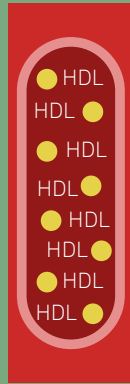# The good and bad of cholesterol
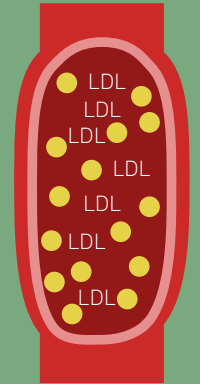
There are 2 types of lipoproteins that carry cholesterol to and from cells:
- LDL ("bad") cholesterol
- HDL ("good") cholesterol

HDL cholesterol helps remove "bad" cholesterol from the body.

LDL cholesterol contributes to plaque in the arteries and increases the risk of heart disease.

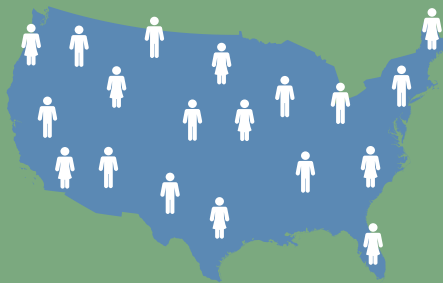A healthy level of LDL cholesterol for males and females is **less than** 130 mg/dL.[1]

A healthy level of HDL cholesterol is:

>40 mg/dL[1] male

>50 mg/dL[2] female

93 million US adults have total cholesterol levels higher than 200 mg/dL,[3] which increases their risk for heart disease and stroke.

And, heart disease and stroke are the reasons behind [4]:
- 1/3 of all deaths in the United States
- $1 Trillion in healthcare costs and lost productivity

That's nearly $3 billion each day

The best way to help employees know their risk for heart disease and stroke is to provide yearly biometric screenings.

1. American Heart Association. Cholesterol Management Guide for Healthcare Practitioners. 2018. https://www.heart.org/-/media/files/health-topics/cholesterol/chlstrmngmntgd_181110.pdf.
2. Quest Diagnostics Health & Wellness uses a different range for HDL cholesterol for females as per Riker, et al, *JAMA*, July 20, 2005 2005;294(3):326-333.
3. Centers for Disease Control and Prevention. High cholesterol facts. https://www.cdc.gov/cholesterol/facts.htm.
4. American Heart Association. Cardiovascular diseases affect employers. https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_496180.pdf.