



American Heart Association.

EmPOWERED to Serve™

Cholesterol Health Lesson

LESSON PLAN

Call to Action

- Checking, changing (if needed) and controlling your cholesterol levels is an important part of maintaining a healthy heart and reducing your risk of heart attack and stroke. Visit [Check.Change.Control.Cholesterol™](#) for more information.
- Making small lifestyle changes can help reduce cholesterol-related diseases such as hypercholesterolemia and atherosclerosis.
- We all have the power to make a difference by speaking out for policies that help build healthier communities and lives. Join You're the Cure today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future. Text **EMPOWER to 46839** to join today!
- You can help us draw communities together on the path to building a sustainable culture of health. Visit [EmPOWEREDtoServe.org](#) to sign up to become an ambassador and learn how you can be a part of the movement. Join us as we impact the health of ALL in our communities!
- Email us at empoweredtoserve@heart.org. Tell us what you liked best about this lesson. We appreciate your thoughts.

Community Needs

- Social determinants of health have a profound effect on health.
- People who are under-resourced face bias and discrimination that can affect their risk factors for hypercholesterolemia.
- Community support can encourage others to advocate for their own health through education and awareness.



Three Important Points

- Amid the COVID-19 pandemic, physical lockdowns and public facility closures have reduced access to care for many homeless and underprivileged families. ([COVID-19 and the impact of social determinants of health - PMC \(nih.gov\)](#))
- Risk factors for hypercholesterolemia include exercise and diet, both of which can be affected by your environment. Under resourced communities may not have access to safe places for exercise, and food deserts exist across America.
- High LDL (“bad”) cholesterol or low HDL (“good”) cholesterol is a major risk factor for coronary artery disease (CAD), which can lead to coronary heart disease. CAD can begin in childhood and plaque buildup due to cholesterol can stay in your arteries for life.

Key Learnings

- What cholesterol is
- How cholesterol affects your heart health
- What you can do to manage your cholesterol

Preparing for the Lesson

- Allow for at least 30 minutes to present the lesson.
- Review the speaker notes prior to the lesson.
- Review the additional resources on the Resources List. You can use the resources to enhance the lesson or provide ideas for small group discussion. You can also distribute them to participants so they have links to information discussed in the lesson.
- If handouts are referenced in the presentation, hand out the pages before you begin the lesson.



Lesson Materials

- If you don't have access to a slide projector or monitor, print out the slides and put them in a three-ring binder. Use the printouts as a script for your lesson.
- Pens and paper
- Goody bags (optional): Reach out to hospitals, wellness centers, local clinics and other health care organizations. Ask them to donate giveaways for participants. Also, check out the American Heart Association's online store at shopheart.org for giveaways you can buy in bulk.

Audiovisual Needs

- Projector for PowerPoint slides
- Internet connection (optional)

Wrap-Up

Reminder! Once your participants have left, be sure to complete the Ambassador Questionnaire. For details, see your Ambassador Guide, page 11.

Slide Program with Talking Points and Discussion Questions

The Presenter's Notes section of the PowerPoint includes scripted comments to guide you through the lesson. Use these discussion questions to engage your participants:

- What can you ask your health care professional about cholesterol at your next appointment?
- What's something new you learned from this lesson?
- Can you make any lifestyle changes today?
- What's something you would like to learn more about on this topic in future lessons?