
8. **Search** functionality and **hassle-free maintenance**
9. **Multi-channel license** includes KidsHealth’s custom **print publications**
10. **Marketing support** provides the tools & know-how to maximize your license

KidsHealth Partnerships

KidsHealth is the **# 1 licensor of online & inpatient health content to America's children's hospitals** and a trusted partner to consumer products companies, corporations, insurers, media groups, and government agencies



U.S. Department of
Health and Human
Services' Office of
Women's Health



KidsHealth content is designed to drive utilization, engagement, and compliance in preventative and acute care and chronic disease management – to provide better health outcomes



Connecting with Families



The mission of KidsHealth is to provide **knowledge, perspective, advice, and comfort**

KidsHealth is expert at communicating with parents, kids, and teens through content and interactive features created *specifically for each audience*

desktop and mobile versions



Hallmarks of KidsHealth Content



Robust graphics

▼ What's in this article? (click to view)

- [When Diabetes Isn't Under Control](#)
- [The Benefits of Good Control](#)
- [How to Know if Diabetes Is Under Control](#)
- [Helping Your Child Control Diabetes](#)

“What’s in this article?”
allows visitors to easily view
and click to specific sections
within the article

[Listen](#) 

You've probably heard your child's doctor talk a lot about "diabetes control," which usually refers to how close the blood sugar, or [glucose](#), is kept to the desired range. What does this mean and why is it important?

Lea este artículo
en Español 

Toggle between English &
Spanish versions

When Diabetes Isn't Under Control

Too much or not enough sugar in the bloodstream can lead to short-term problems that must be treated right away, like [hypoglycemia](#), [hyperglycemia](#), or diabetic ketoacidosis.



Robust, in-article
animations

Top of article

KidsHealth

Hallmarks of KidsHealth Content



Diabetes Control: Why It's Important

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Listen

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When Diabetes Isn't Under Control

Too much or not enough sugar in the bloodstream can lead to short-term problems that must be treated right away, like [hypoglycemia](#), [hyperglycemia](#), or diabetic [ketoacidosis](#).



Listen functionality helps facilitate learning for readers of all levels

► What's in this article? (click to view)

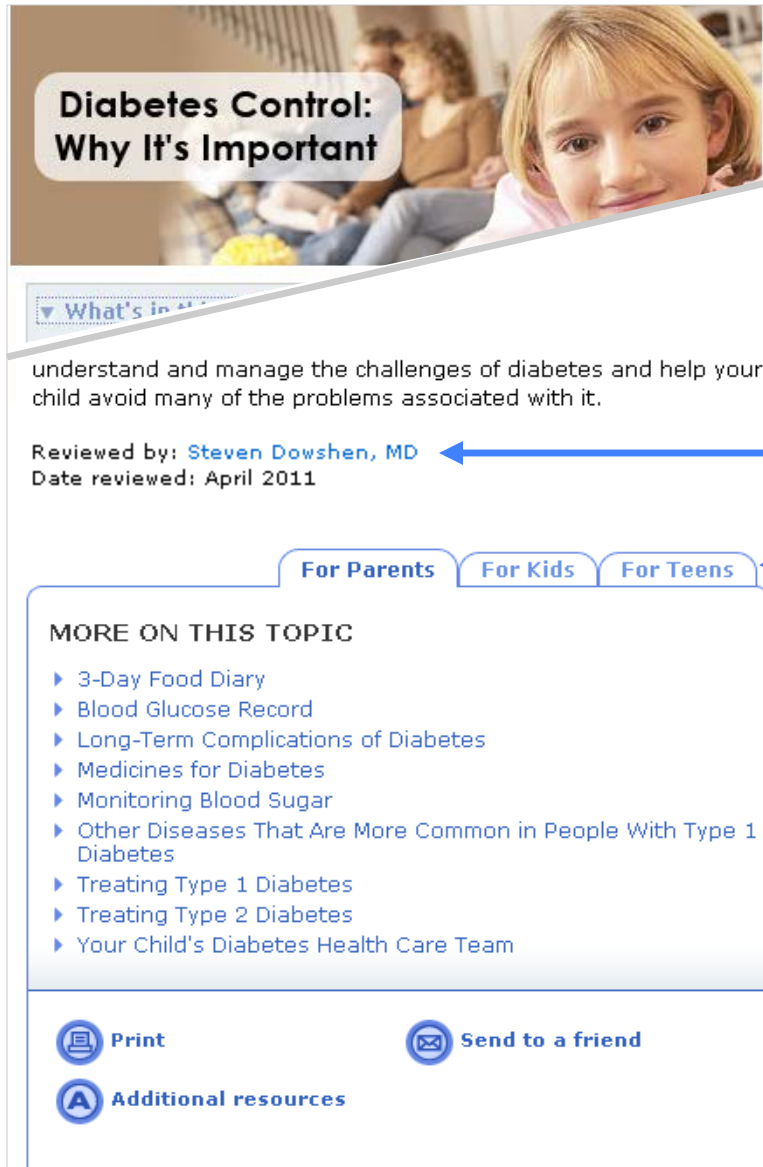


You've probably heard your [child's doctor](#) talk a lot about "diabetes control," which usually refers to how close the blood sugar, or [glucose](#), is kept to the desired range. What does this mean and why is it important?

Lea este artículo
en Español

Downloads as an audio file on mobile

Hallmarks of KidsHealth Content



Diabetes Control: Why It's Important

▼ What's in it for me?



understand and manage the challenges of diabetes and help your child avoid many of the problems associated with it.


Reviewed by: [Steven Dowshen, MD](#)
Date reviewed: April 2011

[For Parents](#) [For Kids](#) [For Teens](#)

MORE ON THIS TOPIC

- ▶ [3-Day Food Diary](#)
- ▶ [Blood Glucose Record](#)
- ▶ [Long-Term Complications of Diabetes](#)
- ▶ [Medicines for Diabetes](#)
- ▶ [Monitoring Blood Sugar](#)
- ▶ [Other Diseases That Are More Common in People With Type 1 Diabetes](#)
- ▶ [Treating Type 1 Diabetes](#)
- ▶ [Treating Type 2 Diabetes](#)
- ▶ [Your Child's Diabetes Health Care Team](#)

 [Print](#)  [Send to a friend](#)

 [Additional resources](#)

Current medical review

Related content for Parents, Kids, and Teens encourages a family dialogue and helps parents understand what their kid/teen is going through

Printer-friendly versions, additional resources & send to a friend.

Bottom of article

Printer-friendly Content

Engaging printables – perfect for health fairs, case management, and special events. Branded for your organization. **Print, copy & distribute!**



Asthma Flare-Ups

During an asthma flare-up or attack, the airways in a child's lungs become more irritated and swollen, making breathing more difficult. While some flare-ups are mild, others can be life threatening, so it's important to deal with them right away.

Signs and Symptoms

Signs of an asthma flare-up include:

- wheezing
- coughing
- tightness

Tick Bites

It's not uncommon to find a tick on a child. While most tick bites are harmless and don't require any treatment, some ticks

Did You Know?

Lyme disease is carried by the deer tick or western black-legged tick. These ticks are harder to detect than others because they're much

Bedtime Basics

Kids need plenty of sleep to rest their growing bodies and minds. But for many kids, bedtime is no fun, and for many parents, getting kids to go to bed – and stay there – can be frustrating.

Quick Tips!

- Keep a consistent bedtime and soothing routine for getting to bed.
- Turn off the TV, video games, and computer at least 30 minutes before bedtime.
- Praise your child for staying in bed.

Heading Off Bedtime Troubles

Make sure your child has everything he or she needs to get a good night's sleep, including:

- a regular bedtime
- a reminder to start winding down, about 30 minutes ahead of bedtime
- a place to sleep with comfortable temperature, ventilation, and a nightlight
- a bedroom without a TV or video games
- a trip to the bathroom to use the toilet, wash up, and brush teeth
- a consistent bedtime routine that includes soothing activities, such as storytime
- a glass of water or any necessary medications
- a reminder to stay quiet and in bed, and a final goodnight from you
- praise the next morning for staying in bed

When Your Child Won't Stay in Bed

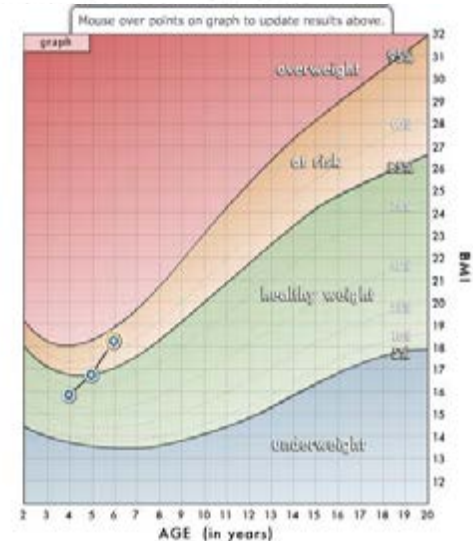
- Return your child to bed right away.
- If your child cries or protests, wait a few minutes, then go back to check on him or her.

Your Name Prints Here

Any copy you choose to print such as phone, URL, etc.

PARTNER
Logo

Body Mass Index (BMI) Charts



This growth chart shows BMI percentiles from the Centers for Disease Control and Prevention (CDC). Your BMI is shown as a point on the chart. If you entered more than one set of measurements, you will see one point for each measurement. Move your mouse over any point to see the BMI number and, on the percent bar above, the related percentile.

KidsHealth

Emergency Contact Sheet

FOR EMERGENCY SERVICES: DIAL 911

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family, babysitters, and others know that it is available.

EMERGENCY NUMBERS

Poison Control Center: 1-800-222-1222 Phone: _____
Hospital Name: _____ Phone: _____
Doctor's Name: _____ Phone: _____
Dentist's Name: _____ Phone: _____
Pharmacy Name: _____ Phone: _____
Health Insurance Plan: _____ Phone: _____
Policy #: _____

FAMILY CONTACT NUMBERS

Parents' Names: _____
Kids' Names: _____
Address: _____ State: _____ Zip: _____
City: _____
Home Phone: _____ Mom Work #: _____
Mom Cell #: _____ Dad Work #: _____
Dad Cell #: _____
Emergency Contact 1
Name: _____
Relationship: _____
Phone: _____
Emergency Contact 2
Name: _____
Relationship: _____
Phone: _____

In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.



KidsHealth for Parents



KidsHealth – *For Parents* provides medical, emotional, behavioral, and developmental information

Most-popular sections, include:

- Condition-Specific Wellness Centers
- Pregnancy & Newborns
- Medical Tests & Exams
- First Aid & Safety
- Positive Parenting
- En Español

ASTHMA CENTER

[KidsHealth](#) > [Parents](#) > [Asthma Center](#)



ASTHMA BASICS

Was your child just diagnosed with asthma? Looking for a refresher on the basics?

Get the info you need here.

[Articulos en Español](#)

preventing flare-ups

Learn what causes flare-ups, or asthma attacks, and how to avoid them.



medications & monitoring

Help your child control asthma and manage symptoms.



asthma & allergies

Most kids with asthma have allergies. Learn how these conditions are related.



living with asthma

Having asthma doesn't mean kids can't do the things they love.



DID YOU KNOW?

Rainstorms, as well as cold and hot temperatures, can trigger asthma flare-ups.



TOOLS

[Asthma Diary](#)



Q&As



Words to Know

spirometer
exercise
induced
allergy
rescue
inhaler

► [Center for Kids](#) ► [Center for Teens](#)

KidsHealth's Asthma Center includes an Asthma movie, interactive features, printables, and dictionary – with links to centers for kids and teens

For Kids

ASTHMA CENTER

[KidsHealth](#) > [Kids](#) > [Asthma Center](#)



[Articulos en Español](#)

what's asthma?

Find out how asthma affects the lungs and breathing.



medications & monitoring

Keep an eye on symptoms and manage asthma with medicine.



sports, school & more

Take care of your asthma so you can do what you want to do.



asthma movie

An asthma flare-up makes it hard to breathe. Watch what happens.

animals, allergies & other triggers

What causes asthma flare-ups and how to prevent them.



TRAVEL TIP:

When traveling, keep medications with you. Don't check them with airplane baggage or leave them at the hotel.



Words to Know

spirometer
inhaler

DAILY ASTHMA DIARY

KAT'S ASTHMA STORY



For Teens

ASTHMA CENTER

[KidsHealth](#) > [Teens](#) > [Asthma Center](#)



[Articulos en Español](#)

treatment & prevention

Advice on managing and living with asthma.



dealing with feelings

Articles and tips on emotional issues.



diagnostic tests

Information about common medical tests.



ASTHMA BASICS

A guide for learning about asthma, including what can trigger it, what happens during a flare-up, and tips on coping.

body basics

About the body systems that are linked to asthma.



Health Tip

Using inhalers regularly can reduce your chances of having to go to the hospital.



Personal Stories



Q&A



Words to Know

spirometer
allergy
rescue
inhaler

Asthma Center Content

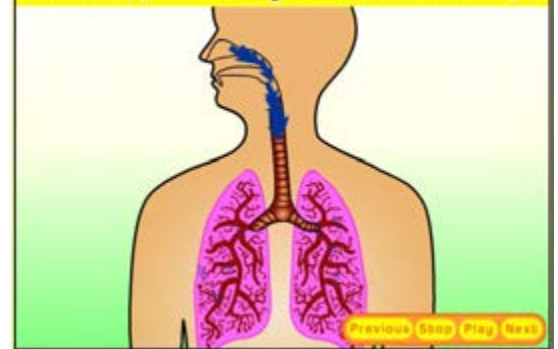


Wheezing and
Asthma in Infants



What if My Child Doesn't Take
His or Her Asthma Medication?

What Happens During an Asthma Flare-Up?



Dictionary

Bronchodilator (Broncodilatador)

Bronchodilators are medications commonly used by people with asthma. They relax the muscles that surround the airways and allow the airways (the tubes that carry air into and out of the lungs) to open up. Some bronchodilators act quickly to stop asthma symptoms (such as wheezing, coughing, or shortness of breath) that are often rescue, quick-relief, bronchodilators.

Asthma Action Plan

Personalized peak flow

IMPORTANT INFO		EXERCISE-INDUCED FLARE-UP	
Name		Instructions for an exercise-induced asthma flare-up	
Home phone		Medicine	
Emergency phone		When	
Emergency address		Additional instructions	
Triggers: <input type="checkbox"/> Weather <input type="checkbox"/> Pollen <input type="checkbox"/> Dust <input type="checkbox"/> Pets <input type="checkbox"/> Mold <input type="checkbox"/> Perfumes <input type="checkbox"/> Smoke <input type="checkbox"/> Other			

The GREEN Zone you're in the safe zone

Symptoms: ☐ No symptoms at all

The YELLOW Zone you're in the caution zone

Symptoms: ☐ Cough, wheeze, or shortness of breath

The RED Zone you're in the danger zone

Symptoms: ☐ Trouble breathing, chest pain, or dizziness

How Can I Help My
Child Cooperate While
Using the Nebulizer?

When to Go to
the ER if Your Child
Has Asthma



If My Child
Has Asthma,
Can We Keep
Our Pet?



What's the Difference Between
Rescue and Controller Medications?

KidsHealth



Support HEDIS Measures

KidsHealth

Diabetes Center

KidsHealth's Diabetes Center includes a Diabetes movie, food diary, blood glucose record, dictionary, recipes, and more

For Kids

The screenshot shows the 'DIABETES CENTER' header for kids. Below the header, there's a navigation bar with 'KidsHealth > Kids > Diabetes Center'. The main content area features several sections: 'Articulos en Español', 'watch the movie' (Learn about insulin, how your body uses it, and what happens in diabetes), 'medications & monitoring' (Help manage your child's diabetes), 'diet & nutrition' (A balanced diet helps kids with diabetes stay on the right track), and 'living with diabetes' (Having diabetes doesn't mean kids can't do the things they love). There are also images of a child, a red apple, and a girl. At the bottom, there's a 'diabetes movie' section and a 'medications & monitoring' section. The footer has 'Center for Kids' and 'Center for Teens' links.

For Teens

The screenshot shows the 'DIABETES CENTER' header for teens. Below the header, there's a navigation bar with 'KidsHealth > Teens > Diabetes Center'. The main content area features several sections: 'Articulos en Español', 'treatment & prevention' (Advice on managing and living with diabetes), 'dealing with feelings' (Articles and tips on emotional issues), 'diagnostic tests' (Information about common medical tests), and 'body basics' (About the body systems that are linked to diabetes). There are also images of a girl, a blood glucose meter, and a girl. At the bottom, there's a 'Health Tip' section, a 'Personal Stories' section, a 'Diabetes & Nutrition' section, and a 'Words to Know' section. The footer has 'Center for Kids' and 'Center for Teens' links.

DIABETES CENTER

KidsHealth • Parents • Diabetes Center



watch the movie
Learn about insulin, how your body uses it, and what happens in diabetes.

medications & monitoring
Help manage your child's diabetes.

diet & nutrition
A balanced diet helps kids with diabetes stay on the right track.

living with diabetes
Having diabetes doesn't mean kids can't do the things they love.

DIABETES BASICS
Was your child just diagnosed with diabetes? Looking for a refresher on the basics? Get the info you need here.

DID YOU KNOW?
Exercise is important for all kids—including those who have diabetes!

TOOLS

Q&As

Words to Know
insulin
type 2
diabetes

Center for Kids Center for Teens

Diabetes Center Content

Diabetes Control: Why It's Important

How to Give an Insulin Injection

Diabetes: When to Call the Doctor

Diabetes: Dealing With Feelings

Your Child's Diabetes Health Care Team

A Recipe for Kids With Diabetes

Club Wrap



Dictionary

Ketones (Cetones)

Glucose (a type of sugar) is the body's main energy source. But when the body can't use glucose for energy, it uses fat instead. When **fats** are broken down for energy, chemicals called ketones appear in the **blood** and urine. This can occur when not enough food has been eaten to provide glucose for energy, or it can occur in diabetes, when the body can't use glucose normally.

3-Day FOOD DIARY

Diabetes Management RECORD

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Food							
Insulin							
Blood Sugar							
Urine Ketones							
Notes							

KidsHealth

Pregnancy & Newborns Center

Pregnancy & Newborn Center



Your Pregnancy

First-time mom or experienced pro? Either way, you've probably got questions about staying healthy and safe during pregnancy. Learn how to give your baby a healthy start.

Articulos en Español

preparing for parenthood
All you need to get ready for your new arrival.

childbirth
Learn what to expect on the big day and hear from moms who've been through it.

newborn care
Breastfeeding questions? Crankiness or colic? Get answers to all your concerns.

newborn health conditions
Learn what's no big deal and when your baby might need to see the doctor.

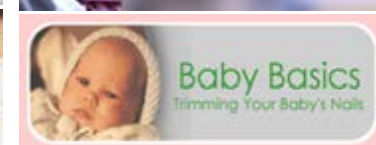
Did You Know?
Babies can recognize the sound of their mother's voice soon after birth.

Pregnancy Calendar

Q&As

Pregnant or Breast-feeding? Recipes for you

Pregnancy & Newborn Center provides tools and resources to help educate members on the importance of medical care before and after childbirth including week-by-week pregnancy calendar, baby basics, recipes, and more



Customizable area: add graphic and link to other content on your site

Other KidsHealth Centers for Parents

Nutrition & Fitness Center

Articulos en Español

staying fit
Tips to get your kids motivated – and help them stay that way.

exercise safety
Play it safe in the gym, the court.

special needs
Guidelines for food allergy conditions & more.

weight problems
Learn why it's important for your child to be healthy.

Healthy Eating & Your Family
Learn how to give your kids the nutrients they need at every stage of life, from newborns to teens and beyond.

Did You Know?
Not all fats are bad. Unsaturated fats, in plants and fish, are a good replacement for saturated fats.

Healthy Recipes

Q&A

Center for Kids

Flu Center

Articulos en Español

all about flu

prevention

First Aid & Safety Center

Articulos en Español

home sweet home
Get childproofing tips, safety checklists, & more.

the great outdoors
Keep 'em safe at the playground or by the campfire.

play it safe
Minimize your child's risk of injury.

emergencies
Know what steps to take in a crisis.

Center for Kids

CANCER CENTER

treatment & prevention
Find out about different cancer treatments and therapies.

dealing with feelings
Articles and tips on dealing with emotional issues.

diagnostic tests
Information about common medical tests.

body basics
All about basic human anatomy.

Q&As

Words to Know

Sports Medicine Center

sports psychology
Discover how the mind affects the body.

training & performance
Help your kids play their best season ever!

sports injuries
Find out how to deal with injuries.

The Basics
Get tips on everything from finding the right sport for your child to handling family factors and injuries.

sports safety
Tips for minimizing your child's risk of injury.

Center for Kids

Parents' Printables: Guides for treating common illnesses.

Stock your first-aid kit! Use these tips.

Home Safety Checklists

Tick Removal: A Step-by-Step Guide

Center for Kids

Snacks
Choose whole grains and complex carbohydrates instead of sweets so your young athlete gets lasting energy.

Body Basics

Q&As

Sports Words to Know

Ages & Life Stages

**Becoming a
Stepparent**



**Preparing Your Child
for a New Sibling**



Helping Teens Learn to Drive

**Helping
Kids Handle
Worry**



**Disciplining
Your Toddler**



**Connecting With
Your Preteen**



Separation Anxiety



**Choosing
Child Care**



Encourage Well Visits

Your Child's Checkups

What to expect at each recommended well-visit

YOUR CHILD'S CHECKUP: 4 Months

What to Expect During This Visit

Your doctor and/or nurse will probably:

1 Check your baby's weight, length, and head circumference and plot the measurements on the growth charts.

2 Address any concerns and offer advice on taking care of your baby.

Questions for Your Doctor: _____

3 Ask questions about how your baby is:

Feeding. Breast milk or formula is all an infant needs for the first 6 months, but some doctors recommend introducing *iron-fortified rice cereal* between 4-6 months. Talk with your doctor before starting any solids.

Peeling and pooping. Babies this age should have several wet *diapers* a day and *regular* bowel movements. Some may poop every day; others may poop every few days. This is *normal* as long as stools are soft. Let your doctor know if they become hard, dry, or difficult to pass.

Sleeping. At this age, babies average about 15 hours of sleep, with 2 or 3 daytime naps. Most babies "*sleep through the night*" with a stretch of at least 6 hours of sleep. Some infants, particularly *breastfed*, may still wake at night but most no longer need a middle of the night feeding.

Developing (milestones). By 4 months, it's common for many babies to:

- ▶ Smile, laugh, and squeal
- ▶ Coo in response to your coos
- ▶ Bring hands together in front of chest
- ▶ Swipe and reach for objects
- ▶ Bring toy to mouth
- ▶ Have good head control when sitting
- ▶ Hold up head and chest, supporting themselves on arms, while on tummy
- ▶ Possibly roll from front to back

There's a wide range of normal and children develop at different rates. Talk to your doctor if you're concerned about your child's development.

4 Perform a physical exam with your baby undressed.

5 Update immunizations. Immunizations can protect infants from *serious childhood illnesses*, so it's important that your baby receive them on time. Immunization schedules can vary from office to office, so talk to your doctor about what to expect.

YOUR CHILD'S CHECKUP: 4 Months

6 Give instructions.

Doctor's Instructions: _____

Medicine Recommended (if any): _____

Looking Ahead

Here are some things to keep in mind until your next routine visit at 6 months:

1. *Breast milk* or *formula* alone meet your infant's nutritional needs.

2. If your doctor recommends **introducing solids**:

- ✓ Start with a small amount of *iron-fortified rice cereal* mixed with breast milk or formula.
- ✓ Use an infant spoon — do not put cereal in your baby's bottle.
- ✓ If your baby is pushing a lot out with the tongue, he or she may not be ready for solids yet. Wait a week or so before trying again.
- ✓ Wait until your baby successfully eats cereal from the spoon before trying other solids. Introduce *one new food at a time* and wait a week or so to watch for a possible allergic reaction before introducing another.

3. Do not give **juice** until after 6 months.

4. Do not prop bottles or put your baby to bed with a bottle.

5. Babies often begin **teething** around 4 months, though the first tooth usually doesn't appear until about 6-7 months. To help ease pain or discomfort, rub your baby's gums with a clean finger. Or offer a clean wet washcloth, which can be frozen for 30 minutes, or a teething toy to chew on.

6. Your baby may begin **rolling over** around 4-6 months. Keep placing your baby to sleep on his or her back on a firm mattress in a crib *without* any blankets, pillows, or plush toys. But it's OK if your little one rolls over while sleeping.

7. **Remove mobiles** when your baby starts to push to his or her hands and knees, or when your baby turns 5 months old — whichever comes first.

8. Continue to give your baby plenty of supervised "**tummy time**" when awake.

9. When bathing your baby: *never* leave him or her unattended, always check the water temperature with your elbow first, and do not use bath seats with suction cups.

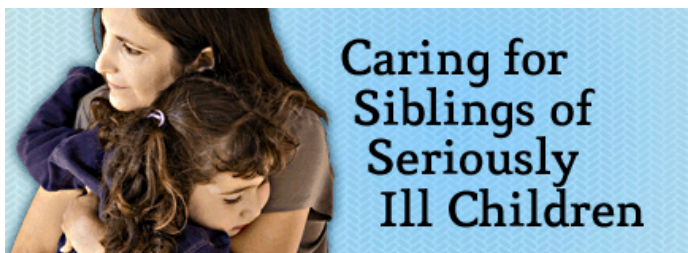
10. Always put your baby in a **rear-facing car seat** in the back seat.

11. If you haven't already, start **childproofing** your home. Get down on your hands and knees to look for potential dangers. Keep choking hazards, toxic substances (medicines, cleaning supplies, etc.), and hot or sharp items out of reach.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor.

Reviewed by: Mary L. Gavin, MD Date reviewed: August 2006

Managing Life with Special Needs Children



Wellness Centers: BMI Calculator

Step 1: Enter multiple data points to track BMI over time

US Standard (lb/in) Metric (kg/cm)

Step 1:
Gender: ☐ Male ☒ Female Birth Date: Jan / 1993

Step 2:
(Options)

Date of Measurements	Height	Weight
Jan / 2011	5 ft 6 in (66 in)	150 lbs
Feb / 2010	5 ft 5 in (65 in)	145 lbs
Apr / 2007	5 ft 4 in (64 in)	110 lbs

Step 3: BMI calculated - see results below

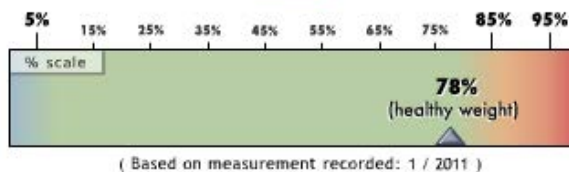
Step 2: Results include BMI score, percentile, and healthy weight range

Results

[print results](#) 

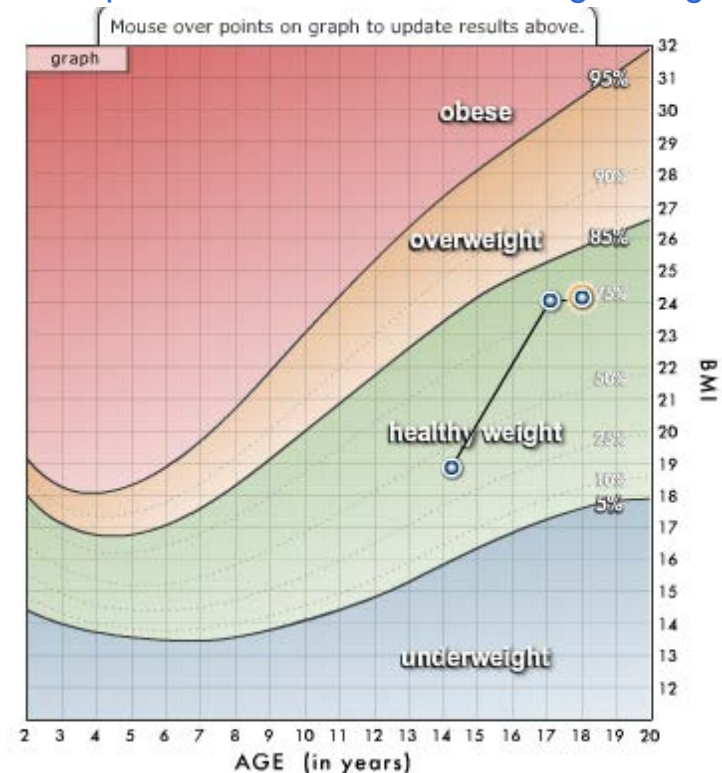
Your **BMI is 24.2**. That puts you in the **78 percentile**, which indicates you are **at a healthy weight**. The healthy weight range for your height and age is **109 to 159 pounds**.

For more information on BMI, [click here](#).



Supports HEDIS measure for Commercial & Medicaid: “Weight Assessment and Counseling for Nutrition and Physical Activity for Children/ Adolescents”

Step 3: Color-coded growth charts provide clear representation of BMI and weight range




NEW: A to Z Dictionary

NEW A to Z Dictionary

- Quick overviews of approximately 800 topics
- Medically encoded for easy indexing
- Perfect for “*My Child Has...*” and similar quick look-up features
- Entries link to more detailed information in your KidsHealth Content
- Entries in the *A to Z Dictionary* are being added weekly. Dictionary will be complete by end of 2013

KidsHealth
A to Z Dictionary

► What's in this article? (click to view)

Listen 

Diabetes

May also be called: Diabetes Mellitus

Diabetes is a disease that affects how the body uses glucose, a sugar found in the foods we eat. Glucose is the main source of energy for the body's cells.

More to Know

Glucose level in the blood is controlled by a hormone, or special chemical in the body, called insulin. Insulin is made by the pancreas, and helps glucose enter the cells.

There are two types of diabetes: type 1 and type 2. In **type 1 diabetes**, the pancreas doesn't make enough insulin. In **type 2 diabetes**, the body can't respond normally to the insulin that is made. Both types cause glucose levels in the blood to rise, leading to symptoms like increased urination (peeing), extreme thirst, and unexplained weight loss.

Keep in Mind

Diabetes is a chronic condition, which means it is long-lasting. But the good news is that the right treatment and care can keep diabetes under control and help prevent any long-term effects.

KidsHealth En Español

KidsHealth **En Español** includes 2,500+ articles, disease-management tools & resources, movies, interactive features, videos, and more

Información Para Padres

El embarazo y recién nacido

Una guía que contiene información detallada sobre los cambios que experimentarán su bebé... ¡y usted!

Las preguntas y las respuestas

Los problemas médicos

Paternidad y maternidad positiva: ser mejores padres

Las emociones y las conductas

Seguridad y primeros auxilios

El crecimiento y el desarrollo

La nutrición y la salud

Las infecciones

Gripe

► Para niños ► Para adolescentes

Información Para Niños

Las preguntas y las respuestas

Diabetes: aspectos fundamentales

Asma: aspectos fundamentales

Juego: ¿Hora de ir a la cama?

Mi cuerpo

Cómo tus oídos oyen, cuánto pesa tu cerebro, cuántos huesos tienes, y mucho más.

Las enfermedades

Glosario

Los sentimientos

Exámenes médicos: que esperar

Mira estos videos

Información Para Adolescentes

Las preguntas y las respuestas

Las enfermedades

Las infecciones

La escuela y los trabajos

Ejercite y la Salud

¿Cuál es el peso correcto para tu estatura? Deberías ponerte a dieta? Obtén las respuestas.

La salud sexual

Su cuerpo

Su mente

Exámenes médicos: que esperar

Mira estos videos

For TEENS

*Provide answers, advice, and
reassurance that they are not alone*



TeensHealth for Teens

TeensHealth includes articles, Q&As, interactive features and more, written in a tone and style appropriate for teens

Most-popular sections, include:

- Wellness Centers
- Your Body
- Your Mind
- Sexual Health
- Drugs & Alcohol
- En Español

For Teens: Wellness Centers

ASTHMA CENTER

Articles in English

treatment & prevention
Advice on managing and living with asthma.

dealing with feelings
Articles and tips on emotional issues.

diagnostic tests
Information about common medical tests.

body basics
About the body systems that are linked to asthma.

ASTHMA BASICS
A guide for learning about asthma, including what can trigger it, what happens during a flare-up, and tips on coping.

Health Tip
Using inhalers regularly can reduce your chances of needing to go to the hospital.

Personal Stories

Q&A

Words to Know

DIABETES CENTER

Articles in English

treatment & prevention
Advice on managing and living with diabetes.

dealing with feelings
Articles and tips on emotional issues.

diagnostic tests
Information about common medical tests.

body basics
About the body systems that are linked to diabetes.

DIABETES BASICS
A guide for learning about diabetes, including the different types of diabetes, how diabetes can affect the body, and some common myths about the disease.

Health Tip
Sticking to your diabetes plan, even when you feel well, helps you avoid future problems.

Personal Stories

Diabetes & Nutrition

Words to Know

Sports Center

sports psychology
Discover how your mind affects your body.

training & performance
Get ready to play your best season ever.

sports injuries
Find out how to deal with injuries and avoid getting hurt.

body basics
Learn how your body works so you can make it work for you.

The Basics
Get tips on everything from finding the best sport for you to handling sports pressure and competition.

Snacks
Choose whole grains and complex carbohydrates instead of sweets so you get lasting energy.

Personal Stories

Q&A

Sports Words to Know

Stress & Coping Center

stressful situations
From cliques to family troubles, learn how to cope.

stressful feelings
Advice on managing difficult emotions.

when stress is serious
Coping with mental health conditions.

getting (and giving) help
Where to turn for help – and how to support a friend.

The Basics
Why do we feel stress? How does it show up in our bodies? And can stress ever be good? Find out here.

Build Resilience
Try to see challenges as opportunities, and think of problems as temporary and solvable.

Relax and De-Stress

Q&A

Quizzes and Notebooks
Making a Change

Wellness Centers provide practical advice to help teens understand their condition, personal stories to help them to not feel alone, and resources to manage the daily ups and downs

For Teens: Nutrition & Fitness

NUTRITION CENTER

KidsHealth > Teens > Nutrition Center

Artículos en Español

food & nutrition
Easy-to-follow advice on healthy eating.

exercise & fitness
Why exercise is wise – and how to get enough.

sports
Tips for getting – and staying – in the game.

overweight
How extra weight can affect the body – and what to do.

GET HEALTHY... STAY HEALTHY
Information that explains the basics of nutrition and fitness, with easy-to-follow tips on how to eat right and stay fit.

Health Tip
Always start your healthy day with a good breakfast.

Recipes

Q&A

Healthy Living Toolkit

Center includes 250+ articles for teens providing practical tips and tools including recipes, pediatric-specific BMI calculator, lunch planner, personal plan, and more



Healthy Breakfast Options

People who eat breakfast

- Eat more fiber, potassium
- Tend to eat fewer calories through the day
- Tend to make better food choices
- Throughout the day, the energy is better
- Are more active

Important things to remember about breakfast

- Any breakfast is better than no breakfast
- Plan ahead – have quick choices on hand
- Sometimes you have to eat on the go
- Include protein and fiber to keep you going
- Stay away from sugary choices

If you are having trouble deciding what to eat, take a look at this easy planner. Choose one item from two or more food groups to get the most out of your breakfast.

Fruit	Dairy*	Grain*	Protein
1 apple	1 cup skim or 1% milk	1/2 cup whole grain cereal with 2 grams fiber or more	1/2 cup egg substitute or 1 egg
1 orange	1 oz. or 1 slice low-fat cheese	1 slice whole grain bread	1 oz. lean ham or turkey
1 small banana	4-8 oz. low-fat full yogurt	1/2 whole grain ring (1/2 muffin or bagel)	2 tablespoons peanut butter
1 cup berries	Low-fat string cheese	1/2 cup brown rice	1/2 cup dried beans, cooked
1 cup melon	1 oz. yogurt (unsweetened)	1 whole grain (corn or whole-wheat) tortilla	2 oz. sausages
1/2 cup unsweetened applesauce	1/2 cup low-fat cottage cheese	1 small (4 inch) whole-grain pita	1/2 cup of tofu
1/2 cup canned peaches or pears, in own juice or the syrup	1/2 cup milk	1 whole-grain waffle or pancake	1/2 cup cooked
1/2 cup grapes	1/2 cup milk	1/2 cup cooked	1/2 cup cooked
1/2 cup dried fruit	1/2 cup milk	1/2 cup cooked	1/2 cup cooked

*Daily foods are a good source of protein.

*Choose whole grains whenever possible.

My Breakfast Plan

For Teens: Managing Your Medical Care

Center includes 100+ articles, tools, and resources to help teens take charge of their own health care

Managing Your Medical Care

How to Take Charge of Your Health



quiz

How much do you know about managing your health? [▶](#)



health records & insurance

How to pay for and get involved in your care. [▶](#)



medications & treatments

What to know about various medical treatments. [▶](#)



Getting Medical Care

Tips on everything from taking care of your body to choosing the right health care providers. [▶](#)

special health needs

Advice on living with a long-term health condition. [▶](#)



Doctors recommend that teens get actively involved in their own medical care.



Wellness Centers

Asthma Center



Q&As



Health Management Tools

Healthy Weight



Health Care

What Do You Know?

True or False? Your parents can see your medical records.

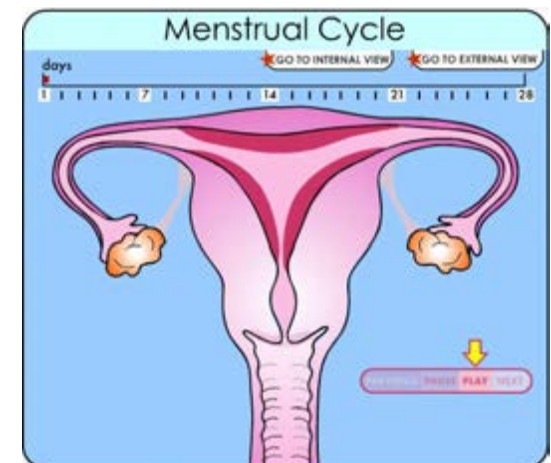
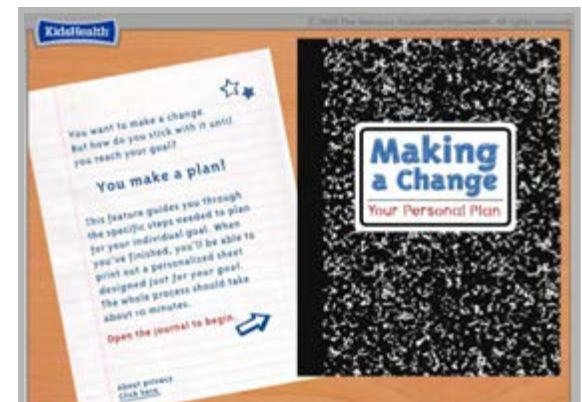


Answer: False. Parents don't always have access to their kids' medical records.

Engaging Teens

TeensHealth's popular features keep the content engaging and relevant

"...this site has been very useful in many ways. The only downside I can find to this site is that I get distracted by it easily because it's so informing AND entertaining... thanx!!! ☺"





For KIDS

ENTERTAIN & EDUCATE

*KidsHealth connects with kids by
tapping into their innate curiosity and
sense for fun*

KidsHealth®



KidsHealth for Kids

KidsHealth for Kids includes articles, interactive features, games, recipes, videos, experiments, and more to make learning about health fun & engaging

Top favorites with kids include:

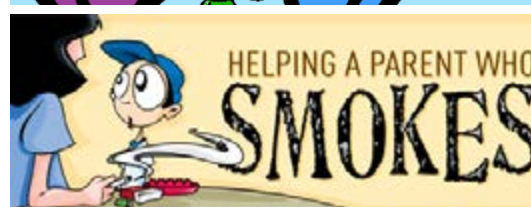
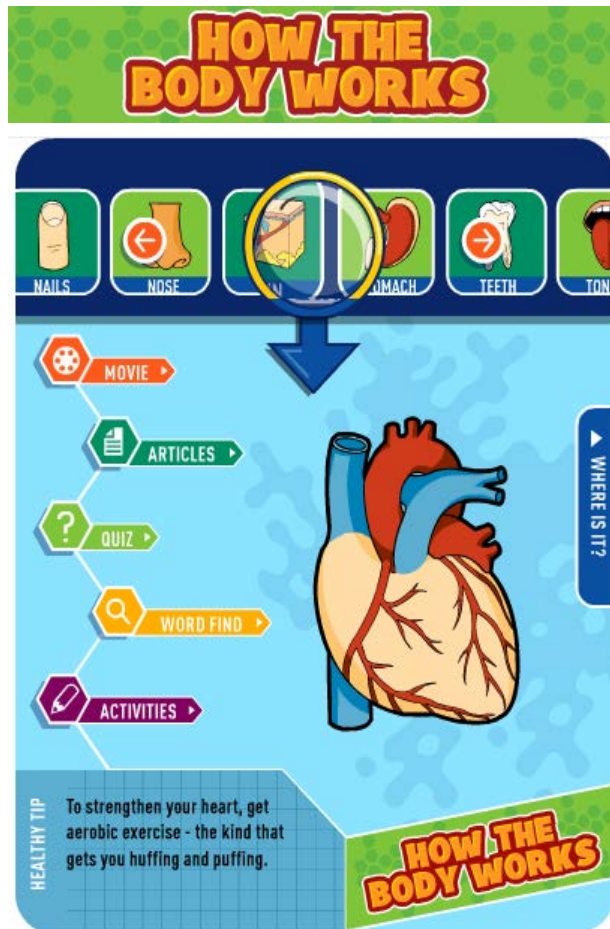
- How the Body Works
- Icky Q&A
- Videos & Games
- Personal Stories
- Staying Healthy

For Kids: Wellness Centers



Wellness Centers include peer stories, tools, and practical advice to help kids understand and manage their condition from initial diagnosis through their daily challenges as they grow up

For Kids: Movies, Games, Q&As, and More



Kids' Medical Dictionary

Allergy-Triggered Asthma

(En español: Asma causada por alergias)

Say: **ah-lur-jee trih-gurd az-muh**

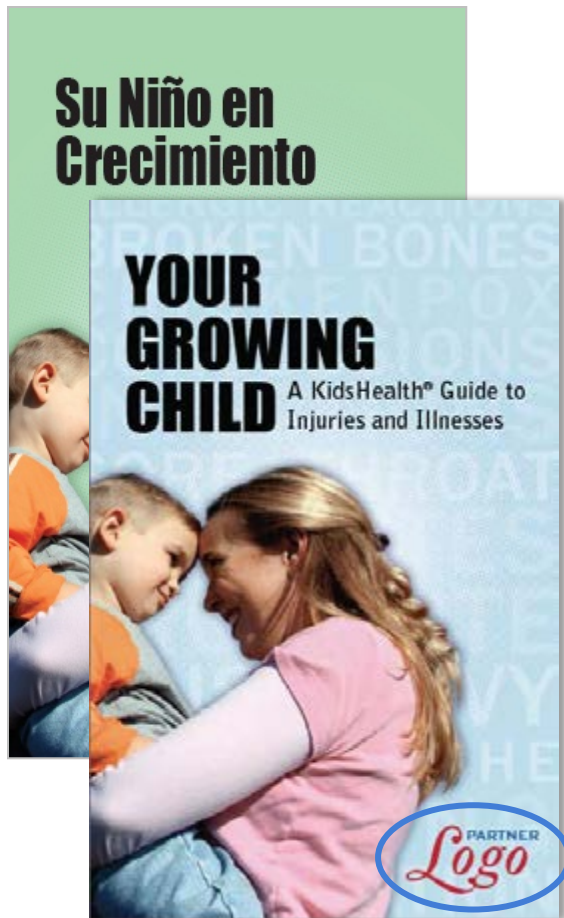
Most kids who have asthma also have some kind of allergy, too. With allergy-triggered asthma, someone's asthma symptoms (like coughing and trouble breathing) occur when the person comes in contact with an **allergen**. But not all asthma is caused by allergies, and not all allergies cause symptoms of asthma.



Customizable Print Publications

Sometimes print is the best option

KidsHealth offers a variety of cost-effective, customizable print education



Value-added Marketing Support



KidsHealth's Partner Resource Center provides value-added marketing support and custom solutions including content-based promotional ideas, tools to maximize your ROI, and more



Wellness Tips Rack Cards
Add your logo and URL and print!

A photograph of a woman with long dark hair and a young girl with dark hair, both smiling and hugging each other. The woman is wearing a blue and green patterned top, and the girl is wearing a light green top. The background is a solid light gray.

SPECIALIZED SERVICES

- *DM & Condition-specific Video Library*
- *Email & Social Media*
- *Patient Instructions*

** Additional fees apply*

Video Library: Online & Mobile



KidsHealth's Video Library features condition-specific series (200+ total videos in English & Spanish) that provide knowledge and comfort on topics including:

- *Asthma*
- *Diabetes*
- *Cancer*
- *NICU*
- *Post-Procedural Care:*
 - *Trachs*
 - *G-Tubes & NG-Tubes*
 - *PICC & Central Lines*
- *Sickle Cell Disease*
- *Scoliosis*
- *Casts & Braces*
- *Cardiology (coming 2013)*



Email & Social Media



Build strong relationships with parents via email & social media

Monthly eNewsletter Content

• “Ages & Stages” approach includes links to your relevant KidsHealth articles & features:

- Pregnancy, Baby (0-1)
- Toddler (2-3)
- Preschooler (4-5)
- Big Kid (6-12)
- Teen (13-19)

• **100% customizable** (content, design, vendor)

Companion Social Media Messaging

Seasonal and practical copy formatted to use in social media (with links to your related KidsHealth content) gives you compelling information to be engage parents on Facebook, Twitter, etc.

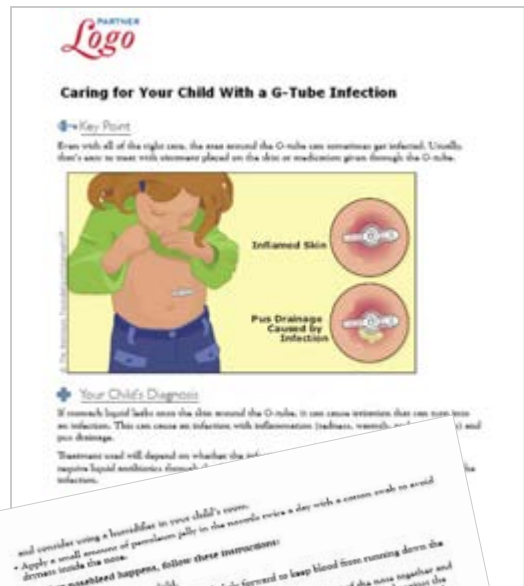
Pediatric Patient Instructions



- Patient instructions created exclusively for pediatrics
- Hundreds of topics
- Parent-friendly KidsHealth style addresses emotional & medical issues
- Informative illustrations
- In English & Spanish
- Medically coded to index and link to
- Can be edited & customized by your case managers

Improve family understanding and compliance

Pediatric Patient Instructions




Easy-to-Follow Icons Divide Sections *Aids comprehension*

 Key Point

 Your Child's Diagnosis

 Home Care Instructions

 Call Your Doctor if...

 Go to the ER if...

 Learn More Online

Customized URLs and QR codes refer
patients for more information
(optional)



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KidsHealth®