



**FOR IMMEDIATE RELEASE**

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Contact: Health Communications  
970.400.2325 (office)

**Free Community Health Screening for Top Chronic Diseases in Weld County**

**Weld County** – Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke – two leading causes of death in Weld County. One way to prevent these diseases is to detect high cholesterol and treat it when it is found. Community health screenings and education have been widely used by the Weld County Department of Public Health to identify individual health risks and to promote early diagnosis and treatment of disease.

**What is cholesterol?**

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack and stroke.

**How Can you prevent or treat high cholesterol?**

- **Eat a healthy diet.** Avoid saturated and trans fats, which tend to raise cholesterol levels. Eat more fruits, vegetables, whole grains and beans which are all high in fiber and can lower cholesterol levels.
- **Exercise regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- **Maintain a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
- **Not smoking.** If you smoke, quit as soon as possible.

Over 70,000 Weld County adults have high cholesterol, but only one-third of them have the condition under control. September is National Cholesterol Education Month—a good time to resolve to get your cholesterol screened.

The Weld County Department of Public Health and Environment is offering a FREE health screening on Tuesday, September 26th from 8:00 AM to 10:30 AM. This screening is intended for adults with limited access to preventive health care.

The health screening will take place at Our Lady of Peace School, 1311 3<sup>rd</sup> St., Greeley. The screening will include: Body Mass Index, Cholesterol, Triglycerides, and Blood Pressure. No appointments are necessary and participants are encouraged to fast for 8 hours- which means no food or drinks, water is okay.

For more information on heart disease and stroke risk reduction and WDPHE’s free community health screenings visit: [www.weldhealth.org](http://www.weldhealth.org).

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**Vital Records**

Tele: 970-304-6410  
Fax: 970-304-6412

**Clinical Services**

Tele: 970-304-6420  
Fax: 970-304-6416

**Services**

Tele: 970-304-6415  
Fax: 970-304-6411

**Education & Planning**

Tele: 970-304-6470  
Fax: 970-304-6452

**& Response**

Tele: 970-304-6470  
Fax: 970-304-6452

