



CENTRA
Congregational Health

National Cholesterol Education Month

Toolkit
September, 2009

Please consider using the attached materials for education and information for members of your faith community to encourage each other to take care of ourselves. Cholesterol control impacts our health in many ways. The Congregational Health surveys reported an aggregate rate of diagnosed high cholesterol as 46%. That's almost half of those in the partnership. We need to be able to be informed about what we can do individually and as faith communities.

The materials are intended to be used in a newsletter, bulletin, and/or handout format. Information may be obtained from the following web sites:
<http://hp2010.nhlbihin.net/cholmonth/> (This web site offers the suggestions for bulletin board displays listed below.)

<http://hp2010.nhlbihin.net/atp/iii/calculator.asp?usertype=prof>
<http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.htm>

For Bulletin Board Displays

Use pages from these resources located at <http://hp2010.nhlbihin.net/cholmonth/> to create an educational display in September:

- [High Blood Cholesterol: What You Need to Know](#)
- Tables and Text from [Your Guide to Lowering Your Cholesterol with Therapeutic Lifestyle Changes \(TLC\)](#)
 - What's Your Heart Disease Risk? - p. 8
 - What's Your 10-Year Risk for a Heart Attack? - pp. 10-12
 - Drop Your Cholesterol with TLC - p. 16
 - Setting Your LDL Goal - p. 9
 - The TLC Diet: A Heart Healthy Eating Plan - p.19
 - Sample Saturated Fat Intakes - p. 22
 - Fiber Solutions - p. 28
 - Fiber Really Counts - p. 29
 - How to Make Heart Healthy Meals - pp. 39-40
 - Losing Weight and Gaining Heart Health - pp. 49-50

- How to Lower Your Calories on TLC - p. 50
- Choose the Foods That Help You Lose - pp. 51-52
- A Handy Guide to Calories Burned in Common Activities - p. 46
- Benefits of Regular Physical Activity - p. 42
- Getting Active - p. 44

If you would like materials to create a display for a bulletin board, you may access a power point on the Congregational Health web site at:

<http://clergy.centrahealth.com/WebPages/conghlth.aspx>

The power point may be printed out, and pieces cut and pasted to suit a display on a bulletin board or other area.

This is another area where we can be more informed and more active in our choices. We have a responsibility, as people of faith, to be stewards of this gift of life in every aspect that we can. We are a nation of plenty. With that plenty, comes the responsibility to make wise choices as we care for the gifts we have.