



YW4

YOUR WELLBEING

The Role of Food and Your Health: Cholesterol and Blood Sugar

Time: 70 Minutes

Join us to discover how nutritious and tasty foods can positively impact your health, in particular your cholesterol and blood sugar. Receive coaching on how to set personal goals and determine simple, actionable steps you can make part of your everyday routine.

OBJECTIVES:

Understand how food affects your body's blood sugar and cholesterol levels.

Identify at least two strategies each for controlling cholesterol and blood sugar.

Meet with a healthcare professional to obtain personal cholesterol and blood glucose measurements.

SETUP

- Review resource list and print it out. Purchase all necessary supplies.
- Set up stations for participant cholesterol and blood sugar measurements.
- Contact healthcare professionals in advance to take participants' blood pressure measurements.
- Provide computer, internet access, and projector, if available.

INTRO

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. *10 Minutes*

DEMO

- Play video(s) or demonstrate content (see demo script). *10 Minutes*

ACTIVITY

- Participants will meet one on one with healthcare professionals to talk about their cholesterol and blood sugar numbers and develop a plan of action. *20 Minutes*

RECAP

- Pass out handout(s) and review with participants. *10 Minutes*

GOAL SETTING/CLOSING

- Engage in a goal setting activity from the bank of options provided in the facilitator guide. Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) *20 Minutes*



NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

The Role of Food and Your Health: Cholesterol and Blood Sugar Resource List

HANDOUTS/VIDEOS

These resources can be found on the AHA's YouTube channel or heart.org.

- ☐ The Role of Food and Your Health: Cholesterol demo video
- ☐ The Role of Food and Your Health: Blood Sugar demo video
- ☐ Life's Simple 7: How to Control Your Cholesterol handout
- ☐ Life's Simple 7: How to Reduce Your Blood Sugar handout
- ☐ Optional: Sip Smarter handout
- ☐ Setting SMART Goals handout (please locate in this guide)

SPACE SETUP

- ☐ Chairs and tables for participants
- ☐ Pens for participants
- ☐ Folders
- ☐ Computer, internet access, and projector, if available

ACTIVITY SUPPLIES*

- ☐ Finger stick tests
- ☐ Blank notecards (for healthcare professional to write down biometric measurements for participants)
- ☐ Pens

**Purchase appropriate number of supplies for your participants.*

The Role of Food and Your Health: Cholesterol and Blood Sugar Demo Script

Use if video capabilities are unavailable.



SAY: It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy!



So what is cholesterol exactly and where does it come from? Cholesterol is a soft, fat-like substance found in the bloodstream and in all your body's cells. Your body makes all the cholesterol it needs. Low-density lipoprotein (LDL or 'bad') cholesterol can join with fats and other substances to build up in the inner walls of your arteries. The arteries can become clogged and narrow, and blood flow is reduced. High-density lipoprotein (HDL or 'good' cholesterol) carries harmful cholesterol away from the arteries and helps protect you from heart attack and stroke.



There are some key tips for success to help keep your cholesterol levels in check.



Try eating a diet rich in fruits, vegetables, whole grains, fat-free and low-fat dairy products, skinless poultry, fish and nuts, while reducing red meat, saturated and trans fats, and sugary foods and beverages.



Understanding all types of fat will also help you choose which to include or eliminate from your healthy diet.

- Monounsaturated & Polyunsaturated Fats are the "good fats" that can help lower bad cholesterol levels and your risk of heart disease & stroke. They provide essential fats that your body needs but can't produce itself.
- Saturated fats can increase your risk of heart disease & stroke. Replace saturated fats in your diet with good fats when possible.
- Hydrogenated oils and trans fats negatively affect cholesterol levels and increase risk of heart disease, stroke and type 2 diabetes.



SAY: The AHA recommends eating a healthy dietary pattern that:

- Includes good, unsaturated fats
- Limits saturated fats
- And keeps trans fats as low as possible



Try getting more active. Enjoy 3 to 4 days of moderate to vigorous activity in 40-minute sessions to help lower LDL cholesterol.



Did you know you can lower the risk of both diabetes and heart disease by controlling your blood sugar? Heart disease and stroke are the number one killers among people with type 2 diabetes.



Blood glucose, or sugar, is an important fuel for your body, when it's at the recommended level, but when it's too high, that can lead to diabetes. Insulin is a hormone that is important for controlling blood glucose levels. But if your glucose levels become too high or too low, your body can have trouble producing a hormone called insulin that it needs to stay healthy. When your body doesn't produce enough insulin or it doesn't efficiently use the insulin it makes, your blood sugar may become too high. When this happens, your body's cells cannot use the sugar in your blood and the cells can be starved for energy. Over time, high blood sugar levels can damage your eyes, kidneys, nerves or heart.



You can lower your blood sugar by eating better. For example, replace sugary beverages such as full-calorie sodas with plain, sparkling or flavored water. Sugar-sweetened beverages (like soda and energy drinks) are the number one source of added sugars in our diet. Just one can (12 fl. oz.) of a regular soda has around 10 teaspoons of added sugar! Try making healthy food choices and controlling portion sizes and reading food labels!

The Role of Food and Your Health: Cholesterol and Blood Sugar Activity Script



SAY: Today, you are going to meet with a healthcare professional to learn your cholesterol and blood sugar levels. To ensure your privacy the professionals will write down your measurements. You'll also learn the AHA's recommendations for both cholesterol and blood sugar levels. However, we recommend you visit with your own medical provider for advice and further consultation.

HOW TO CONTROL CHOLESTEROL



CONTROL CHOLESTEROL

1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **food** and **body**.

It is found in foods from animal sources only.

It travels in the body by lipoproteins (LDL and HDL).



HDL = good

High-density lipoprotein is known as "good" cholesterol.¹



LDL = bad

Low-density lipoprotein is known as "bad" cholesterol.²



HDL helps keep LDL from sticking to artery walls and reduces plaque build up. This process can lower the risk of heart disease and stroke.

heart.org/Atherosclerosis

Triglycerides

The most common type of fat in the body.³

Total Cholesterol

$HDL + LDL + 1/5th \text{ of triglyceride level} = \text{total cholesterol level.}^4$

2 TRACK LEVELS



A medical provider can measure blood cholesterol.



Track cholesterol levels with a personal at-home chart.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/CHOLESTEROL

3 TIPS FOR SUCCESS



EAT BETTER

Eat a diet rich in fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Limit sugary foods and drinks, fatty or processed meats, and salt.



GET ACTIVE

Physical activity not only helps control cholesterol but also weight, blood pressure and stress levels.⁵



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated and trans fats with healthier monounsaturated and polyunsaturated fats.⁶



TAKE MEDICATION AS DIRECTED

The best way to reach treatment goals and enjoy the benefits of better health is to follow a medical provider's advice.⁷



QUIT SMOKING

If an individual smokes, high cholesterol is another good reason to quit. And everyone should avoid exposure to secondhand smoke.



HOW TO REDUCE BLOOD SUGAR



REDUCE BLOOD SUGAR

1 UNDERSTAND BLOOD GLUCOSE LEVELS

The first step to reducing blood sugar is to understand what makes blood sugar levels rise. heart.org/diabetes

GLUCOSE INSULIN

The carbohydrates and sugars in the food eaten turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone that is made in the pancreas and helps the body's cells take up glucose from blood and lower blood sugar levels.¹

In type 2 diabetes glucose builds up in the blood instead of going into cells because,²

The body develops "insulin resistance" and can't use the insulin it makes efficiently.

The pancreas gradually loses its capacity to produce insulin.

THE RESULT CAN BE A HIGH BLOOD GLUCOSE LEVEL.



2 LEARN & TRACK LEVELS

The AHA recommendation for healthy blood glucose is:³

Blood Glucose Range	Diagnosis	What It Means
< 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes. ⁴
126 mg/dl or more	Diabetes Mellitus (type 2 diabetes)	At increased risk of developing heart disease or stroke.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/DIABETES

1. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445984_Encyclopedia.jsp
2. Grundy SM, Benjamin LJ, Burke GL, et al. Diabetes and cardiovascular disease. Circulation. 1999;100(10):1134-1146. doi: 10.1161/01.CIR.100.10.1134.
3. Fox CS, Golden SH, Anderson C, et al. Update on prevention of cardiovascular disease in adults with type 2 diabetes mellitus in light of recent evidence. Circulation. 2015;132(6):691-718. doi: 10.1161/CIR.0000000000000230.
4. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke Statistics—2016 update. Circulation. 2015; e111. doi: 10.1161/CIR.0000000000000350.
5. Centers for Disease Control and Prevention. National diabetes fact sheet: National estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

3 TIPS FOR SUCCESS

Goal setting and making slow changes can help set ourselves up for success.



EAT BETTER

Try eating a diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts while limiting sugary foods and beverages to promote a healthy lifestyle.⁴



GET ACTIVE

Physical activity can help control and reduce type 2 diabetes health effects.⁴



MAINTAIN A HEALTHY WEIGHT

Speak with a medical provider to learn about the recommended type and amount of physical activity necessary to achieve and maintain a healthy weight.⁴



QUIT SMOKING

Having diabetes means you are more likely to die of heart disease or suffer from a stroke. Smoking also increases the risk of these outcomes.⁵

For tips on quitting smoking, visit: heart.org/quitsmoking



Sip Smarter

As part of an overall healthy diet, replacing sugary drinks with low- and no-calorie beverages can help you limit calories, which may help you achieve or maintain a healthy weight.

Replace sugary beverages...

- full-calorie soft drinks
- energy/sports drinks
- sweetened "enhanced water" drinks
- sweet tea
- sweetened coffee drinks

with these better choices!

- water – plain, sparkling and flavored
- diet soft drinks
- coffee and tea without added sugars

The facts may surprise you.


Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY.**

That's **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!

Sugar-sweetened beverages like soda and energy/sports drinks are the **#1 SOURCE OF ADDED SUGARS IN OUR DIET.**


A can (12 FL. OZ.) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING



The possibilities will delight you!


Try these tips to switch to drinks with less added sugars. They'll quench your thirst *and* taste good.



Start cutting back.

Take steps to reduce or replace added sugars (caloric sweeteners) in your diet.


- REPLACE** some of your drinks **WITH WATER**.
- SWAP** a full-calorie soda with diet soda.
- REDUCE** the amount of **SUGAR** in your coffee and tea.
- ADD** plain or **SPARKLING WATER** to drinks to keep some of the flavor with less added sugars per serving.



Choose water.

Make water the easy, more appealing choice:

- Carry a refillable **WATER BOTTLE**.
- ADD** a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a **BOOST OF FLAVOR**.
- Try seltzer, club soda or sparkling water if you crave **THE FIZZ**.
- Add a **LOW-CALORIE SWEETENER**.



Make it at home.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, nonfat milk, low-calorie sweeteners, and herbs and spices.



Get great recipes for beverages and more at RECIPES.SPLENDA.COM and HEART.ORG/SIMPLECOOKING.

Read the label, and choose wisely.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Keep in mind that added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, concentrated fruit juice, agave nectar and honey.





FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING

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Setting SMART Goals

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
