

Do You Know About...

Cholesterol in Cleveland County

Cholesterol

Cholesterol is a waxy, fat-like substance that is made by the liver. Cholesterol is not bad for your health as it is needed to make hormones and digest food. However, too much cholesterol can be a bad thing for your health.

Types of Cholesterol:

Cholesterol is carried to and from cells by two types of lipoproteins. One type is low-density lipoprotein, or LDL. The other is high-density lipoprotein, or HDL. The amount of each type of cholesterol in your blood can be measured by a blood test (American Heart Association).

Low-Density Lipoprotein (BAD Cholesterol)- this type of cholesterol is considered bad because it contributes to fat buildup in the arteries, also known as atherosclerosis. This condition can increase risks of heart attack and stroke.

High-Density Lipoprotein (GOOD Cholesterol)- this type of cholesterol is considered good because it acts as an "eliminator" of bad cholesterol. HDL (good) carries LDL (bad) cholesterol away from arteries and back to the liver where LDL is then broken down and passed back through the body. (The higher the HDL the better)

According to the 2019 Community Health Assessment, **34.29%** of Cleveland County residents have High Cholesterol.

Ways to Manage High Cholesterol:

- Know your fats. Knowing which fats raise LDL (bad) cholesterol and which ones don't is key to lowering your risk of heart disease.
- Cooking for lower cholesterol. A heart-healthy eating plan can help you manage your blood cholesterol level.
- Lose weight
- Be physically active
- Quit smoking/Don't smoke

Factor	Goal	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	100 to 129 mg/dL	Near Optimal/Above Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
	190 mg/dL and above	Very High
HDL ("Good") Cholesterol	HDL cholesterol level above 40 mg/dL for Men OR 50mg/dL for Women	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mmHg	
Fasting Glucose	<100 mg/dL (Fasting Plasma Glucose)	
	HbA1c (glycosylated hemoglobin) less than 7%	
Body Mass Index (BMI)	<25 Kg/m²	
Waist Circumference	<35 inches for Women	
	<40 inches for Men	
Exercise	Minimum of 30 minutes most days, if not all days of the week	
	<small>If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.</small>	

Resources

Cleveland County Health Department's Adult Health/General Clinic

- Address: 200 S. Post Rd Shelby, NC 28152
- Phone: 980-484-5100
- Website https://www.clevelandcounty.com/main/departments/adult_health_general_clinic.php:

Atrium Cleveland

- Address: 201 E. Grover St Shelby, NC 28150
- Phone: 980-487-3000
- Website: <https://www.atriumhealth.org>

Online Resources

- **American Heart Association:**<https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>
- <https://www.cdc.gov/cholesterol/about.htm>
- <https://www.stroke.org>
- <https://www.startwithyourheart.com>

This resource guide contains information about local services in Cleveland County. The inclusion of any organization, agency or service in this guide does not imply an endorsement or recommendation, nor does the exclusion of any group imply disapproval.

The Cleveland County Public Health Center complies with applicable Federal Civil Rights Laws and participation in services is without regard to race, color, national origin, religion, gender, age, sexual orientation or disability.

El centro de Salud Pública del Condado de Cleveland cumple con Las Leyes Federales de Derechos Civiles aplicables y en la participación de los servicios sin la distinción de raza, color, origen, nacional, genero, edad, orientación sexual o discapacidad.



CLEVELAND COUNTY

PUBLIC HEALTH CENTER