

YOUR CHOLESTEROL DOES NOT JUST AFFECT YOU

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When you think of diseases and illnesses such as diabetes, high blood pressure, cancer, strokes, heart attacks and high cholesterol you probably think of the elderly population. But, you should start thinking of these diseases and illnesses even more when you have grandchildren. Although I cannot make a 100% guarantee that if you keep you teach your grandchildren healthy eating patterns and keep a child's weight under control that the child will never develop these diseases but their risks will be greatly decreased. Wouldn't the gift of good health be a gift you would like to pass along to your grandchildren? Children learn behaviors and patterns early on in life and the longer bad habits are practiced the harder they are to break. Lack of physical activity and increased sedentary activity become habits that are not easily broken. If you don't take control of your lifestyle, one day your lifestyle will take control of you! That is sadly all too true, as the above diseases and illnesses can take control over a person, so you need to ingrain in your grandchildren from an early age to take control of their lifestyle. You are not doing your grandchildren any favors by spoiling them with inactivity and junk food. Hopefully, after reading this article, people will begin to find ways to regain control of their lifestyles, which in turn will assist in decreasing their cholesterol, while improving the health of their grandchildren.

Lets take a look at things a person can do to live a healthier life, and decrease their cholesterol level. Most of the following suggestions to help control obesity are from comments made by Dr. William H. Dietz, whom is the director of the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention:

- #1. Reduce the time you spend watching television.**
- #2. Increase your level of physical activity. Take your grandchildren for a walk around the block when they are visiting you. Encourage your grandchildren to be involved in sports, offered through the school system and through your communities Park & Recreation Department.**
- #3. Reduce your consumption of soft drinks. Sugar sweetened beverages can replace milk as a beverage choice and put you at risk for osteoporosis. There is a very small window of opportunity to build bone mass that will last a lifetime. Once the teen years are past, bones increase very little in mass and start to lose calcium.**
- #4. Reduce portion size at meals. The USDA also states that what you are given as a serving size in a restaurant, is most generally actually two servings.**
- #5. Increase fruit and vegetable consumption.**
- #6. Above all else, be a good role model for your grandchildren. Children learn more by observation of role models than from educational attempts, and who better to be a role model than a grandparent.**