

Toolkit: Cholesterol

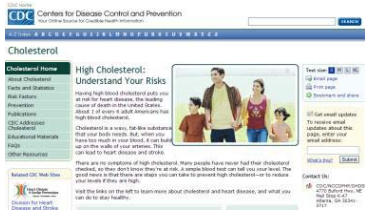
We would like to acknowledge the Iowa Department of Public Health, Bureau of Chronic Disease Prevention and Management, Heart Disease and Stroke Program for compiling this valuable resource for health care providers. September 2010.

Clinical Guidelines and Protocols

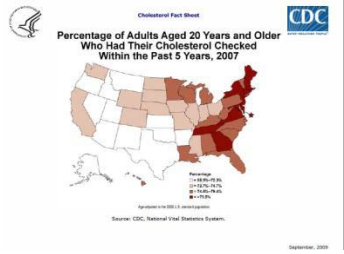
Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III): Executive Summary. National Heart, Lung and Blood Institute. 2002. Final Report. <i>Free PDF download.</i> http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3full.pdf	
ATP III Guidelines At-A-Glance Quick Desk Reference, National Heart, Lung and Blood Institute. May 2001. This health professional reference outlines cholesterol management in a sequence of easy-to-follow steps. <i>Free PDF download. May order 100 copies for \$80.00 at www.nhlbi.nih.gov (item #01-3305).</i> http://www.nhlbi.nih.gov/guidelines/cholesterol/dskref.htm	
A Population-Based Policy and Systems Change Approach to Prevent and Control Hypertension. Institute of Medicine. Published February 2010. IOM discusses population-based strategies, behavioral/lifestyle interventions and the provider's role to better control hypertension. <i>Free PDF download.</i> <i>Paperback cost: \$36.75 from iom.edu.</i> http://www.nap.edu/catalog.php?record_id=12819	

Educational Materials

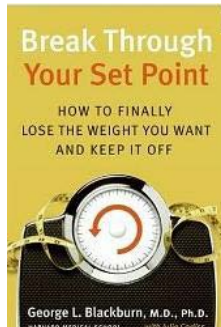
Provider Education

ATP III - National Cholesterol Education Program Slide Show <i>Free PDF/PowerPoint download on the website.</i> http://hp2010.nhlbihin.net/ncep_slds/menu.htm	
Centers for Disease Control and Prevention – Cholesterol http://www.cdc.gov/cholesterol/	

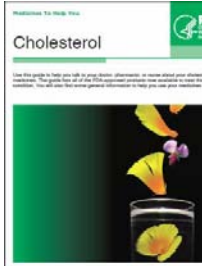
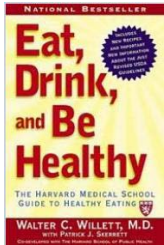
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Cholesterol Fact Sheet, Centers for Disease Control and Prevention. September 2009. Nationwide cholesterol facts and resources. <i>Free PDF download.</i> http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm	
High Cholesterol, Mayo Clinic. July 2010. http://www.mayoclinic.com/health/high-blood-cholesterol/DS00178	
Bad Cholesterol Common, But Screening Rates Low Among Young Adults, Centers for Disease Control and Prevention. July 19th, 2010. http://www.cdc.gov/media/pressrel/2010/r100719.htm	

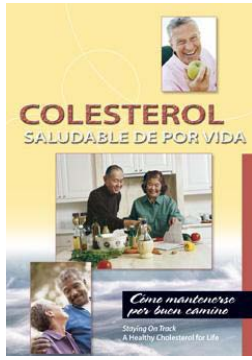
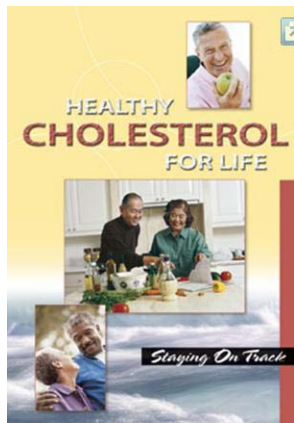
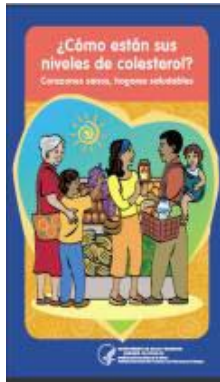
Patient Education

Cholesterol Control. Krames Patient Education. Explains cholesterol and risk factors for having high levels of cholesterol. <i>Order 50 brochures for \$22.99 from krames.com (item #91142).</i> https://www.krames.com/OA_HTML/ibeCCtPltmDspRte_kra.jsp?JServSessionIdrootistore3=gwdhz32x61.0lbOpR9zaMTNr65TrQjGp2TxpQOUolbOpR9zaMTNr65TrQjGp2TxpQOUahmKa30-&dbprod_prod=x7qRtpFyJDSZjCvXeGTE3KA:S&dbprod_prod_pses=ZG1F7E8D4BAF21F19E670366C4386F348369FC8867B176604FOEA12D95B8300BF7ECFA441C4D1A5A7831CA5B6A782127F417C34168BA B53FEFFDC9F0622C19468&item=8806	
Break Through Your Set Point: How To Finally Lose The Weight You Want and Keep It Off. George L. Blackburn, M.D., Ph.D, with Julie Corliss. 2008. A science-based guide to healthy eating and living. Based on 40 years of clinical experience, the book includes sample recipes, tips for avoiding high-fat foods, realistic strategies for weight loss, and patient stories. http://www.amazon.com/Break-Through-Your-Set-Point/dp/0061288675	

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Cholesterol Matters. Krames Patient Education. Consistent with American Heart Association Guidelines – this brochure gives tips on healthy eating, physical activity, and a checklist to help keep your patients on the right track. <i>Order 50 brochures for \$22.99 from krames.com (item #9480).</i> https://www.krames.com/OA_HTML/ibeCCtPltmDspRte_kra.jsp?JServSessionIdrootistore3=bjgva52yn1.olbOpR9zaMTNr65TrQjGp2TxpQOUolbOpR9zaMTNr65TrQjGp2TxpQOUahmKa30&dbprod_prod=x7qRtpFyjDSZjCvXeGTE3KA:S&dbprod_prod_pses=ZGF7C3886C87AF0A4D610A4900520F86A822972C7B5716B9FB33D4212F7D9BEE772OCF864A176CB00A45AAD0E33ECF43DB7561F61A6560A9012FC1AC2E8DE10DB&item=8346	 The brochure cover features a large red heart in the center, surrounded by a circular path with various icons representing health and lifestyle. The title 'Cholesterol Matters' is at the top, with the subtitle 'Keeping the Route to Your Heart Clear' below it.
Cholesterol. Food and Drug Administration's Office of Women's Health. 2007. Describes —good cholesterol and —bad cholesterol and gives patients ways to lower their cholesterol. <i>Free PDF download. Order up to 100 free fact sheets from</i> http://www.pueblo.gsa.gov/rc/f06owhcard.htm. http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/UCM121857.pdf	 The brochure cover has a vertical layout with the title 'Cholesterol' at the top. It includes several sections of text and small illustrations of food items like fruits and vegetables.
Cholesterol: Medicines to Help You. Food and Drug Administration's Office of Women's Health. 2007. Describes cholesterol and the various types of medications (bile acid sequestrants, fibrates, and combination drugs) that can be used to control high cholesterol. <i>Free PDF download.</i> http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM179918.pdf	 The brochure cover features a green background with a small illustration of a person's head and shoulders. The title 'Cholesterol' is prominently displayed.
Easy Food Tips for Heart-Healthy Eating (English). American Heart Association. Krames Patient Education. 2009. Recommends healthy foods to substitute for unhealthy ones, tells how to read nutrition labels, and gives daily guidelines for fat intake. <i>Order 50 brochures for \$46.50 from krames.com (item #50-1625).</i> https://www.krames.com/OA_HTML/ibeCCtPltmDspRte_kra.jsp?section=&item=588409&dbprod_prod=FHJXesVXy-wixiDCCGrz3lmw:S&dbprod_prod_pses=ZG3FE6AD84D4FBD3935B0C3A18908AE56808C79510D2E9A16986E760CBAA3E5EBC7C52771A576F22FC43728E64CC6212039276682DF5FE1194B881BFE79BA442AD	 The brochure cover shows a woman and a young boy looking at a box of cereal. The title 'Easy Food Tips for Heart-Healthy Eating' is at the bottom.
Eat, Drink, and Be Healthy. Walter C. Willett, M.D., with P.J. Skerrett. Harvard Health Publications and Simon & Schuster. 2005. An easy-to-understand book explaining the connection between diet and disease. Spells out a practical approach to healthy eating. http://www.health.harvard.edu/books/Eat_Drink_and_Be_Healthy.htm	 The book cover has a yellow background with the title 'Eat, Drink, and Be Healthy' in large, bold letters. It also mentions 'THE HARVARD MEDICAL SCHOOL GUIDE TO HEALTHY EATING' and the authors 'WALTER C. WILLETT, M.D. with PETER J. SKERRETT'.

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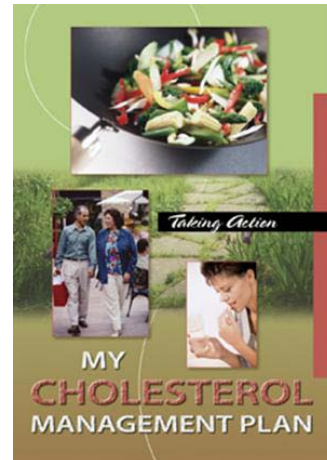
Healthy Cholesterol for Life: Staying on Track (Spanish). Krames Patient Education. Focused on cholesterol, this encouraging booklet focuses on the maintenance steps in the Stages of Change model. <i>Order brochures for \$1.45 each from krames.com (item #11781).</i> https://www.krames.com/OA_HTML/ibeCCtpltmDspRte_kra.jsp?section=&item=33732&dbprod_prod=Vj9OK5Shc1rI9FHPLrsF9eQc:S&dbprod_prod_pses=ZG1062CA6E1A2B57E34D49044994124265160534DC3608154E844CD57CF6CE7FEF4F1768EBA5DC808A7A329E95D48512A42381EFD44436C39F7B707B9F1BD8DC2	
Healthy Cholesterol for Life: Staying on Track. Krames Patient Education. Focused on cholesterol, this encouraging booklet focuses on the maintenance steps in the Stages of Change model. <i>Order brochures for \$1.45 each from krames.com (item #11780).</i> https://www.krames.com/OA_HTML/ibeCCtpltmDspRte_kra.jsp?JServSessionIdrootistore3=hvylwc2tp1.olbOpR9zaMTNr65TrQjGp2TxpQOUolbOpR9zaMTNr65TrQjGp2TxpQOUahmKa30&dbprod_prod=x7qRtpFyjDSZjCvXeGTE3KA:S&dbprod_prod_pses=ZG7221C8FDA00E3571FD5E9A516D171C09566CC0BC5AAAC0D81CF613C347144C5394E35608C28A68842917DBBA6CBF76DFFF8292B0018F656DE1B01CCBA84B41F&item=33730	
Healthy Hearts, Healthy Homes – Do you Know Your Cholesterol Levels? (English/Spanish). National Heart, Lung, and Blood Institute. 2008. Explains the difference between good and bad cholesterol, what constitutes a high level of cholesterol and the risk that carries, and how your family can develop a plan to lower cholesterol. <i>Order 100 copies for \$275.00 from http://www.nhlbi.nih.gov/health/index.htm (item #08-6353).</i> http://email.nhlbihin.net/product2.asp?sku=08-6353&p=2&h=3&g=11&r=1	
High Blood Cholesterol – What you need to know. National Heart, Lung, and Blood Institute. 2005. Cholesterol testing and management information based upon the most recent clinical guidelines. Includes a tool to estimate the risk for having a heart attack, and outlines ways to reduce risk. <i>Order 100 copies for \$50.00 from http://www.nhlbi.nih.gov/health/index.htm (item #05-3290).</i> http://www.nhlbi.nih.gov/health/public/heart/chol/hbc_what.htm	
Know the Facts about High Blood Cholesterol. Centers for Disease Control and Prevention. 2010. Describes cholesterol, how to prevent high cholesterol, and a listing of national cholesterol resources. <i>Free PDF download.</i> http://www.cdc.gov/cholesterol/docs/ConsumerEd_Cholesterol.pdf	

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My Cholesterol Management Plan: Taking Action. Krames Patient Education.

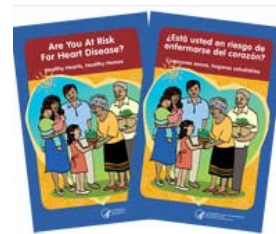
Focused on cholesterol, this encouraging booklet focuses on the maintenance steps in the Stages of Change model. *Order a booklet for \$1.45 each from www.krames.com (item #11778).*

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Risk Factor Booklets for Latinos (KIT). (English/Spanish) National Heart, Lung, and Blood Institute. 2008.

Contains 6 booklets in the Healthy Hearts, Healthy Homes series. English/Spanish. *Order 100 copies for \$1,600.00 from <http://www.nhlbi.nih.gov/health/index.htm> (item #KT-051).*
<http://email.nhlbihin.net/product2.asp?sku=KT-051>



Talk with Your Health Care Provider About High Cholesterol, U.S. Department of Veterans Affairs and the U.S. Department of Health and Human Services. April 2009.

Easy to read brochure describes what cholesterol is, what the testing numbers mean, and how to prevent high cholesterol. *Free PDF download.*

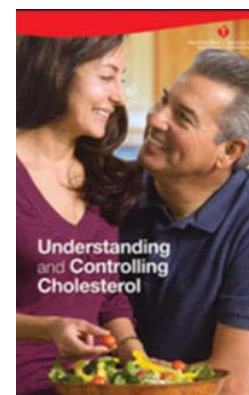
http://www.prevention.va.gov/High_Cholesterol.asp



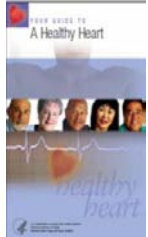
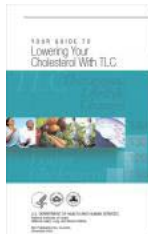
Understanding and Controlling Cholesterol. (English), American Heart Association, American Stroke Association, and Krames Patient Education, 2009.

Incorporates the latest guidelines to educate patients about LDL, HDL, triglycerides, omega-3 fatty acids. *Order 25 booklets for \$29.95 from www.krames.com (item #50-1662).*

https://www.krames.com/OA_HTML/ibeCCtPltmDspRte_kra.jsp?section=&item=527409&dbprod_prod=iv4olMvYnozZ9XezMovv66n:S&dbprod_prod_pses=ZG9D7CA7FFB41DA082AAD4741A89B05CE5464F7C025AFCF2296634E513FA63ABE7403ACEC6F3F79872F396C61C47F8ADBC48AFA1FC7D5869B80378A8222C5A1F5A



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Easy Food Tips for Heart-Healthy Eating (Spanish). American Heart Association. Krames Patient Education. 2009. Recommends healthy foods to substitute for unhealthy ones, tells how to read nutrition labels, and gives daily guidelines for fat intake. <i>Order 50 brochures for \$42.50 from krames.com (item #50-1620).</i> https://www.krames.com/OA_HTML/ibeCCtPltmDspRte_kra.jsp?JServSessionIdrootistore1=p42af000r1.olbOpR9zagTNR65TrQjGp2TxpQOUolbOpR9zagTNR65TrQjGp2TxpQOUahmKa30&dbprod_prod=EfCEKSvgIRoX7Ap7RNDvmyHt:S&dbprod_prod_pses=ZGF15DB82E42543372B36DA4F89BF009803571758AEA412B383F52A0E515799589D59F6778BA78B109C5B04D2EB1C36874C7759AAC09513BAD879D88E7F6958C8&item=742409	
Understanding and Controlling Cholesterol. (Spanish/English), American Heart Association. Krames Patient Education. 2009. Incorporates the latest guidelines to educate patients about LDL, HDL, triglycerides, omega-3 fatty acids. <i>Order 25 booklets for \$34.50 from www.krames.com (item#50-1665).</i> https://www.krames.com/OA_HTML/ibeCCtPltmDspRte_kra.jsp?JServSessionIdrootistore1=45w1atzki1.olbOpR9zagTNR65TrQjGp2TxpQOUolbOpR9zagTNR65TrQjGp2TxpQOUahmKa30&dbprod_prod=EfCEKSvgIRoX7Ap7RNDvmyHt:S&dbprod_prod_pses=ZG4068322732B77B15DD570CB809F47BB026D4FC048A95F5AC093A725783BCCB8B46568312F3369CCB78B10B8FC72B360354936FFD61214C2661ED447DB6F78CF&item=626412	
What to do about High Cholesterol, Harvard Medical School, 2009. This 48-page report includes a step-by-step method to determine your risk level for heart disease and specific guidelines on how to lower your risk. <i>Order print and electronic PDF version for \$26.00 from www.health.harvard.edu.</i> http://www.health.harvard.edu/special_health_reports/what_to_do_about_high_cholesterol	
Your Guide to a Healthy Heart. National Heart, Lung, and Blood Institute. December 2005. Discusses risk factors for heart disease and how to make a life-plan for a healthy heart. <i>Free PDF download.</i> http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/healthyheart.pdf	
Your Guide to Lowering Cholesterol with TLC (Therapeutic Lifestyle Changes). National Heart, Lung, and Blood Institute. December 2005. Describes how to treat high LDL cholesterol using healthy foods and exercise. <i>Free PDF download.</i> http://www.nhlbi.nih.gov/health/public/heart/cho/cho_ltc.pdf	

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Reference

Funding for this project was made available under Cooperative Agreement 5U50DP000734-02 from the Centers for Disease Control and Prevention, Division of Heart Disease and Stroke Prevention with the Iowa Department of Public Health, Bureau of Chronic Disease Prevention and Management, Heart Disease and Stroke Prevention Program in 2010.

For more about this project, contact Terry Meek, the Heart Disease and Stroke Prevention Project Coordinator for the Iowa Department of Public Health at tmeek@idph.state.ia.us or 515-281-6016.

Other

Media

Cholesterol Screening. Krames Patient Education. Explains reasons for cholesterol screening and lifestyle management tips for better health. Includes an overview of what cholesterol is and what it does. Run time 6:06. Spanish version also available. <i>Order from www.krames.com for \$149.00 (item #W1164-W).</i> https://www.krames.com/OA_HTML/ibeCCtpltmDspRte_kra.jsp?JServSessionIdrootistore3=i6l78i2pt1.olbOpR9zaMTNr65TrQjGp2TxpQOUolbOpR9zaMTNr65TrQjGp2TxpQOUahmKa30-&dbprod_prod=x7qRtpFyjDSZjCvXeGTE3-KA:S&dbprod_prod_pses=ZG8378CB315850C53F29C3C253B4EBB0E513891AFD99466601FA60CBA1268ECA87CB2BB130867A345635FD64E6DF8B6C1E9E38821F1BF32FDB606097DF593FA9E&item=286410	
National Cholesterol Education Month. Centers for Disease Control and Prevention. September 9, 2010. Informs patients about the simple test for finding their cholesterol. http://www2c.cdc.gov/podcasts/player.asp?f=14370	

Mentors

Iowa Department of Public Health – Heart Disease and Stroke Prevention Program Iowa's cardiovascular (CV) programs partner with other statewide and department wellness initiatives. The Heart Disease and Stroke Prevention (HD&SP) program focuses on detection and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events. http://www.idph.state.ia.us/hpcdp/hdsp_home.asp	
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Resources

Journal Articles and Reports

A Population-Based Policy and Systems Change Approach to Prevent and Control Hypertension. Institute of Medicine. Published February 2010.

IOM discusses population-based strategies, behavioral/lifestyle interventions and the provider's role to better control hypertension. Free PDF download. Paperback cost: \$36.75 from iom.edu.

<http://www.iom.edu/Reports/2010/A-Population-Based-Policy-and-Systems-Change-Approach-to-Prevent-and-Control-Hypertension.aspx>



Prevalence of Coronary Heart Disease Risk Factors and Screening for High Cholesterol Levels Among Young Adults, United States, 1999–2006, Elena V. Kuklina, MD, PhD; Paula W. Yoon, ScD, MPH; and Nora L. Keenan, PhD. Published in the Annals of Family Medicine. Volume 8, Number 4. July/August 2010.

Study examines the national prevalence of coronary heart disease risk factors and compliance with the cholesterol screening guidelines among young adults. *Free PDF download.*

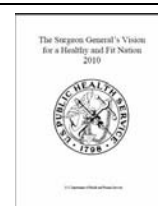
<http://www.annfammed.org/cgi/reprint/8/4/327?maxtoshow=&hits=10&RESULFORMAT=&fulltext=cholesterol&searchid=1&FIRSTINDEX=0&volume=8&issue=4&resourcetype=HWCIT>

Prevalence of Coronary Heart Disease Risk Factors and Screening for High Cholesterol Levels Among Young Adults, United States, 1999–2006



The Surgeon General's Vision for a Health and Fit Nation, 2010, U.S. Department of Health and Human Services, Office of the Surgeon General. *Free PDF download.*

<http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf>

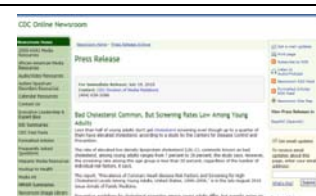


News Articles

Bad Cholesterol Common, But Screening Rates Low Among Young Adults, Centers for Disease Control and Prevention. July 19, 2010.

A new study finds less than half of young adults don't receive cholesterol screening when nearly a quarter of them have elevated cholesterol.

<http://www.cdc.gov/media/pressrel/2010/r100719.htm>



Fact Sheets and At-a-Glance Reports: State Heart Disease and Stroke Prevention Programs Address High Blood Cholesterol. Centers for Disease Control and Prevention. 2007.

Report addresses how various states have approached the task of controlling high blood cholesterol. *Free PDF download.*

http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/fs_state_cholesterol.pdf



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Implications of Recent Clinical Trials for the National Cholesterol Education Program Adult Treatment Panel III Guidelines. Coordinating Committee of the National Cholesterol Education Program. Endorsed by the National Heart, Lung, and Blood Institute, the American College of Cardiology Foundation, and the American Heart Association. 2004. Reviews the results of cholesterol-lowering clinical trials and assesses their implications for cholesterol management. <i>Free PDF download.</i> http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3upd04.pdf	
Low-carb diet trumps low-fat on 'food' cholesterol. Associated Press. Stephanie Nano. August 2010. New research suggests that a low-carb diet may work just as well as a low-fat diet – and possibly be even better for your heart. http://seattletimes.nwsources.com/html/nationworld/2012516397_diet03.html	
The Cholesterol Connection: Reducing your risk of heart disease, Carolyn Katzin, MS, CNS, MNT, Women Magazine, Summer 2010. Describes what high cholesterol means to a woman's health and how she can reduce her cholesterol through healthy eating. http://awomanshealth.com/the-cholesterol-connection/	
West Virginia University study shows weight training lowers cholesterol levels in adults. Angela Jones. Retrieved from Healthcare at West Virginia University website. January 1st, 2009. Researchers studied the effects of weight training on cholesterol levels in adults. http://www.health.wvu.edu/newsreleases/news-details.aspx?ID=1051 http://www.wvuhealthcare.com/newsreleases/news-details.aspx?ID=1051	

Websites

- American Heart Association – Facts and multimedia about cholesterol
 - <http://www.hearthis.org/hc-cholesterol.htm>
- Centers for Disease Control and Prevention - Cholesterol
 - <http://www.cdc.gov/cholesterol/>
- Centers for Disease Control and Prevention – Heart Disease Educational Resources for Professionals
 - http://www.cdc.gov/heartdisease/materials_for_professionals.htm
- Iowa Department of Public Health – Heart Disease and Stroke Prevention
 - http://www.idph.state.ia.us/hpcdp/hdsp_home.asp
- Mayo Clinic: Cholesterol Medications
 - <http://www.mayoclinic.com/health/cholesterol-medications/HB00042>

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- National Cholesterol Education Program (National Heart, Lung, and Blood Institute)
 - o <http://www.nhlbi.nih.gov/about/ncep/index.htm>
- National Diabetes Education Program (National Institutes of Health)
 - o <http://ndep.nih.gov/>

Healthcare Professional Organizations

- American Dietetic Association – <http://www.eatright.org/>
- American Heart Association – <http://www.heart.org/HEARTORG>
- National Cholesterol Education Program – <http://www.nhlbi.nih.gov/about/ncep/>