



# Controlling Cholesterol for a Healthy Heart Community Outreach Project

Zoltan Chien-Szegedy, PA-S, OHSU

## Introduction

**Date:** July 18, 2023

**Location:** Milwaukie Community Center  
Milwaukie, OR

**Contact:** Jamie Davie, Human Services Coordinator  
North Clackamas Parks & Rec. District

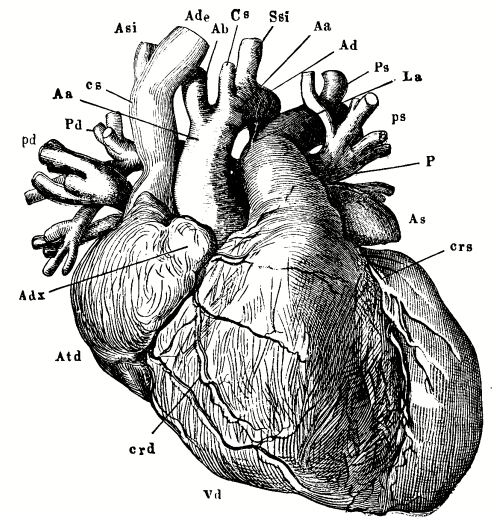
**Attendees:** Total 24

Age Range 53-86, Average Age 67

## Content

### Key Points:

- Heart disease is the #1 cause of death in adults aged 65+, totaling 25.1% of deaths in 2019.<sup>1</sup>
- Highest prevalence of hypercholesterolemia is in adults aged 40-50 (15.7%), second highest in adults aged 60+ (11.4%).<sup>2,3</sup>
- Diet modification targeting dietary saturated fat to <10% daily intake resulted in 21% decreased CVD events and 17% reduction in coronary heart disease events.<sup>4</sup>
- High-intensity statin therapy for ASCVD has number needed to treat (NNT) of 20 per ACC/AHA 2018 guidelines.<sup>6,7</sup>



**Heart disease** mortality  
is decreased by adopting  
**low saturated fat** diets  
and **statin** medications to  
control high cholesterol.

## Discussion & Conclusion

### Opportunities:

- Participant engagement high, overall well received.
- Information clearly understood at lay person level.

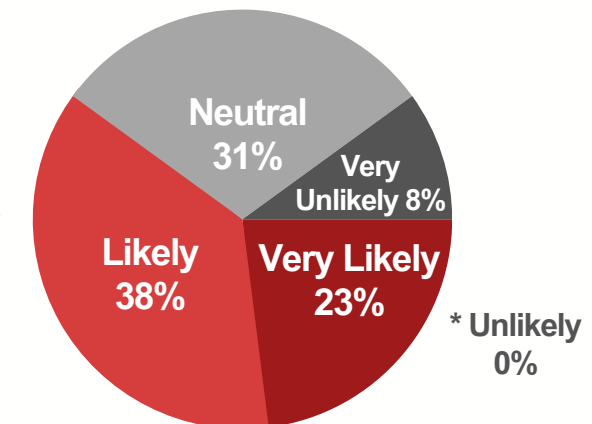
### Challenges/Limitations:

- Vision and hearing challenges requiring adjustment of the sound system and visuals.
- Survey response rate was only 54%.

### Evaluation:

- Overall positive evaluation of presentation; 69% "strongly agree" learning objectives were effectively addressed.
- "This is the first time I understand cholesterol".

Likelihood of changing behavior after presentation:



### Reflection:

- Highlights need for proactive and patient-centered prevention and treatment, especially at an earlier age, to reduce high morbidity and mortality of cardiovascular disease.
- Partnership with Milwaukie Community Center has potential for further cohorts to continue community education.

1. Heron M. Deaths: Leading causes for 2019. National Vital Statistics Reports. 2021;70(9):doi:10.15620/cdc:107021  
 2. Grundy SM, Stone NJ, Bailey AL, et al. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Circulation. Jun 18 2019;139(25):e1082-e1143. doi:10.1161/cir.0000000000000625

3. Carroll MD, Fryar CD. Total and high-density lipoprotein cholesterol in adults: United States, 2015-2018. NCHS Data Brief. 2020;363  
 4. Hooper L, Martin N, Jimoh OF, Kirk C, Foster E, Abdelhamid AS. Reduction in saturated fat intake for cardiovascular disease. Cochrane Database Syst Rev. May 19 2020;5(5):Cd011737. doi:10.1002/14651858.CD011737.pub2  
 5. Vintage Illustrations. Human Heart Internal Organ Vintage Illustration. Canva. https://www.canva.com/icons/MAD9T\_AHnDg/. Accessed July 22, 2023.

6. Mortensen MB, Nordestgaard BG. Statin Use in Primary Prevention of Atherosclerotic Cardiovascular Disease According to 5 Major Guidelines for Sensitivity, Specificity, and Number Needed to Treat. JAMA Cardiology. 2019;4(11):1131-1138. doi:https://doi.org/10.1001/jamacardio.2019.3665  
 7. Taylor F, Huffman MD, Macedo AF, et al. Statins for the primary prevention of cardiovascular disease. Cochrane Database Syst Rev. Jan 31 2013;2013(1):Cd004816. doi:10.1002/14651858.CD004816.pub5