



**H**yperlipidemia, also known as high cholesterol, is a condition in which cholesterol builds up in the blood.<sup>6</sup> Cholesterol is a fat-like substance, and having high cholesterol puts you at risk of heart disease. Heart disease is the leading cause of death in the United States.<sup>4</sup>

### Fact 1

Having excess weight or obesity increases your chances of developing high cholesterol, high triglycerides and fatty liver disease.

- Each 10 pounds of excess fat produces an additional 10 mg. of cholesterol daily.<sup>8</sup>
- Lipid levels increase in people affected by obesity.<sup>12</sup>
- Obesity is a common cause of high triglycerides.<sup>1</sup>
- High triglycerides are a common cause of fatty liver disease.<sup>5</sup>
- A fatty liver interferes with the liver's job to filter harmful substances and may cause liver failure.<sup>5</sup>

### Fact 2

There are two different kinds of cholesterol: low-density lipoproteins (LDL or bad cholesterol) and high-density lipoproteins (HDL or good cholesterol).

- Too much build up of bad cholesterol (LDL) in the blood causes narrowing of the blood vessels.<sup>6</sup>
- The higher the level of LDL cholesterol in the blood, the GREATER the chance of developing heart disease.<sup>7</sup>
- People with high total cholesterol have approximately twice the risk of heart disease as people with optimal levels.<sup>7</sup>

### Fact 3

Body shape and body fat play an important role in abnormal lipid levels.

- An apple-shaped body or central obesity is a factor in lipid abnormalities.<sup>11</sup>
- People with a large amount of body fat have higher levels of LDL (bad cholesterol) and triglycerides, and lower levels of HDL (good cholesterol) cholesterol in the blood.

### Fact 4

Weight-loss can help lower cholesterol levels.

- Studies in which patients affected by obesity and high cholesterol who lost approximately 10 percent or less weight appeared to reduce cholesterol levels.<sup>8</sup>
- A weight loss of about 20 pounds has been shown to reduce LDL by 15 percent and triglycerides by 30 percent as well as increase HDL and reduce total cholesterol levels.<sup>12</sup>

**Fact 5** Approximately 71 million American adults (33.5%) have high LDL, or “bad,” cholesterol.<sup>4</sup>

- Nearly 1 in every 2 American women has high or borderline high cholesterol.<sup>7</sup>
- Children affected by excess weight or obesity are more likely to have total cholesterol levels of greater than 200 mg/dl than normal-weight children and adolescents.<sup>8</sup>
- Levels of high LDL cholesterol by ethnicity:<sup>4</sup>

Race or Ethnic Group	Men (%)	Women (%)
Non-Hispanic Blacks	34.4	27.7
Mexican Americans	41.9	31.6
Non-Hispanic Whites	30.5	32.0
All	32.5	31.0

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