

An important step to take in reducing heart attacks and strokes is controlling the level of cholesterol within the body. Cholesterol is a needed substance in the body, but having too much cholesterol can lead to clogged arteries that reduce or block blood flow to the heart and brain. Cholesterol can be lowered by watching the intake of trans fat, being physically active and through proper management of medication. Remember that cholesterol is the C in the ABCS in heart disease and stroke prevention and take action to reduce and control cholesterol in the body!

* If you have any activities that promote the awareness of high blood cholesterol, please let us know

This document is intended to ensure consistent messaging among partners and it includes:

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Alignment with Priorities of the Public Health Action Plan to Prevent Heart Disease and Stroke: Ten-Year Update

x Effective Communication

Focus- Prevention and public health

Communicate to legislators, policymakers, and the public at large the nation's vital stake in sustaining and building upon the prevention and public health the Affordable Care Act, e.g. the National Prevention Council, Prevention and Public Health Fund, etc.

x Strategic Leader x Taking Action

Focus- Cardiovascular health and health equity

Develop, advocate, and implement policies, programs, and practices aimed to improve the nation's cardiovascular health in terms of the Healthy People 2020 objectives and AHA metrics addressing tobacco use, overweight/obesity, physical activity, healthy diet (including reduction in sodium and artificial trans-fat intake), blood pressure, cholesterol, and fasting plasma glucose); and ensure that all such actions reach everyone, especially those most vulnerable due to unfavorable social and environmental conditions.

Key Points

- x Have cholesterol levels checked once every five years by a health care professional.
- x Cholesterol control can be achieved by reducing intake in trans fats, increasing physical activity and properly taking medication. Patients and health care providers should work together to find a plan that will work best.
- x Eating healthy foods low in trans and saturated fat such as fruits and vegetables is an important way to reduce cholesterol.

Sample Newsletter Article

The AHA and the Million Hearts Initiative all work together to meet the goal of reducing 1 million

My Life Check Life's Simple 7

My Life Check® was designed by the American Heart Association to help you reach the goal of improved health by

- x Cholesterol control can be achieved by reducing intake in trans fats, increasing physical activity and properly taking medication. It's important to talk to your health care provider to create a cholesterol plan that will work best for you. Learn more at http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/PreventionandTreatmentof-HighCholesterol_UCM_001215_Article.jsp

- x Eating healthy foods low in trans and saturated fat, such as fruits and vegetables, is an important way to reduce cholesterol. Don't believe us? Learn more at http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/KnowYourFats_UCM_305628_Article.jsp