



ONLOW CHIP TIP—SEPTEMBER

National Cholesterol Education Month



High blood cholesterol affects over 65 million Americans. It is a serious condition that increases your risk for heart disease. The higher your cholesterol level, the greater the risk. You can have high cholesterol and not know it. Lowering cholesterol levels that are too high lessens your risk for developing heart disease and reduces the chance of having a heart attack or dying of heart disease. Source: NHLBI

Total Cholesterol Level Category

Less than 200 mg/dL Desirable
200-239 mg/dL Borderline high
240 mg/dL and above High

LDL Cholesterol Level LDL Cholesterol Category

Less than 100 mg/dL Optimal
100-129 mg/dL Near optimal/above optimal
130-159 mg/dL Borderline high

Websites to visit for more info:

<http://www.nhlbi.nih.gov/>

<http://www.cdc.gov/Features/CholesterolAwareness/>

<http://www.cdc.gov/dhdsp/>



Onslow CHIP is a certified Healthy Carolinians agency.

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