

## **Cholesterol Check**

OSF HealthCare Newsroom

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### **BROADCAST SCRIPT**

#### **INTRO:**

OBESITY EARLY IN LIFE CAN LEAD TO LIFE-LONG PHYSICAL AND MENTAL HEALTH CHALLENGES... ACCORDING TO A STUDY IN JOURNAL PEDIATRICS.

#### **TAKE VO**

THIS COMES AS CHILDHOOD OBESITY HAS MORE THAN TRIPLED SINCE THE 1970S... DUE TO UNHEALTHY EATING AND LOW AMOUNTS OF PHYSICAL ACTIVITY... SAYS THE WORLD HEALTH ORGANIZATION.

THIS INCREASE SHOULD ALSO SERVE AS A REMINDER FOR PARENTS TO GET THEIR CHILDREN'S CHOLESTEROL CHECKED. THE C-D-C RECOMMENDS KIDS AND ADOLESCENTS SHOULD HAVE THEIR CHOLESTEROL CHECKED AT LEAST ONCE BETWEEN AGES 9 AND 11... AND AGAIN BETWEEN AGES 17 AND 21. DR. FRANK HAN (**PRONOUNCED LIKE HAND WITHOUT THE D**) – BREAKS DOWN WHAT CHOLESTEROL IS.

#### **TAKE SOT**

“Cholesterol is one of the molecules that, in limited quantities, is essential for the human body to make cells. In larger quantities it has the potential to increase the future risk of heart artery disease or coronary artery disease in kids and future adults.”

#### **VO TAG**

DR. HAN SAYS NOT ALL CHOLESTEROL IS BAD. H-D-L IS CONSIDERED THE HEALTHY CHOLESTEROL... WHILE L-D-L IS THE UNHEALTHY. DR. HAN SAYS EATING A HEART-HEALTHY DIET AND MAINTAINING DAILY PHYSICAL ACTIVITY ARE TWO WAYS TO BENEFIT YOUR CHOLESTEROL LEVELS.