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GE FITNESS CENTER NEWSLETTER

September 2023

National Cholesterol Education Month

Did you know?

- High cholesterol is a major risk factor for heart disease, which is the leading cause of death in the United States.
- People with high cholesterol are twice as likely to have heart disease than people with lower cholesterol levels.
- 73.5 million American adults have high low-density lipoprotein (LDL), or “bad” cholesterol.
- Fewer than 1 out of every 3 adults with high LDL cholesterol has the condition under control.

Uncontrolled cholesterol is a risk factor for heart attacks and stroke. But high cholesterol has NO symptoms, so patients might not know that their cholesterol is too high—unless it’s measured by a doctor with a blood test.

While family history may be out of our control, there are ways to reduce or prevent high cholesterol including:

PRACTICE HEALTHY LIVING HABITS



Eat a healthy diet



Maintain a healthy weight



Be active on most days



Don't smoke or use tobacco



Limit alcohol use

Adult's ages 20 and older should have their cholesterol levels checked every 4 to 6 years.

Types of cholesterol

HDL	LDL
GOOD CHOLESTEROL! High Density Lipoprotein	BAD CHOLESTEROL! Low Density Lipoprotein
Good cholesterol (High Density Lipoprotein), carries excess cholesterol in your blood back to your liver where it's broken down and removed from your body. This means a high level of good HDL cholesterol can maintain your heart health.	Bad cholesterol (Low Density Lipoprotein) carries cholesterol to your cells. But when you have too much LDL it can build up in your artery walls, causing them to narrow. This reduces blood flow, which can be bad for your heart health.
	
Your total cholesterol level is made up of both LDL and HDL cholesterol. When you get your cholesterol checked make sure you find out both these levels.	

Source: <https://www.heart.org/>

Wellbeing Column

Million Hearts is a national initiative to prevent 1 million heart attacks and strokes within a 5-year period (between Jan '22-'26). It focuses on implementing a small set of evidence-based priorities and targets that can improve cardiovascular health for all. Priority areas include:

1. Building Healthy Communities = decreasing tobacco use, increasing physical activity, reduce particle pollution exposure
2. Optimizing Care = improving aspirin/anti-coagulant use, better blood pressure control, cholesterol management, increase use of cardiac rehab
3. Focus on Health Equity = pregnant and postpartum women, race/ethnic minority groups, lower income, those who live in rural areas, behavioral health issues

Building a Balanced Plate for Heart Health

As a registered dietitian, we always recommend having a balanced plate at each of your meals and snacks. However, creating a balanced plate can help to improve your cholesterol levels as well as help to prevent heart disease. When building a balanced meal its important to incorporate at least the following four things. However, when building a balanced snack only two of the following are necessary:

Meal	Snack
Protein	Protein
Carbohydrate	Fiber/Color
Fiber/Color	
Fat	

Protein – When choosing your protein sources aim to have fish at least twice per week, red meat 3 times or less a week, aim to choose leaner cuts of meat.

Carbohydrate – Aim for a variety of whole grains and limit intake of refined grains.

Fiber/Color – Aim to have a fruit or vegetable at each meal and snack.

Fat – When choosing your fat source aiming for a healthy source (unsaturated or omega-3 fats) such as nuts, seeds, avocado, fish and vegetable oils.



Meal Ideas:

1. Ground Turkey with Whole Wheat Pasta + Spinach, Bell Peppers, Onions + Parmesan Cheese
2. Salmon + Brown Rice + Green Beans + ¼ Avocado
3. Tofu Scramble with Stir Fry Vegetables + Peanut Sauce

Snack Ideas:

1. Greek Yogurt + Peanut Butter Powder + Apple Slices
2. Vegetables + Hummus
3. Protein Bar (at least 10 grams protein) + Fruit

Our Registered Dietitians can help you achieve your health goals. FREE appointments are available for GE employees, spouses, dependents age 16 and up, and for retirees.

Call 513-853-8900 to schedule your appointment with our Registered Dietitians at the GE Family Wellness Center or the GE Fitness Center either in-person, via Zoom, or a phone call.

 Follow **Healthy Bites of Knowledge** on Facebook for nutrition and wellness tips to reach your goals.

Grokker

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*SSO and email required