

September 2021

CT Behavioral Health Homes
Health and Wellness Toolkit

National Cholesterol Month



“The good news is, high cholesterol can be lowered, reducing risk of heart disease and stroke. If you’re 20 years or older, have your cholesterol tested and work with your doctor to adjust your cholesterol levels as needed.”

www.heart.org



September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 LABOR DAY—DMHAS & ASO Closed	7	8 BHH Tableau Support Group	9	10 BHH Health Literacy Meeting
<u>National Suicide Prevention Week</u>				
13 National Celiac Awareness Day	14	15	16	17 BHH Workgroup: Diabetes
20	21 World Alzheimer's Day	22	23	24
27	28	29 National Women's Health & Fitness Day	30 DMHAS CONSUMER SATISFACTION SURVEYS DUE	

Cholesterol Overview

According to the Tableau® 2019 BHH Population Health File:

⇒ **38.8%** of BHH enrollees were diagnosed with hyperlipidemia (high cholesterol)

Among those with high cholesterol:

⇒ **79.1%** have a diabetes diagnosis either with or without complications

⇒ **67%** have a hypertension diagnosis

⇒ **39.1%** have an obesity diagnosis

⇒ **38.5%** have a nicotine related disorder

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.”

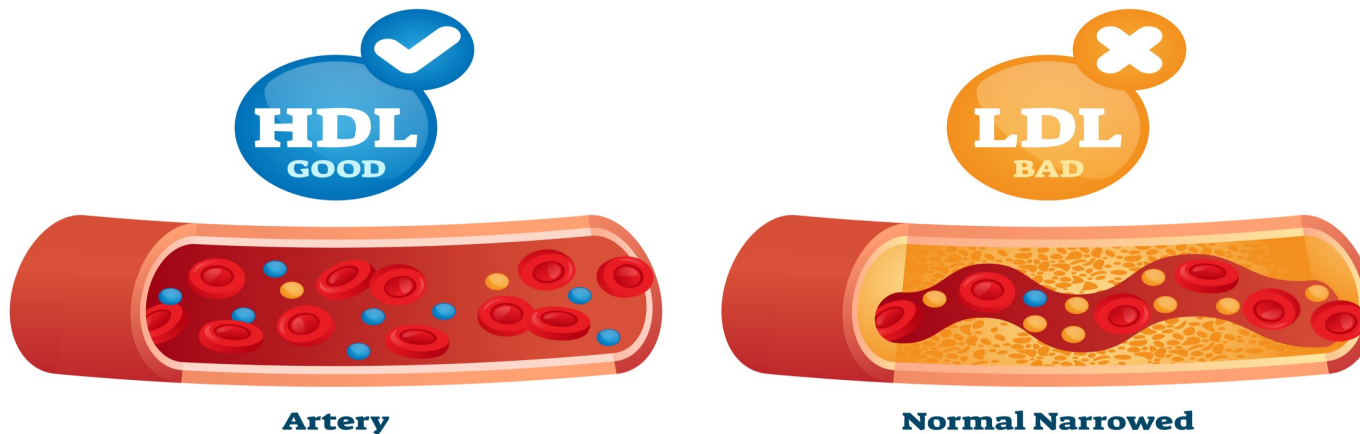
<https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides>

Did you know?

High Cholesterol is a risk factor for developing more severe COVID-19 symptoms

Resources for Clients

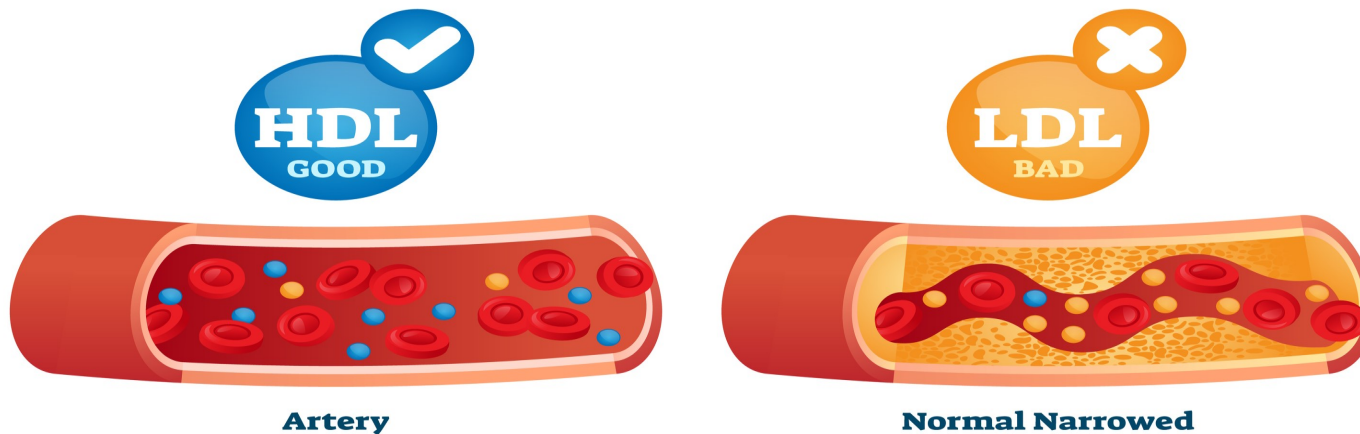
TYPES OF CHOLESTEROL



- ⇒ [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.
- ⇒ [Brief Explanation of How COVID-19 Impacts the Whole Body](#)— “The president of the American Heart Association briefly explains how the virus that causes COVID-19 can impact the whole body, including the heart and brain.”

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
- ⇒ [Coronavirus and High Cholesterol, with Dr. Dermot Neely](#)— “Find out about coronavirus and how it might affect you if you have high cholesterol or a related health condition...”
- ⇒ [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 systemic 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.”