



ChallengeME MONTHLY MINUTE

September 2024 | mainedot.gov/challengeme

Monthly topic: **Cholesterol Awareness**



Do you know your total Cholesterol numbers? Too much cholesterol can cause plaque buildup in the arteries which narrows and restricts blood flow and can lead to heart disease or stroke. Heart disease is a leading cause of death in the United States and people with high cholesterol are twice as likely to have heart disease than those who don't.

Cholesterol is a fat substance that is found in cells in your body. It performs essential tasks such as making hormones, vitamin D and aids in digesting foods but there are two forms of Cholesterol, LDL "bad" and HDL "good". Triglycerides contribute to high cholesterol as they are a type of fat in your body.

Desirable Cholesterol Numbers for Adults

Total Cholesterol	Less than 200 mg/dL*
LDL (bad) Cholesterol	Less than 100 mg/dL
LDL (good) Cholesterol	Greater than or equal to 60 mg/dL
Triglycerides	Less than 150 mg/dL

*Cholesterol levels are measured in milligrams of cholesterol per deciliter

Looking for more information?

National Cholesterol Education Month



Know and Control Cholesterol Numbers



Prevent and Reduce Cholesterol Levels



The most common risk factors for high cholesterol:

- Family history of heart disease
- Consuming too many saturated fats – in fatty meat, butter, lard, dairy products
- Consuming too many trans fats – found in packaged foods
- Lack of exercise
- Tobacco use
- Alcohol use

Effective ways to manage your cholesterol:

- Increase exercise to 30 – 60 minutes a day.
- Stay hydrated – Consume half your body weight of water in ounces.
- Cut out tobacco products.

You can buy cholesterol test kits for testing at home, but a more accurate way is to go to a primary care provider to discuss the levels you receive. If you don't have a primary care provider and you have the State of Maine insurance, create an account on Anthem.com and find a provider in your area.

Be sure to visit the ChallengeME website:



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MaineDOT Healthy Workforce