

Idaho County residents “take control of their cholesterol”

The Situation

Families living in Idaho County are facing health issues currently affecting many U.S. families. In 2011, 38.5% of screened Idaho adults had been told they have high cholesterol (Idaho Behavioral Risk Factor Surveillance Survey [BRFSS], 2011). Higher blood cholesterol levels lead to a greater risk of heart disease. Also, 29.4% of Idaho adults had been told they had high blood pressure. Those who were overweight were twice as likely to have high blood pressure as those who were not overweight (Idaho Department of Health and Welfare, 2010).

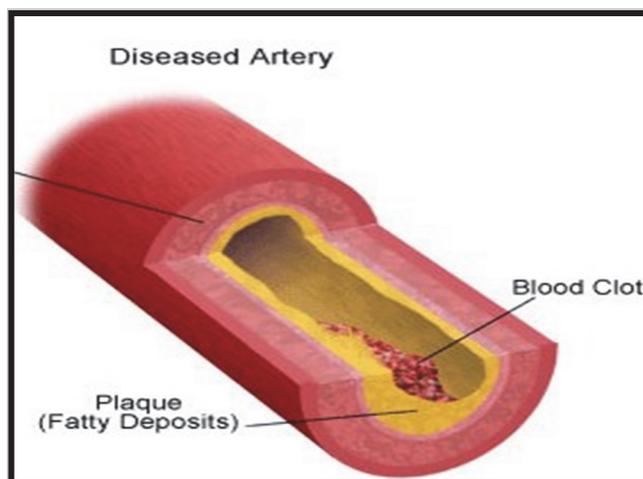
Our Response

Information on healthy eating is flowing out of every media resource across the nation, and individuals are searching for up-to-date and accurate research to help them achieve greater health. As I assessed what healthy lifestyle topics were most needed and/or wanted within my community, understanding cholesterol and how it helps and hurts the body was at the top of the list. Residents of Idaho County were requesting additional education on how cholesterol affects the body (good and bad), and what were the best ways to help control both the good (HDL) numbers and the bad (LDL) numbers.

The presentation I created is titled: **Taking Control of Your Cholesterol – The Good, The Bad, and The Ugly.**

Topics covered are:

- Why cholesterol matters – what can/cannot be controlled?
- How cholesterol can cause heart disease?
- Heart disease risk factors



- Obtaining individual lipoprotein profiles (total cholesterol, LDL, HDL, and triglyceride numbers) and corresponding categories
- What individuals have control over (diet, weight, physical activity levels)
- What individuals do not have control over (age, gender, heredity)
- Treating high cholesterol (lowering LDL), and increasing healthy fats (raise HDL)
- Understanding food labels and estimating general caloric needs
- 2008 Physical Activity Guidelines

Program Outcomes

To date, I have presented this program 14 times, to 82 participants. After presenting to employees of one of the local businesses, I was asked to travel to Northern

Idaho to present this program to two of their other facilities. A post-evaluation was created and conducted using a 1-5 Likert scale with 35 participants completing the evaluation. Knowledge gained and planned behavior changes were evident after attending the class. The results of the evaluation were as follows:

- Audience understood what they need to do to obtain their lipoprotein profile ~ 3.83
- Audience understood what the different cholesterol numbers in their profile mean and what they can do to decrease risk of cardiovascular disease. ~ 4.14
- Audience understood what they could do to change their lifestyle habits to help control their cholesterol levels. ~ 4.66

Participants also provided comments on planned behavior change:

- “Join a gym”
- “Read labels on food products”
- “Eat healthier”
- “Eat more whole grains, low-fat dairy, fish, fruit”
- “Avoid the bad fats and increase the good fats”
- “Quit using tobacco”

FOR MORE INFORMATION

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