



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy*

### CHOLESTEROL

The body makes and uses cholesterol to build new cells and to make hormones. When the blood cholesterol level gets too high, you can develop blood clots. These clots decrease blood flow in your vessels, which increases your risk of heart attack and stroke. Eating foods that contain trans fats and saturated fat is a major cause of high blood cholesterol.

#### MY TOTAL CHOLESTEROL LEVEL IS:

- Healthy Is Below 200
- Health Risk Is 200-239
- Unhealthy Is Above 239

- HEALTHY** – Look on the back side of this card to see how to keep your
- HEALTH RISK** – If things get worse, you may develop serious health problems. Look on the back of this card to see how you can control this condition or reduce your cholesterol level to the healthy range.
- UNHEALTHY** – This condition can lead to other diseases or conditions like hypertension, stroke, and heart disease. Look on the back of this card to see what you can do to lower your cholesterol level.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

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# What to do for ...

**HEALTHY CHOLESTEROL:** Eat plenty of fresh fruits and vegetables – they contain lots of vitamins and minerals. Limit the amount of fried or greasy foods you eat. Focus on low-fat meats and whole grain foods.

**HEALTH RISK CHOLESTEROL:** Limit fried foods, eat less trans fat and saturated fat, exercise, lose weight if overweight, stop smoking, drink less alcohol, reduce stress, see your doctor or community health worker for advice on how to change your lifestyle.

**UNHEALTHY CHOLESTEROL:** See your doctor, consider a cholesterol lowering drug, exercise, eat a healthy diet, stop smoking, drink less alcohol, reduce stress, and talk to your doctor or community health worker before making any major lifestyle changes.

## Get more information ABOUT CHOLESTEROL AND HOW TO MAINTAIN A HEALTHY CHOLESTEROL LEVEL BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at [www.CRCH.wvsom.edu](http://www.CRCH.wvsom.edu), by calling 800-566-1258, or by e-mail [CRCH@osteo.wvsom.edu](mailto:CRCH@osteo.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking \_\_\_\_\_

Identification \_\_\_\_\_

