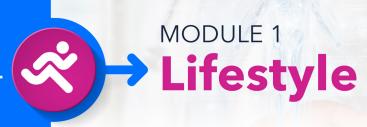


# MODULE 1 Lifestyle

| 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   |  |
| np             | oortant Suggested Readings and Resources:  |  |
|                | oortant Suggested Readings and Resources:  Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease  |  |
|                |  |  |
| a.             | Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease   |  |
| a.             | Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease  Rapid Diet Assessment Screening Tools for Cardiovascular Disease Risk Reduction Across Healthcare Settings  The effects of foods on LDL cholesterol levels   |  |
| a.<br>b.       | Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease  Rapid Diet Assessment Screening Tools for Cardiovascular Disease Risk Reduction Across Healthcare Settings  The effects of foods on LDL cholesterol levels  Effect of ultraprocessed food intake on cardiometabolic risk is mediated by diet quality |  |
| a.<br>b.<br>c. | Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease  Rapid Diet Assessment Screening Tools for Cardiovascular Disease Risk Reduction Across Healthcare Settings  The effects of foods on LDL cholesterol levels  Effect of ultraprocessed food intake on cardiometabolic risk is mediated by diet quality |  |





| a.             | Physical Activity Guidelines for Americans   |
|----------------|--|
| b.             | ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition  |
| C.             | World Health organization: Physical Activity   |
|                |  |
|                | Centers for Disease Control and Prevention-Physical Activity  portant Suggested Readings and Resources:  |
| ηp             | portant Suggested Readings and Resources:  |
| a.             | portant Suggested Readings and Resources:  |
| np<br>a.<br>b. | Portant Suggested Readings and Resources:  Exercise, Physical Activity, and Cardiometabolic Health: Insights into the Prevention and Treatment of Cardiometabolic Diseases |



## ealth

MODULE 1

Lifestyle

| 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             |
| np | ortant 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 Hospitilization   |
| f. | More about tobacco control and prevention and quitting smoking, visit: www.CDC.gov/tobacco www.CDC.gov/quit                                   |





| 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<br>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   |
|        | practice guideline   |
| ortant |  |
|        | Sleep as a Pillar of Cardiometabolic Health  |
| a.     | Sleep as a Pillar of Cardiometabolic Health  Obstructive Sleep Apnea and Cardiovascular Disease: A Scientific Statement From the American Heart Association      |