

→ PREVENTING HEART DISEASE

Healthy lifestyles can keep your heart healthy and lower your risk of developing heart disease⁹. Talk to your doctor for more information.

HEALTHY FOOD AND DRINK

Choosing healthy meals can help prevent and manage heart disease⁹.

→ LIMIT SODIUM

Top high-sodium foods are pizza, sandwiches, lunch meats, bread, and soups. Choose low sodium if available.

→ CHOOSE HEALTHY FATS

These usually come from plants such as: nuts, seeds, avocado, peanut butter.

→ EAT LOTS OF VEGETABLES AND FRUITS

Fiber in fruits and vegetables is important for heart health and lowering cholesterol.



EXERCISE

Staying active can help you achieve a healthy weight, blood pressure, and cholesterol levels. Moderate intensity activity, like brisk walking or biking, is best⁹. Talk to your doctor before starting exercise.

→ ADULTS: 30 MINUTES EACH DAY

→ KIDS: 1 HOUR EACH DAY



Sources:

1. Oneida Community Health Center EMR data retrieved January 2025
2. 2022 CHA: Oneida Community Health Survey
3. Jones D. W et. al. 2025 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: a Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. Hypertension. Vol 82, no. 10, August 2025.
4. CDC BRFSS 2023
5. U.S. Centers for Disease Control and Prevention. "About Heart Disease." Retrieved 4/1/25. <https://www.cdc.gov/heart-disease/about/index.html>
6. American Heart Association. "Understanding Blood Pressure Readings." Retrieved 4/1/25. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
7. U.S. Centers for Disease Control and Prevention. "About Cholesterol." Retrieved 4/1/25. <https://www.cdc.gov/cholesterol/about/index.html>
8. American Heart Association. "HDL (Good), LDL (bad) Cholesterol and Triglycerides." Retrieved 11/12/25. <https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides>
9. U.S. Centers for Disease Control and Prevention. "Preventing Heart Disease." Retrieved 12/16/25. <https://www.cdc.gov/heart-disease/about/index.html>



Chronic Conditions Data:

HEART DISEASE RISK FACTORS

Community health assessment and electronic medical record (EMR) data from Oneida Community Health Center shared here provides information as of 2025 age 20 years and older.



COMMUNITY
HEALTH
IMPROVEMENT
PLAN

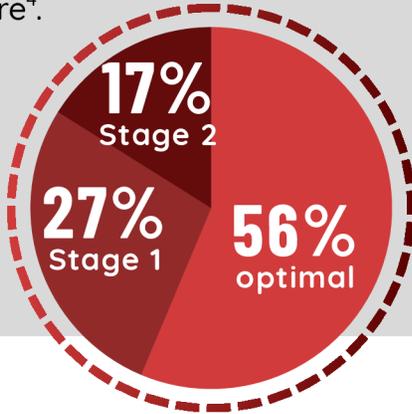


Updated January 2026

→ BLOOD PRESSURE

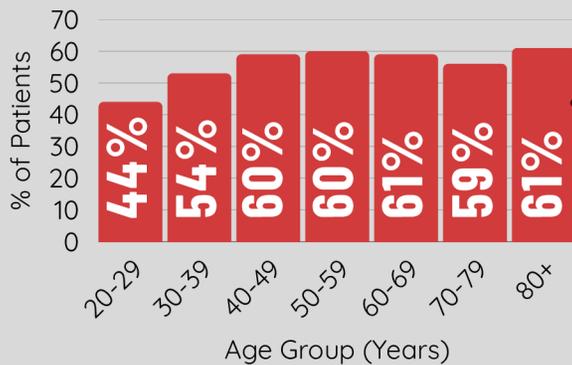
Blood Pressure by Category

In 2025, 44% of all blood pressure readings were elevated¹. This is slightly higher than the Wisconsin average. Over the last 10 years, about 31% of Wisconsin residents reported having high blood pressure⁴.



Elevated Blood Pressure by Age Group

The percent of patients with elevated blood pressures increases as we age¹.

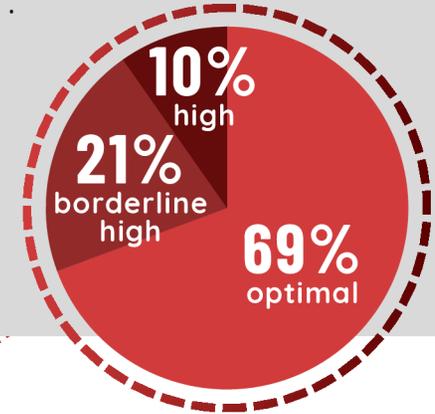


According to the American Heart Association, high blood pressure (measured in mmHg) is the most prevalent and modifiable risk factor for heart disease⁶.

→ CHOLESTEROL

Total Cholesterol by Category

About 31% of all patients with a cholesterol test done had a result greater than the optimal range¹. This is lower than the state of Wisconsin where 35% of residents reported high cholesterol in 2023⁴.



High cholesterol levels (measured in mg/dL) can increase heart disease and stroke risk⁷.

<200
optimal

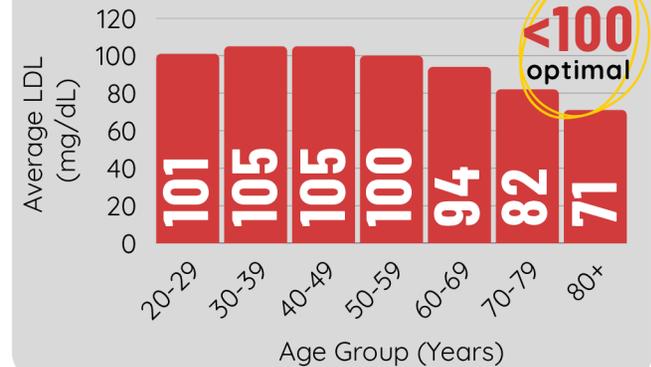
200-239
borderline high

≥240
high

mg/dL

LDL ("Bad Cholesterol") by Age Group

High LDL levels can cause fatty build up in arteries, increasing risk of heart disease, heart attack, and stroke⁸.



<100
optimal