





1. NUTRITION & CARDIOMETABOLIC HEALTH

Important Guidelines, Statements, and Reports

- a. Top 10 Things You Need to Know About the Dietary Guidelines for Americans, 2020-2025 
- b. Dietary Guidelines for Americans, 2020-2025 
- c. Food Sources of Select Nutrients 
- d. World Health organization: Healthy Diet 
- e. Centers for Disease Control and Prevention- Dietary guidelines and public health approaches to improve population nutrition. 
- f. 2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association 





Important Suggested Readings and Resources:

- a. Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease 
- b. Rapid Diet Assessment Screening Tools for Cardiovascular Disease Risk Reduction Across Healthcare Settings 
- c. The effects of foods on LDL cholesterol levels 
- d. Effect of ultraprocessed food intake on cardiometabolic risk is mediated by diet quality 
- e. Association Between Dietary Factors and Mortality From Heart Disease, Stroke, and Type 2 Diabetes in the United States 
- f. DASH Eating Plan: Tools and Resources 
- g. Reduction in saturated fat intake for cardiovascular disease 







2. PHYSICAL ACTIVITY & CARDIOMETABOLIC HEALTH

Important Guidelines, Statements, and Reports

- a. Physical Activity Guidelines for Americans 
- b. ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition 
- c. World Health organization: Physical Activity 
- d. Centers for Disease Control and Prevention-Physical Activity 




Important Suggested Readings and Resources:

- a. Exercise, Physical Activity, and Cardiometabolic Health: Insights into the Prevention and Treatment of Cardiometabolic Diseases 
- b. Effect of exercise on cardiometabolic health of adults with overweight or obesity 
- c. Fitness - AHA 
- d. Healthy Living- ADA 









3. SMOKING CESSATION

Important Guidelines, Statements, and Reports

- a. 2018 ACC Decision Pathway on Tobacco Cessation Treatment 
- b. Smoking Cessation: A Report of the Surgeon General – Key Findings 
- c. Initiating Pharmacologic Treatment in Tobacco-Dependent Adults. An Official American Thoracic Society Clinical Practice Guideline 








Important Suggested Readings and Resources:

- a. Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Persons: US Preventive Services Task Force Recommendation Statement. 
- b. Biomedical risk assessment as an aid for smoking cessation 
- c. Inclusion of Smoking Data in Cardiovascular Disease Risk Estimation 
- d. Incidence of Cigarette Smoking Relapse Among Individuals Who Switched to e-Cigarettes or Other Tobacco Products 
- e. Improvement In HRQoL Among Smokers Who Quit After Hospitalization 
- f. More about tobacco control and prevention and quitting smoking, visit: 
www.CDC.gov/tobacco
www.CDC.gov/quit
www.Smokefree.gov




4. SLEEP & CARDIOMETABOLIC HEALTH

Important Guidelines, Statements, and Reports

- a. International Classification of Sleep Disorders – Third Edition (ICSD-3) 
- b. American Academy of Sleep Medicine **Practice Guidelines** 
- c. American Thoracic Society 
- d. American College of Physicians 
- e. Clinical Practice Guideline for the Pharmacologic Treatment of Chronic Insomnia in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline. 
- f. Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline 
- g. Clinical Guidelines for Obstructive Sleep Apnea and Insomnia 

Important Suggested Readings and Resources:

- a. Sleep as a Pillar of Cardiometabolic Health 
- b. Obstructive Sleep Apnea and Cardiovascular Disease: A Scientific Statement From the American Heart Association 
- c. Centers for Disease Control and Prevention 