



Photos courtesy of pixabay.com

## Eat Well, Age Well

### Cholesterol Education Month

National Cholesterol Education Program (NCEP) is a program initiative to inform American's on how to reduce illness and death from coronary heart disease (CHD) by reducing elevated levels of cholesterol.

Cholesterol education is to help prepare individuals on what can be done to stop CHD. A few things to do for protection are primary prevention including screening, build a healthy routine including exercise, and eating foods high in antioxidants and omega-3 fatty acids such as berries, fish, and nuts. Each action taken will aid in the eradication of chronic diseases that occur with high cholesterol such as CHD.

The American Heart Association recommends all adults over age 20 have regular screening to check their cholesterol levels every 4-6 years. This is huge in prevention since high cholesterol does not normally have symptoms and can be unnoticed for years.

What can be done to protect yourself against high cholesterol is to have a get 8-10 hours of sleep, consume nuts and berries and to have daily movement. Start at a place you know you can reach such as 10 minutes of walking, then move to a longer duration of activity.

Source adapted from: [https://www.medicinenet.com/cholesterol\\_levels\\_pictures\\_slideshow/article.htm](https://www.medicinenet.com/cholesterol_levels_pictures_slideshow/article.htm)

### Weekly Challenges

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**Tend to your health and get 8-10 hours of sleep**

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**Get outside and exercise for 15-30 minutes a day**

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**Schedule a health screen if you know one is due**

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**Mix and match berries and nuts into your weekly grocery list!**

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**Did you Know...  
51% of adults 65+ in WI have high cholesterol!**

## Note to Nutrition Directors and Site Managers

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

If they ask how they should record their weekly action plan, let them know they can write short words like, "Nailed it" or a note like took a walk in the park, or talked with a friend, etc. on the *Monthly Tracking Calendar*.

### Week 1: Give out/Post

- The 1-page overview handout "*Eat Well, Age Well. Cholesterol Education Month*"
- Placemat/handout- "*Mushroom Stroganoff*"
- Table Tent- "*HDL vs. LDL*"
- Monthly Tracking Calendar

### Week 2: Give out/Post

- Placemat/handout- "*Vegetable, Rice and Cranberry Salad*"
- Table Tent- "*Improve My Cholesterol Levels*"

### Week 3: Give out/Post

- Placemat/handout- "*Tangy Vegetable Chowder*"
- Table Tent- "*Prevention and Treatment*"

### Week 4: Give out/Post

- Placemat/handout- "*Mediterranean Stuffed Tomatoes*"
- Table Tent- "*Cholesterol Facts*"

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout, or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)