

LITTLE Heart DAY ♥



The facts and figures

- Heart Kids is a charity that provides support services to children and their families, teens and adults living with a childhood heart condition. We are the only organisation in NZ dedicated to supporting these people through life.
- Every week, 12 babies are born with a congenital heart defect (CHD) in New Zealand, affecting over 600 families a year, that's 1 in 100 babies.
- Over 550 heart surgeries are performed on babies and children every year.
- Other previously healthy children can find themselves living with a heart condition as a result of a childhood illness such as Rheumatic Fever or Kawasaki disease.
- A CHD is the most common birth abnormality in New Zealand needing ongoing medical intervention.
- There is neither prevention nor cure for a CHD, just a lifetime of medication and surgery.
- Heart Kids provides a range of services including: emotional and practical support both in hospital and at home, special camps for children and teens, coffee groups & family days and specialised medical equipment.
- Heart Kids receive no government funding for the services we provide, so we rely on the amazing generosity of kind people like you.

Facts about the heart

- The heart is like a big pump made of muscles, and it constantly pumps blood throughout our bodies every minute of the day.
- The heart is located in the chest and is protected by the rib cage.
- A healthy heart has four chambers, and four valves. They all work together to ensure that the blood only travels one way through the heart.
- A baby's heart is about the size of a walnut, a child's heart is about the size of your fist and an adult's heart is roughly the size of two fists.
- The heart weighs between 200 and 425 grams. Less than a block of butter!
- The average adult heart beats 100,000 times a day- that's a lot of beats!
- A kitchen tap would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
- The 'thump thump' noise that your heart makes is caused by the valves opening and closing.

To find out more about the work of Heart Kids
visit www.heartkids.org.nz