



American Heart Association.

EmPOWERED to Serve™

Cholesterol Health Lesson

RESOURCE LIST

This lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

Is the program aimed at adults?

Yes. To keep participants engaged, divide the class into small groups and ask them to review a resource. Ask each group to share with the others what they learned.

No audiovisual equipment?

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

Have a projector?

Great. Use the slides to guide your presentation.

Have a good internet connection?

Download an American Heart Association video and show it to the class for one of your interactive activities. Divide the participants into small groups. Demonstrate the online tool to each group.

Which formats best teach the health messages to your community members?

Choose the one(s) that will best motivate your community.



CHOLESTEROL HEALTH LESSON | RESOURCE LIST

The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson.



Video: Play the video and engage participants in a discussion after the viewing.



Printed Handout: Ask volunteers to take turns reading the information on the handout.



Group Discussion: Divide participants into small groups. Ask each group to review the resource and report what they learned to the full group.



Online Tool: Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

What is Cholesterol?



Cholesterol Medications

bit.ly/3Scf0e7



In-Depth Look at What Cholesterol Is

bit.ly/3YzWCOG



Cholesterol Basics

bit.ly/3G1L6o2



HDL (Good), LDL (Bad) Cholesterol and Triglycerides

bit.ly/3Wtny12



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How to Get Your Cholesterol Tested

bit.ly/3BKYR8p



Understanding My Cholesterol Risk Sheet

bit.ly/3YJiCXM



How Cholesterol Affects My Risk of Heart Attack and Stroke

bit.ly/3HG98X8

What You Can Do to Manage Your Cholesterol



Cholesterol Medications Sheet

bit.ly/3BKm4Ya



Cooking to Lower Cholesterol

bit.ly/3W49ivl



How to Manage High Cholesterol Animation

bit.ly/3V9xhLL



Monitor Your Cholesterol, Blood Pressure and Weight Sheet

bit.ly/3YBQmGf



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