

NHMA Cholesterol Management Campaign

NHMA is continuing our Cardiovascular Disease Education Campaign to increase awareness among key policymakers, patient advocates and healthcare providers on the prevalence of high cholesterol in our communities and with new guidelines and new treatment, we can decrease probability of myocardial infarctions.

Below are policy recommendations that NHMA advocates for during our advocacy days this year in Sacramento, CA in February, Austin, TX in May, and in Tallahassee, FL and Albany, NY in October:

- Support a communication campaign for cholesterol prevention and screening
- Encourage cholesterol screenings at younger ages for high-risk populations.
- Support guidelines for diets like DISH (Dietary Approaches to Stop Hypertension) eating plan promoted by the National Heart, Lung and Blood Institute.
- Promote smoking cessation programs through culturally and linguistically competent methods.
- Establish a state Prevention and Wellness Trust that includes lowering cholesterol as a priority.
- Develop diversity in medical education to increase Hispanic physicians.

Visit our website for more information: <https://www.nhmamd.org/programs/nhma-cholesterol/>

Past Events:

NHMA Congressional Briefing - High Cholesterol in Our Communities: Strategies for a Healthier Future

July 25, 2019 | 12:00 PM – 1:00 PM

NHMA along with co-hosts, the Association of Black Cardiologists, Inc., Alliance for Patient Access, and the National Minority Cardiovascular Alliance, hosted a congressional briefing on “High Cholesterol in our Communities: Strategies for a Healthier Future.” We had welcoming remarks from the Honorable Robin Kelly (IL-02) and the Honorable Tony Cardenas (CA-29). The panel consisted of Gary Gibbons, MD, Director, National Heart, Lung, and Blood Institute, Carlos Rodriguez, MD, MPH, FAHA, FACC, Vice Chair, Academic Affairs for Cardiology, Director of Cardiovascular Research, and Director of Cardiovascular Epidemiology, Albert Einstein College of Medicine, and CAPT Richardae Araojo, PharmD, MS, Associate Commissioner for Minority Health, Director, Office of Minority Health & Health Equity, U.S. Food and Drug Administration.

View the agenda [HERE](#) and the presentations [HERE](#).



Cholesterol Management and Access in Minority Communities: New Guidelines from AHA & ACC

July 25, 2019 | 3:00 PM – 4:00 PM ET

NHMA hosted a [#CholesterolChat](#) with the NHMA Council of Young Physicians, NHMA Council of Residents, Latino Medical Student Association, and the LMSA-Midwest Region. The Twitter chat highlighted the barriers of cholesterol treatment access in minority communities as well as suggestions for physicians to encourage their patients to live heart-healthy lifestyles.

