

Ideal:

- Total cholesterol: < 200 mg
- HDL Cholesterol: > 50 women; > 40 mg (men)
- LDL Cholesterol: < 100 mg
- Triglycerides: < 150 mg



HOW TO CONTROL CHOLESTEROL



UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



HDL = GOOD

High-density lipoprotein is known as “good” cholesterol.



LDL = BAD

Low-density lipoprotein is known as “bad” cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

heart.org/cholesterol

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

HDL level + LDL level + 1/5th of triglyceride level = **total cholesterol level**.



TRACK LEVELS



A health care professional can measure your blood cholesterol and help you understand what the levels mean in context of your overall heart health..



Track your cholesterol levels over time and take steps to reduce high cholesterol.

Check your heart disease risk with the **Check. Change. Control. Calculator**.

Learn more at heart.org/lifes8



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Physical activity helps improve cholesterol levels.



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.



NO NICOTINE

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.



TAKE MEDICATION AS DIRECTED

Your health care professional may prescribe statins or other medications to control your cholesterol levels.

Ideal:

- 120 / 80 or lower
 - Systolic < 120
 - Diastolic < 80



HOW TO MANAGE BLOOD PRESSURE

✓ UNDERSTAND READINGS

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

Blood pressure is typically recorded as two numbers, written as a ratio like this:



Read as "117 over 76"
millimeters of mercury.

SYSTOLIC

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120 -129	and	80
High Blood Pressure (Hypertension) Stage 1	130 -139	or	80 -89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

✓ TRACK LEVELS



A diagnosis of high blood pressure must be confirmed with a health care professional. Any unusually low blood pressure readings should also be evaluated.

Health care professionals can take blood pressure readings and provide recommendations.

Learn more at heart.org/lifes8

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TIPS FOR SUCCESS



EAT SMART

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Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Physical activity helps control blood pressure, weight and stress levels.



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure.



NO NICOTINE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure.



SLEEP WELL

Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.

Ideal:

- Glucose: < 100 (fasting)
- A1C: < 5.7
 - A1C is a measure of average blood sugar over the past 3 months.



HOW TO MANAGE BLOOD SUGAR

✓ UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise

GLUCOSE INSULIN

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

In Type 2 diabetes, glucose builds up in the blood instead of going into cells because:

The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its ability to produce insulin.



The result can be a high blood glucose level.



✓ TRACK LEVELS

Health care professionals can take blood glucose readings and provide recommendations. If you're diagnosed with Type 2 diabetes, you will need to monitor your blood sugar level regularly.

Visit [KnowDiabetesbyHeart.org](https://www.heart.org/knownDiabetesbyHeart.org) to learn how to manage your risk for heart disease and stroke if you have diabetes.

Fasting Blood Glucose	Diagnosis	What It Means
Lower than 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (impaired fasting glucose)	At increased risk of developing diabetes.
126 mg/dl or higher	Diabetes Mellitus (Type 2 diabetes)	At increased risk of heart disease or stroke.

Learn more at [heart.org/lifes8](https://www.heart.org/lifes8)



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it.



MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes



NO NICOTINE

Smoking, vaping, exposure to secondhand smoke or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage.

Ideal:

- BMI: 18.5 – 25.0
- Web search “BMI calculator” input your height and weight to get your current reading.



HOW TO MANAGE WEIGHT



KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.

REDUCE CALORIES IN:

Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



INCREASE CALORIES OUT:

An activity tracker can help you gauge how much physical activity you get.



LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. Optimal BMI is less than 25 but less than 18.5 is considered underweight. You can calculate your BMI online or see your health care professional.



TIPS FOR SUCCESS



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.



GET ACTIVE

Sit less, move more and add intensity to burn more calories and improve your overall health.



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



GET HELP

If you aren't able to lose weight successfully on your own, talk with your health care professional.

Learn more at heart.org/lifes8

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