

A Closer Look at

High Cholesterol



Cholesterol Overview

According to the Tableau® 2020 BHH Population Health File:

⇒ **34.8%** of BHH enrollees were diagnosed with hyperlipidemia (high cholesterol)

Among those with high cholesterol:

⇒ **49.1%** have a diabetes diagnosis either with or without complications

⇒ **67.1%** have a hypertension diagnosis

⇒ **33.9%** have an obesity diagnosis

⇒ **31.5%** have a nicotine related disorder

Did you know?

Arteries carry blood away from the heart and veins carry blood to the heart.

So when you have clogged arteries, your body is not able to receive oxygen-rich blood from the heart.

The American Heart Association defines cholesterol as, “a waxy substance. It’s not inherently ‘bad.’ Your body needs it to build cells and make vitamins and other hormones.”

There are two types of cholesterol:

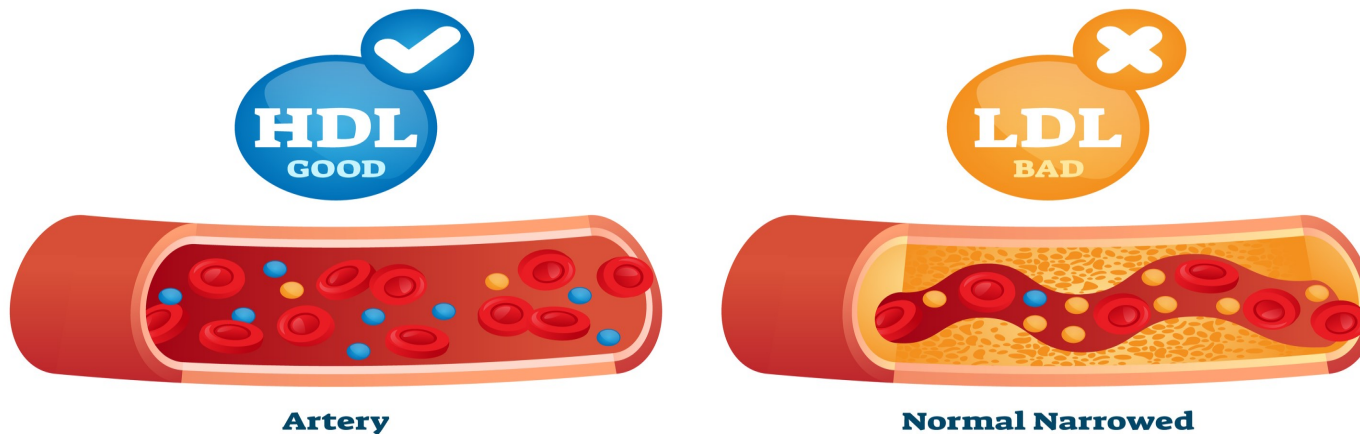
1. **LDL cholesterol**— “considered the bad cholesterol, because it contributes to fatty buildups in arteries. This narrows the arteries and increases the risk of heart attack, stroke, and peripheral artery disease.”
2. **HDL cholesterol**— “thought of as the good cholesterol because a health level may protect against heart attack and stroke. HDL carries LDL cholesterol away from the arteries and back to the liver, where the LDL is broken down and passed from the body.”

<https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides>

<https://www.heart.org/en/health-topics/cholesterol/about-cholesterol/atherosclerosis>

Resources for Clients

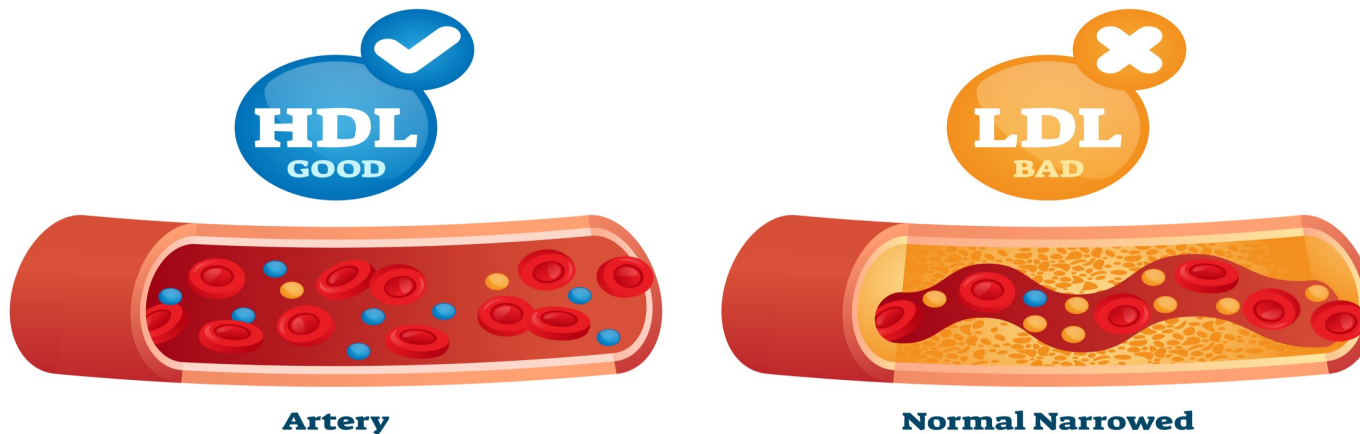
TYPES OF CHOLESTEROL



- ⇒ [Cholesterol Conversation Starter](#)— “Whether you are a patient, a family member, or a health professional, these questions can help you start conversations about cholesterol.”
- ⇒ [How to Control Your Fat and Cholesterol](#)— A fotonovela highlighting the importance of, and ways to, control fat and cholesterol.
 - ⇒ [Spanish Version](#)
- ⇒ [11 Foods that Lower Cholesterol](#)— “Adding foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis, is the best way to achieve a low cholesterol diet.”
- ⇒ [Familial Hypercholesterolemia](#)—Infographic summarizing familial hypercholesterolemia
- ⇒ [Statin Choice Decision Aid](#)— “This tool will help you and your doctor discuss how you might want to reduce your risk for heart attacks.”
- ⇒ [Get Your Cholesterol Checked](#)—Seven slides providing in-depth knowledge of cholesterol, specifically around how you can, and why you should, check your cholesterol.

Resources for Staff

TYPES OF CHOLESTEROL



- ⇒ [A Community Health Worker Training Resource for Preventing Heart Disease and Stroke](#)—May be used by BHH PCP Consultants and/or BHH Nurse Managers to train BHH Specialists and BHH Peer Specialists around the role they can play to help individuals manage heart disease and stroke
- ⇒ [Identifying Strategies to Address Gaps in Cholesterol Management in the U.S.](#)— The 2017 American Heart Association cholesterol summit report. Report includes gaps in cholesterol management and recommendation to fill those gaps.
- ⇒ [2018 Guideline on the Management of the Blood Cholesterol Course](#)— “This guideline [course], which is based on systematic methods to evaluate and classify evidence, provides a foundation for the delivery of quality cardiovascular care.”
- ⇒ [My Cholesterol Guide](#)— “A convenient guide designed to assist professionals in addressing, diagnosing and managing their patients’ cholesterol.”

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8 	9	10
<u>CPR/AED Awareness Week</u>				
13	14 National Call Your Doctor Day	15	16 	17
20	21 	22	23	24
27	28	29	30	