



October 13, 2023

The Honorable Sheila Cherfilus-McCormick  
242 Cannon House Office Building  
Washington, DC 20515

The Honorable Kat Cammack  
2421 Rayburn House Office Building  
Washington, DC 20515

Dear Representatives Cherfilus-McCormick and Cammack:

We, the undersigned national organizations committed to improving America's heart health, write to thank you for introducing the resolution designating September 2023 as "National Cholesterol Education Month" and September 30 as "LDL-C Awareness Day." This legislation takes an important step to raise awareness about the importance of monitoring and controlling cholesterol levels and about the role that LDL-C, or "bad" cholesterol, can play in an individual's risk of heart disease, heart attack, and stroke.

High cholesterol is one of the major risk factors for heart disease and stroke. A 2023 [survey from the American Heart Association](#) (AHA) found that 75% of heart attack and stroke survivors reported having high cholesterol. According to U.S. Centers for Disease Control and Prevention (CDC), high [LDL cholesterol can double a person's risk](#) of heart disease. Yet many people aren't aware of their cholesterol levels. The same survey from the AHA found that 47% of survivors were unaware of their LDL number.

Learning your cholesterol levels is simple; it requires a blood test, known as a lipid panel test, from your doctor. This month, the Society for Women's Health Research (SWHR) has been leading a #ReadMyLips campaign focused on raising awareness about the risk factors for heart disease and on the importance of getting regular cholesterol screenings.

Awareness is key in this fight for heart health. Heart disease is the number one killer of men and women annually in the United States, causing one in every five deaths. While alarming on its own, this statistic is made more distressing because experts believe ***about 80 percent of deaths from premature heart disease and stroke could be preventable through lifestyle changes (e.g., through physical activity, a healthy diet, and quitting smoking) and the management of common medical conditions, such as high cholesterol.*** If lifestyle changes aren't enough, there are also cholesterol-reducing medications. Based on [estimates](#), only about half (55%) of the 86 million U.S. adults who could benefit from taking medication to manage their high LDL cholesterol are doing so. There is clearly a disconnect.

Our nation's efforts to encourage heart healthy behaviors and to promote prevention strategies, including knowing one's risk for heart disease, all hinge on education. Therefore, we would like to thank you for sounding the alarm for heart health and serving as leaders on this critical public

health issue. Together, we can increase awareness of cardiovascular disease, improve diagnosis through regular cholesterol screenings, close quality gaps, and more.

Again, we thank you for being champions on this issue. We look forward to working with you as we continue to chart a path forward on this critical public health issue.

Please contact SWHR Chief Advocacy Officer Lindsey Horan at [lindsey@swhr.org](mailto:lindsey@swhr.org) or (202) 496-5003 if you have questions.

Sincerely,

Alliance for Aging Research  
Alliance for Women's Health and Prevention  
American Heart Association  
Association of Black Cardiologists  
Family Heart Foundation  
HealthyWomen  
National Association of Hispanic Nurses  
National Association of Nurse Practitioners in Women's Health  
National Grange  
National Hispanic Council on Aging  
National Hispanic Medical Association  
National Rural Health Association  
Partnership to Advance Cardiovascular Health  
Preventive Cardiovascular Nurses Association  
Society for Women's Health Research  
The Mended Hearts, Inc.

Cc: The Honorable Alma Adams  
The Honorable Emanuel Cleaver  
The Honorable Janice Schakowsky  
The Honorable Donald Payne, Jr.  
The Honorable Al Green  
The Honorable Ann Kuster  
The Honorable Lisa Blunt Rochester  
The Honorable Marc Veasey  
The Honorable Henry "Hank" Johnson, Jr.