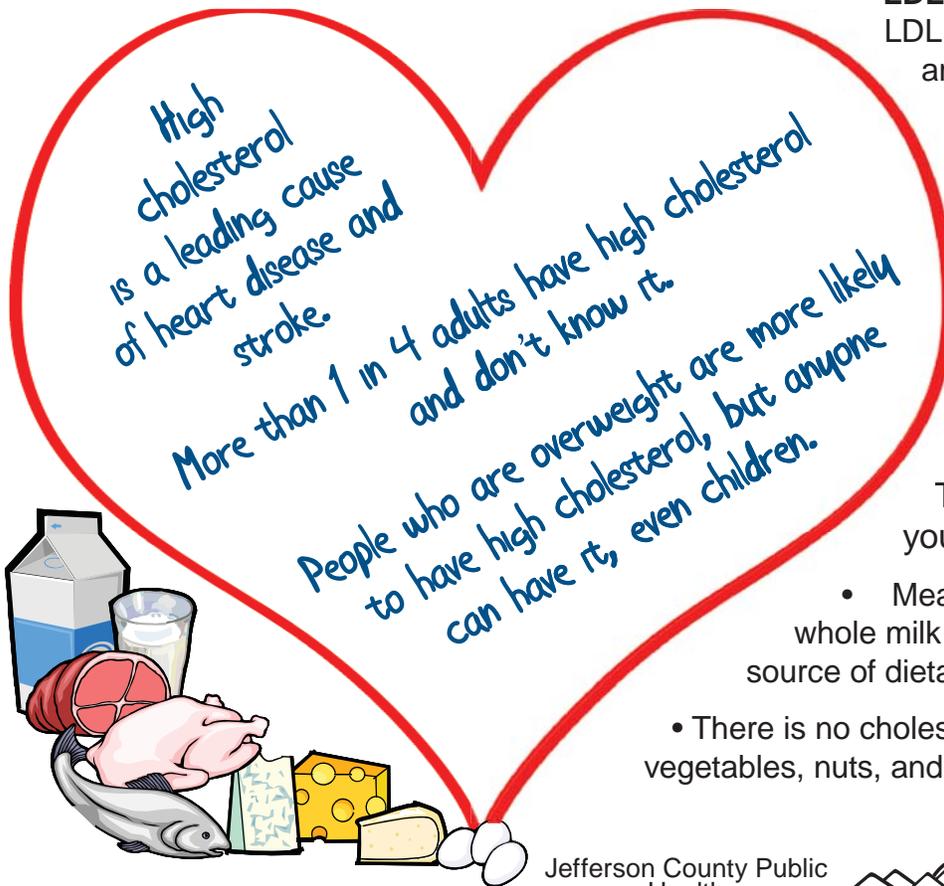


Keep your heart healthy. Control your cholesterol.

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.

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.

Jefferson County Public Health
303-232-6301
jeffco.us/public-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