

Learn Your Lipids: Foundation of the NLA

WHAT WE DO

Awareness, Education, Advocacy + Equality

The Foundation of the National Lipid Association is a 501(c)(3) organization

formed in 2008 to serve as a patient education organization in the field of clinical lipidology. We are focused on providing education, advocacy, and resources to help patients and their families manage and overcome lipid-related health problems that may put them at risk for a heart attack or stroke.

We aim to translate scientific and medical progress into effective evidence-based guidance for optimal patient care.

[Learn More](#)



lipid disorders

Have you been diagnosed with or think you may have a lipid disorder? We can help.

[LEARN MORE](#)



The Need

Why do we work on engaging patients and

consumers?

Patients today are encouraged to become part of their healthcare team and to be the leaders in making decisions about their health. Patient Engagement is essential in improving overall population health outcomes. Patient engagement

is defined as interventions designed to actively involve patients in their well-being and health. Patient engagement has been shown to improve adherence to treatment plans, increase patient satisfaction, and lower hospital utilization and healthcare costs among patients with atherosclerotic cardiovascular disease (ASCVD). However, patients often don't feel like they have the information and resources they need to be part of their care team and to make informed decisions.

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Are you a healthcare professional or researcher?

These resources may interest you!

[learn about our research awards](#)
[visit the national lipid association](#)

Health Screenings for You & Your

Family

Did you know that the state of Kentucky has the 9th highest rate of heart disease in the country? According to the Centers for Disease Control and Prevention (CDC), heart disease was

the leading cause of death among Kentucky citizens. The Foundation of the NLA works with local health centers to provide complimentary LDL-cholesterol, triglyceride, and glucose/A1c screenings to communities in need. Since the beginning of our screening program in September 2018, 253 people in rural Kentucky communities have received a blood test report and risk counseling. Subscribe today to be alerted if we will be hosting a screening near you!

Patients Screened

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Communities

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Our Blog



What's the deal with dietary supplements for heart health?

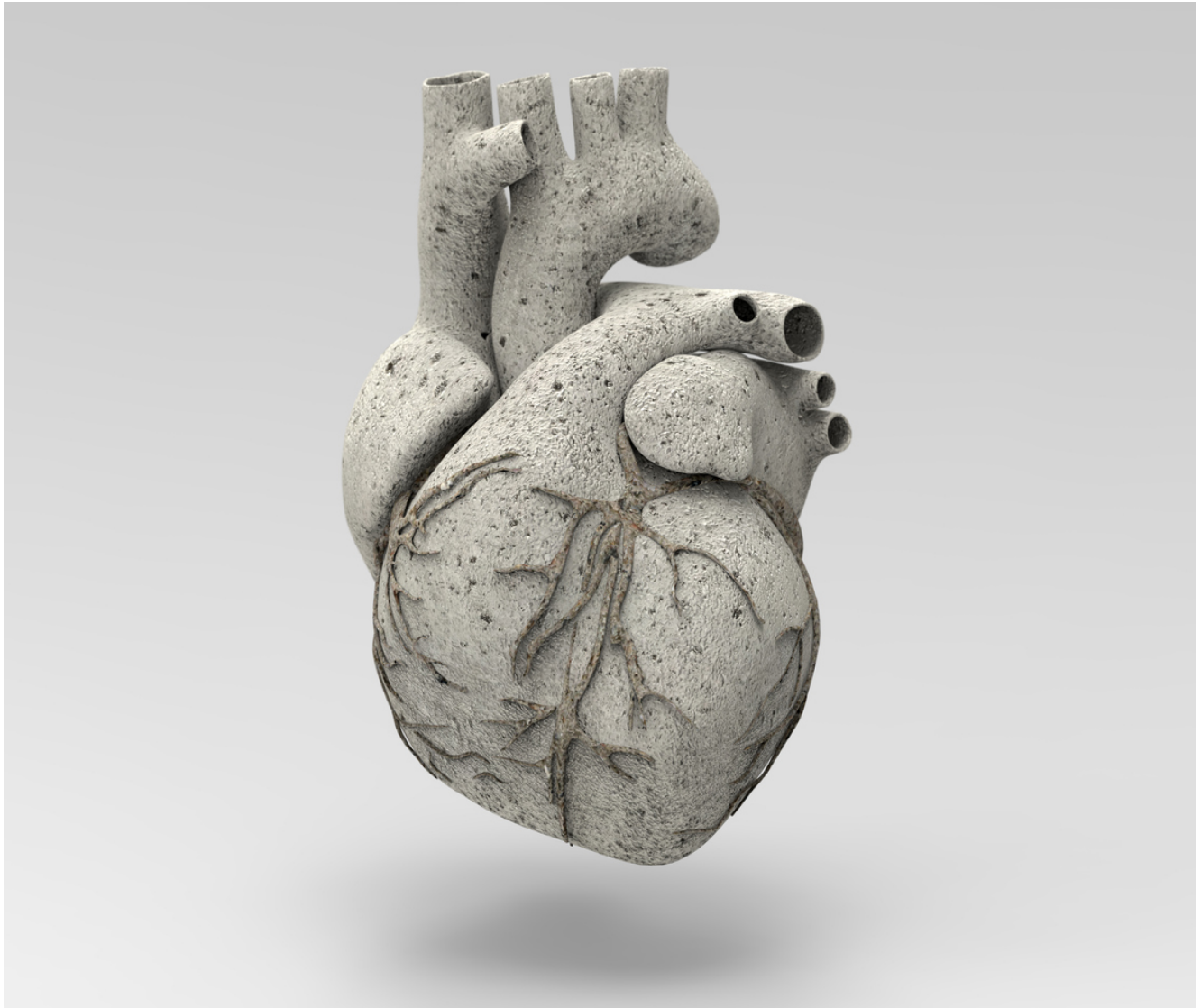
[Cardiovascular Health Nutrition & Lifestyle](#)
[Read more](#)



Which beverages are good for you?

[Nutrition & Lifestyle](#)

[Read more](#)



FAQs about Coronary Artery Calcium (CAC) Scores

[Cardiovascular Health](#)

[Read more](#)

[All the Blogs](#)

HEART HEALTH QUIZ: Please Choose One Answer Below

What LDL-cholesterol level is considered to be optimal for heart health?

Partners

The Foundation of the NLA is proud to partner with like-minded organizations to elevate our collective work and reach more patients, caregivers, and consumers seeking education about their health and cardiovascular risk.



VISIT



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HealthFirst

Community Health Center

VISIT