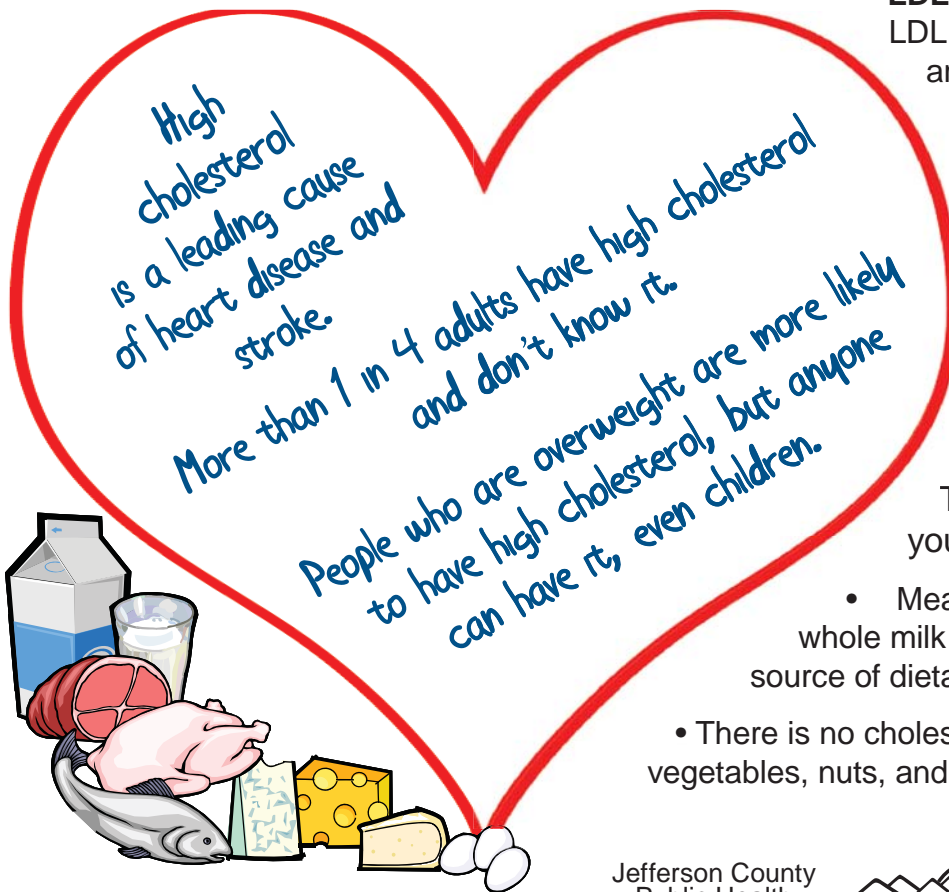


# Keep your heart healthy. Control your cholesterol.

## What Is Cholesterol?

Cholesterol is found in the blood and in all of the body's cells.



- **LDL — (“bad”) cholesterol**  
LDL (low-density lipoprotein) can clog arteries, increasing the risk of heart disease.
- **HDL — (“good”) cholesterol**  
HDL (high-density lipoprotein) keeps arteries clear, reducing the risk of heart disease.
- **Triglycerides** (another type of fat) work with cholesterol to clog arteries.

The foods you eat also contribute to your cholesterol levels

- Meat, poultry, fish, egg yolks, butter, cheese, whole milk and other food from animals are the source of dietary cholesterol.
- There is no cholesterol in food from plants (fruits, vegetables, nuts, and cereals)

## What You Can Do:

**Exercise** - Get at least 30 minutes of moderate-to-vigorous physical activity (such as a brisk walk) at least 4 days every week. Exercise can raise HDL (“good”) cholesterol.

**Eat a healthy diet** - Limit saturated fats, trans-fats, and high-cholesterol foods. Eat at least 5 servings of fruits or vegetables a day.

**Maintain a healthy weight** - Consult your physician on what your healthy weight should be.

**Quit Smoking & Avoid Secondhand smoke exposure** - For free help, call 303-275-7555.

Adopting these healthy behaviors can greatly reduce high cholesterol levels. While not a substitute for lifestyle changes, there are also cholesterol lowering medications. Ask your physician for regular screenings and to learn more.

Jefferson County  
Public Health  
303-232-6301  
[www.jeffco.us/health](http://www.jeffco.us/health)



## Levels of Cholesterol

Talk to Your Doctor About What's Healthy for You

Total cholesterol (lower is better)

- Optimal— Below 200
- Borderline High— 200 to 239
- High— 240 and above

“Bad” LDL cholesterol (lower is better)

- Optimal — Below 100 (below 80 for certain people at high risk)
- Above Optimal — 100 to 129
- Borderline High — 130 to 159
- High — 160 and above

“Good” HDL cholesterol (higher is better)

- Optimal— 60 and above
- Below Optimal— 40 to 59
- Low— Below 40

Triglycerides (lower is better)

- Optimal — Below 150
- Borderline High — 150 to 199
- High — 200 and above

## Know Your Numbers

**Beginning at age 20** individuals should have their cholesterol & triglyceride levels checked at least once every 5 years.

Those who are **overweight** or **obese**, have **diabetes**, **high blood pressure**, or **smoke**, and those with a family **history of heart disease** are considered **high risk** and should be checked more often.