



A MINUTE OF HEALTH WITH CDC

Trimming the Fat

Prevalence of Abnormal Lipid Levels Among Youths — United States, 1999–2006

Recorded: February 2, 2010; posted: February 4, 2010

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High cholesterol isn't just for adults anymore. A recent CDC study found that one in five kids aged 12-19 years in the U.S. had abnormal lipid levels, which might indicate cholesterol problems. Left uncontrolled, high cholesterol can lead to heart attack and stroke. While high cholesterol can be inherited, it's usually caused by eating a diet high in fat and not getting enough exercise. Overweight children are especially at risk. Encourage your children to be physically active and to eat a low-fat diet with lots of fruits and vegetables. If your child is overweight, ask the doctor if cholesterol screening is needed.

Thank you for joining us on *A Minute of Health with CDC*.

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