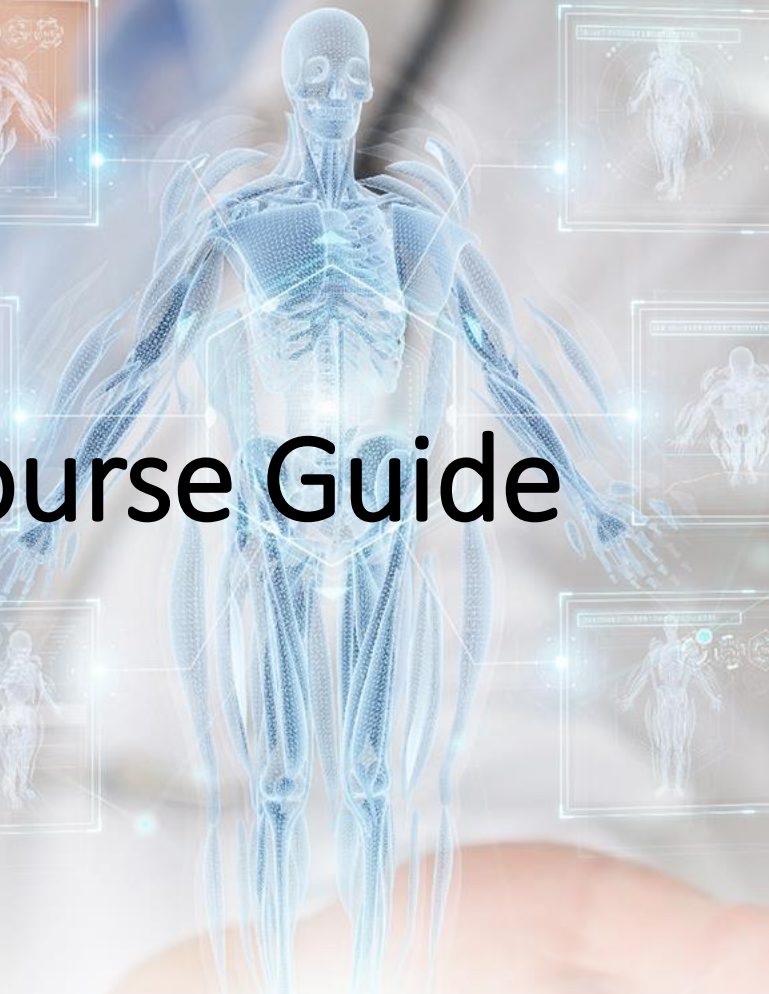


Foundations of Cardiometabolic Health Certification Course

**Certified
Cardiometabolic
Health Professional
(CCHP)**



Course Guide



Course Guide



Foundations of Cardiometabolic Health Certification Course

A curriculum guide that delineates the CCHP Course overview, objectives, learning experiences, instructional resources, and assessments.

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Course Overview

- CMHC's Foundations of Cardiometabolic Health Certification Course will provide an introductory review of the core curriculum in cardiometabolic health.
- This course is designed for any healthcare professional seeking to learn the fundamentals of the intersections of cardiometabolic risk factors, and the core principles in the management of obesity, type 2 diabetes, hypertension, dyslipidemia, cardiovascular disease, chronic kidney disease, care delivery implementation, and cardiometabolic considerations in racial & ethnic minorities. The course will lecture on basic concepts and guide participants through interactive learning scenarios that provide the knowledge and tools necessary to work effectively in their respective practices, in addition to preparing clinicians for the inevitable future of cardiometabolic-specific clinics.
- The Foundations of Cardiometabolic Health Certification Course is appropriate for clinicians from a full spectrum of clinical experience including Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses, Pharmacists, Diabetologists, and Dietitians who are in any phase of training, or even experienced physicians who are looking to take a deeper dive into cardiometabolic health.
- The course is organized by 9 focus areas, each of which hosting their own testing and evaluation methods in order for learners to self-direct their learning and complete the course at their own pace. A certificate of completion and/or CME/CE credit(s) will be provided after a learner completes each focus area.
- Upon completion of all focus areas, learners will receive a certificate acknowledging their successful completion of the 75+ hour intensive Foundations of Cardiometabolic Health Certification Course.
- Learners will have 1 year after starting the Foundations of Cardiometabolic Health Certification Course to complete all focus areas and complete the course curriculum.

Content Outline

The Foundations of Cardiometabolic Health Certification Course is organized into 9 focus areas, with sub-topics broken out into several segments per Module. Learners may access and complete each part of the Course at their own will and pace.

1. *Lifestyle Management*
2. *Obesity Management*
3. *Type 2 Diabetes*
4. *Hypertension*
5. *Lipid Management*
6. *Cardiovascular Disease*
7. *Chronic Kidney Disease*
8. *Care Delivery Implementation*
9. *Cardiometabolic Considerations in Racial and Ethnic Minorities*

Content Outline: Module 1 – Lifestyle Management

1) Module 1: Lifestyle Management

a) Nutrition & Cardiometabolic Health

- i) Nutrition & Cardiometabolic Health: Principles, Current Patterns, and Role of Diet in Cardiometabolic Risk
 - (1) Diet and Cardiometabolic Health
 - (2) Relationship Between Diet and Cardiometabolic Health
 - (3) Dietary Quality - Current Patterns
- ii) Key Nutrition Recommendations for Cardiometabolic Health: Data and Guidance
 - (1) Current Nutrition Recommendations for a Heart-Healthy Dietary Pattern
 - (2) Moving Closer to a Cardiometabolic Healthy Dietary Pattern: Challenges & Considerations
 - (3) Healthy Dietary Patterns for Cardiometabolic Health: Practical Tips & Summary
- iii) Culinary Medicine: Review of Core Healthy Ingredients, Cooking Methods, and Practical Nutrition Approaches
 - (1) Introduction
 - (2) Knife Skills
 - (3) Leafy Greens
 - (4) Whole Grains
 - (5) Plant-Based Proteins
 - (6) Flavoring Techniques: Spices, Dressings, and Sauces
 - (7) Healthy Fats
 - (8) Assembling the Above Into Flexible Recipes

b) Physical Activity & Cardiometabolic Health

- i) Physical Activity: Current Patterns and Key Concepts in Assessment
 - (1) Physical Activity Introduction
 - (2) Prevalence of Physical Activity and Physical Inactivity
 - (3) History of Physical Activity Guidelines
 - (4) Physical Activity vs. Fitness
 - (5) Assessing Cardiorespiratory Fitness
 - (6) Assessing Musculoskeletal Fitness
- ii) Cardiometabolic Health Benefits of Physical Activity & Physical Activity Recommendations
 - (1) Health Benefits of Physical Activity: An Overview
 - (2) Physical Activity & Hypertension
 - (3) Physical Activity & Lipids
 - (4) Physical Activity & Type 2 Diabetes
 - (5) Physical Activity & Weight Status
 - (6) Physical Activity Recommendations
 - (7) Additional Physical Activity Considerations for Cardiometabolic Health

c) Smoking Cessation

- (1) Introduction: A Practical Approach to Treating Smoking
- (2) Epidemiology of Smoking and Connection to Cardiometabolic Risk
- (3) Smoking Cessation: Screen and Intervene
- (4) Smoking Cessation Pharmacotherapy: Guidelines and Evidence
- (5) Smoking Cessation Patient Case
- (6) Smoking Cessation: Tips and Resources
- (7) Future Directions in the Treatment of Smoking

d) Sleep & Cardiometabolic Health

- i) Sleep Disorders: Classification, Screening, Treatment, and Impact on Cardiometabolic Risk
 - (1) Sleep Disorders: Module Introduction
 - (2) Normal Sleep Physiology
 - (3) Effect of Sleep on Common Medical Disorders
 - (4) Impact of Insufficient Sleep
 - (5) Understanding and Treating Insomnia
 - (6) Obstructive Sleep Apnea
 - (7) Restless Legs Syndrome
 - (8) Narcolepsy
- ii) Obstructive Sleep Apnea (OSA) & Cardiovascular Disease - The Intersection and Collision: A Deeper Dive
 - (1) Cardiology and Sleep Apnea - Overview & Outline
 - (2) Obstructive Sleep Apnea: Demographics & Cardiovascular Effects
 - (3) OSA & Hypertension
 - (4) OSA & Arrhythmias
 - (5) OSA & Congestive Heart Failure
 - (6) OSA & Coronary Artery Disease
 - (7) OSA & Cerebrovascular Accident
 - (8) OSA Treatment Options

Content Outline: Module 2 – Obesity Management

2) Module 2: Obesity Management

a) Obesity as a Disease: An Overview

- (1) Obesity as a Disease: An Introduction
- (2) Obesity: Definitions & Epidemiology
- (3) Obesity Bias and Stigma
- (4) Pathophysiology of Obesity: An Overview
- (5) Impact of Obesity on Cardiometabolic Health
- (6) Initiating the Conversation About Obesity
- (7) Case Presentation - Initial Assessment, Diagnosis & Treatment of Obesity

b) The Medical Management of Obesity

- i) Treating Obesity to the Standard of Care: Key Principles in Obesity Management
 - (1) Treating Obesity to the Standard of Care: An Introduction
 - (2) Obesity & Social Determinants of Health
 - (3) Obesity: Genetics & Background
 - (4) Assessment of Obesity-Associated Comorbidities
 - (5) Obesity & Patient Education
 - (6) Facilitating Behavioral Change for Long-Term Obesity Management
 - (7) Utilizing the Full Spectrum of Comprehensive Management Options for Obesity
 - (8) Evidence-Based Dietary Options for Obesity
 - (9) Physical Activity for Obesity Management
 - (10) Addressing Weight Effects of Common Medications
 - (11) Obesity Pharmacotherapy as Adjunct to Lifestyle
 - (12) Considerations for Metabolic Surgery
 - (13) Treating Obesity to the Standard of Care: Concluding Remarks
- ii) The Treatment of Obesity: Advances and Perspectives
 - (1) Medicating the Patient with Obesity: An Introduction
 - (2) Rationale and Principles for Medicating the Patient with Obesity
 - (3) Avoiding and Remediating Medication-Induced Weight Gain
 - (4) Prescribing Medications to Help Patients Achieve and Sustain Weight Loss
 - (5) Medicating the Patient with Obesity: Concluding Remarks

c) Metabolic Surgery for Obesity Management

- i) Metabolic Surgery: Principles, Efficacy & Safety
 - (1) Metabolic Surgery: An Introduction
 - (2) Bariatric Surgery: Criteria & Overview of Common Procedures
 - (3) Efficacy of Metabolic Surgery
 - (4) Safety of Metabolic Surgery
 - (5) Devices
 - (6) Metabolic Surgery: Perspectives & Concluding Remarks
- ii) Metabolic Surgery Case Studies

d) NAFLD & NASH

- i) NAFLD & NASH: Epidemiology & Burden, Risk Factors and Pathophysiology
 - (1) NAFLD & NASH: Introduction & Disease Burden
 - (2) Current Gaps in NASH Awareness
 - (3) NAFLD & NASH: Epidemiology & Risk Factors
 - (4) Pathophysiology, Disease Progression & Complications
 - (5) The Role of Insulin Resistance in NASH
 - (6) Epidemiology & Risk Factors: A Deeper Dive
- ii) NASH: Screening, Diagnosis, and Current Treatment Options
 - (1) NASH: Diagnosis & Risk Stratification
 - (2) Emerging Non-Invasive Diagnostic Algorithms
 - (3) Management of NASH: Lifestyle Modifications
 - (4) Overview of Guidelines, Current, and Select Emerging Treatment Options
- iii) NAFLD & NASH Diagnosis: A Deeper Dive
 - (1) Diagnosis of NAFLD: From Invasive to Non-Invasive: An Overview
 - (2) NAFLD and T2DM
 - (3) Diagnosis of Steatosis and Fibrosis in NAFLD/NASH
 - (4) Diagnosis and Management of NAFLD/NASH: A 2022 Update
 - (5) Emerging Biomarkers and Diagnostic Tools
- iv) Current Treatments for NASH: A Deeper Dive
 - (1) Current Treatments for NASH: An Introduction
 - (2) Role of Lifestyle Modifications in NASH Resolution
 - (3) Role of GLP-1 RAs and SGLT-2 Inhibitors in NASH Resolution
 - (4) Role of Pioglitazone in NASH Resolution
- v) Future Treatments for NASH
 - (1) New Targets and Treatments for NASH
 - (2) Novel GLP-1 RAs for NASH
 - (3) Potential Role of FGF-19, FGF-21, and Thyroid Hormone Receptor Beta Selective Agonists in NASH
 - (4) Potential Role of FXR Agonists in NASH
 - (5) Summary of Novel Agents for the Treatment of NASH

Content Outline: Module 3 – Type 2 Diabetes

3) Module 3: Type 2 Diabetes

a) *Diabetes Screening & Diagnosis*

- 1) Diabetes Screening, Diagnosis, Prevention, and Assessment of Comorbidities: An Overview
- 2) Diabetes Prevention/Prediabetes
- 3) Screening & Diagnosis
- 4) Comprehensive Medical Evaluation
- 5) Assessment of Comorbidities - Obesity
- 6) Assessment of Comorbidities - Microvascular Complications
- 7) Assessment of Comorbidities - Cardiovascular Disease & Risk Management
- 8) Assessment of Comorbidities - Other Comorbidities
- 9) Assessment of Comorbidities - Mental Health
- 10) Considerations for Older Adults
- 11) Social Determinants of Health and Diabetes Care
- 12) The Evolving Treatment Paradigm and Chronic Care Models in Diabetes

b) *Pharmacologic Approaches for the Treatment of Type 2 Diabetes*

- 1) Goals and Overview
- 2) Therapeutic and Glycemic Targets
- 3) Efficacy and Safety of Medication Classes for Type 2 Diabetes
- 4) Current Guidelines for a Stepwise Approach to Pharmacotherapy
- 5) Patient Cases
- 6) Diabetes Technology: An Overview

c) *Intensive & Advanced Glycemic Management of Diabetes*

- 1) Continuous Glucose Monitoring (CGM): Rationale & Overview
 - Available CGM Devices and Associated Features
 - CGM: Indications & Data Interpretation
 - CGM Patient Cases
 - CGM: Conclusions
- 2) The Use of Pumps and Automated Insulin Delivery (AID) Systems for Diabetes Management
 - Pumps & AID Systems: Features & Patient Selection
 - Pumps: Practical Considerations
 - Patient Cases: Insulin Pumps and AID Systems
 - Pumps & AIDs: Conclusions
- 3) Smart Pens in 2022 and Beyond
- 4) Advances in Insulin Therapy Using Non-Insulin and Insulin Injectables
- 5) Patient Case: Advanced Glycemic Management

Content Outline: Module 4 – Hypertension

4) Module 4: Hypertension

a) *Definition, Screening, Diagnosis of Hypertension*

- i) Definition, Screening, Diagnosis: An Outline
- ii) Hypertension: a Call to Action
- iii) Epidemiology & Burden of Hypertension
- iv) Pathophysiology of Hypertension
- v) Risk Factors for Hypertension
- vi) Properly Defining Hypertension
- vii) Blood Pressure Measurement
- viii) Diagnosis of Hypertension (Primary & Secondary)

b) *Patient Cases in Hypertension*

c) *Treatment of Hypertension: Lifestyle and Pharmacologic Approaches*

- i) Resistant Hypertension
- ii) Approach to True Resistant Hypertension
- iii) Future Drug Development in Resistant Hypertension
- iv) Challenging Hypertension Case

Content Outline: Module 5 – Lipid Management

5) Module 5: Lipid Management

a) *Dyslipidemia: Pathophysiology, Lipoprotein Classifications, and Association with Atherosclerosis*

- i) An Overview of Lipoproteins & Their Functions
 - (1) TG-Rich Lipoproteins
 - (2) LDL
 - (3) HDL
 - (4) Measurement of Plasma Lipids and Lipoproteins
- ii) Dyslipidemia: Approach to Diagnosis, Pathophysiology & Association with ASCVD Risk
 - (1) Pathophysiology & Mutations
 - (2) Interactions of Lipoproteins with the Artery Wall Leading to Atherosclerosis
 - (3) LDL and CVD
 - (4) Hypertriglyceridemia and CVD
 - (5) HDL and CVD

b) *Screening and Treatment of Hypercholesterolemia and Hyperlipidemia*

- i) ASCVD Risk assessment
- ii) Non-Pharmacologic Treatment of Hypercholesterolemia
 - (1) How Much Does Diet Quality Matter
 - (2) Dietary Patterns That Promote Cholesterol Management
 - (3) The Role of Physical Activity
 - (4) ASCVD Risk Levels & Key Takeaways
- iii) Pharmacological Treatment of Hyperlipidemia
 - (1) Hyperlipidemia & ASCVD: Overview, Guidelines, and Statin Therapy
 - (2) Statin Intolerance
 - (3) Non-Statin Agents: Mechanisms of Action & Review of Key Data
- iv) Patient Cases

c) *Residual ASCVD Risk & Other Players in Dyslipidemia*

- i) Hypertriglyceridemia: Association of Causative for ASCVD Management?
 - (1) Challenges with the Definition, Prevalence & Causes of Hypertriglyceridemia
 - (2) Hypertriglyceridemia & ASCVD Risk
 - (3) Management of Hypertriglyceridemia
 - (4) New Kids on the Block for Triglyceride Lowering
 - (5) Management of Severe Hypertriglyceridemia
 - (6) Moderate Hypertriglyceridemia: Patient Case
 - (7) Severe Hypertriglyceridemia: Patient Case
- ii) HDL-C Science and Management
- iii) Lipoprotein(a): Science, Evidence, Management and Emerging Therapies
 - (1) Lipoprotein (a): Prevalence, Pathophysiology, and Role in ASCVD Risk
 - (2) Lp(a): Testing and Current Role in Guidelines and Risk Assessment
 - (3) Current Treatment Options for Lp(a)
 - (4) Emerging Therapeutic Options for Lp(a)
 - (5) Lp(a) Patient Case Study

Content Outline: Module 6 – Cardiovascular Disease

6) Module 6: Cardiovascular Disease

a) *Advanced Non-Invasive Cardiac Imaging*

- i) Non-Invasive Imaging Section Overview
- ii) Risk Assessment of the Asymptomatic Patient - Primary Prevention
 - (1) Case Discussion - Asymptomatic Patient
- iii) Non-Invasive Imaging Evaluation of the Symptomatic Patient
 - (1) Available Non-Invasive Cardiac Imaging Modalities
 - (2) Clinical Trial Results
 - (3) Guidelines
- iv) Non-Invasive Imaging Discussion Cases: Risk Assessment, Anatomic vs. Functional Approach

b) *Coronary Artery Disease (CAD)*

c) *Peripheral Artery Disease (PAD)*

d) *Acute Coronary Syndrome*

e) *Arrhythmias*

- i) Overview of Cardiac Arrhythmias and Treatment Options
 - (1) Antiarrhythmic Medications
 - (2) Implantable Devices for Arrhythmias
 - (3) Catheter Ablation
 - (4) Cardiac Arrhythmias: Concluding Remarks
- ii) Atrial Fibrillation: Epidemiology, Modifiable Risk Factors, and Concept of Atrial Fibrillation as a Systemic Illness
 - (1) Atrial Fibrillation: Causes & Classification
 - (2) Risk Factors for Atrial Fibrillation
 - (3) Dietary Targets
 - (4) Identification of Patients at High-Risk for AF
- iii) Strategies for Prevention of Stroke Associated with Atrial Fibrillation
 - (1) The Relationship Between AF and Stroke
 - (2) Pharmacologic Prevention of Stroke in AF
 - (3) Non-Pharmacologic Prevention of Stroke in AF
 - (4) Preventing Recurrent AF Strokes

f) *Heart Failure*

- i) Definition, Epidemiology, and Pathophysiology of Heart Failure
- ii) Heart Failure & Cardiometabolic Risk Connections
- iii) Screening and Diagnostic Approaches in HF
- iv) HF Case Presentation (*)
- v) Heart Failure Treatment in the Era of Multiple Therapies: A Potpourri
 - (1) Challenges with GDMT Optimization in HF
 - (2) New Targets & Trials in HF: An Overview
 - (3) Cardiac Myosin Activators in HFrEF
 - (4) sGC Stimulators in HFrEF
 - (5) SGLT-2 Inhibitors in HFrEF
 - (6) Heart Failure with Preserved Ejection Fraction (HFpEF): Challenges and Treatment Advances
 - (7) Treatment of HF: Summary and Concluding Remarks

g) *CVD in Women: Special Considerations for Assessment & Treatment*

- i) CVD Considerations in Women: An Overview
- ii) Unique Aspects of Coronary Artery Disease in Women
- iii) Women & Diabetes
- iv) Pregnancy-associated Conditions and Impact on CV Outcomes
- v) Heart Failure in Women
- vi) Menopause and CVD Risk
- vii) Valvular Heart Disease in Women

Content Outline: Module 7 – Chronic Kidney Disease (CKD)

- 7) **Module 7: Chronic Kidney Disease (CKD)**
 - a) *Pathophysiology and Epidemiology of Chronic Kidney Disease*
 - b) *Stages of CKD and Associated Risks*
 - c) *Screening, Diagnosis, and Prediction of CKD Progression*
 - d) *Treatment of CKD, Stages 1-4*
 - e) *Patient Case - CKD*

Content Outline: Module 8 – Care Delivery Implementation

- 8) **Module 8: Care Delivery Implementation**
 - a) *Perspectives on Team-Based care, Care Coordination, Practical Tips, Patient/Staff Education*
 - i. Team Based Care Coordination: A Necessary Approach for Prevention and Chronic Disease Management
 - ii. Scope, Rationale, and Key Partnerships
 - iii. Trained and Available Workforce
 - iv. Patient and Family Engagement
 - v. Education and Improvement of Care Coordination
 - vi. Panel Discussion
 - b) *The Reason We Need Multidisciplinary Care*
 - i. Heart of the Matter: Team-Based Care to Improve Quality of Outcomes in Cardiometabolic Disease
 - ii. Complex Cardiometabolic Patient Case & Considerations
 - iii. Cardiometabolic Disease: Goals of Care & Evolving Evidence
 - iv. Changing Guidelines and Evolving Treatment Landscapes
 - v. The Need for Comprehensive Care for Cardiometabolic Patients
 - vi. Panel Discussion

Content Outline: Module 9 – Cardiometabolic Considerations in Racial and Ethnic Minority Populations

- 9) **Module 9: Cardiometabolic Considerations in Racial and Ethnic Minority Populations**
 - a) *CVD and Cardiometabolic Considerations in Individuals from Racial/Ethnic Minority Groups: Module Introduction*
 - b) *Overview: Cardiometabolic Disparities & Inequities*
 - c) *Hypertension with Diabetes*
 - i) *Diabetes, Obesity, and CKD*
 - d) *Hypertension in Racial/Ethnic Populations*
 - i) *Pharmacologic Agents in the Treatment of Hypertension*
 - e) *Out of Office Self-Measured Blood Pressure and Resistant Hypertension*
 - i) *Self-Measured Blood Pressure and Telehealth*
 - f) *Heart Failure and Sudden Death*
 - i) *Diagnosis of Heart Failure*
 - ii) *Epidemiology, Disparities, and Treatment of Heart Failure*
 - iii) *Sudden Cardiac Death*
 - g) *Diabetes and Heart Failure*
 - h) *Heart Failure with Preserved Ejection Fraction (HFpEF)*
 - i) *Amyloid Cardiomyopathy*
 - i) *Lipids in Racial/Ethnic Populations*
 - i) *Lipoprotein(a)*
 - j) *Eliminating Disparities: Perspectives & Strategies*
 - k) *Patient Cases: Cardiometabolic Considerations in Racial and Ethnic Minority Populations*

Resources, Slides, Transcripts

Each segment within a Module will contain resources, presentation slides, and transcripts. These assets may be found in two different locations for ease of access:

HOME CATALOG CALENDAR MY ACCOUNT CONTACT US

» Cardiometabolic Health Congress (CMHC) » Module 1: Lifestyle Management » Nutrition & Cardiometabolic Health

FEATURES
Home
Calendar
Courses
News
Discussions

Module 1: Lifestyle Management

NUTRITION & CARDIOMETABOLIC HEALTH

OVERVIEW ACCREDITATION TAKE COURSE

Nutrition & Cardiometabolic Health: Principles, Current Patterns, and Role of Diet in Cardiometabolic Risk

- Diet and Cardiometabolic Health
- Relationship Between Diet and Cardiometabolic Health
- Dietary Quality - Current Patterns

Key Nutrition Recommendations for Cardiometabolic Health: Data and Guidance

- Current Nutrition Recommendations for a Heart-Healthy Dietary Pattern
- Moving Closer to a Cardiometabolic Healthy Dietary Pattern: Challenges & Considerations
- Healthy Dietary Patterns for Cardiometabolic Health: Practical Tips & Summary

Culinary Medicine: Review of Core Healthy Ingredients, Cooking Methods and Practical Nutrition Approaches

- Knife Skills
- Leafy Greens
- Whole Grains
- Plant-Based Proteins
- Flavoring Techniques: Spices, Dressings, and Sauces
- Healthy Fats
- Assembling the Above Into Flexible Recipes

COURSE SUMMARY

Available credit:
5.00 ACPE Pharmacy
5.00 AMA PRA Category 1 Credit™
5.00 ANCC
5.00 CDE
5.00 Participation

Course opens: 01/17/2022
Course expires: 01/16/2025
Enrollment ends: 01/25/2023

Part of:
Module 1: Lifestyle Management

TAKE COURSE

Rating: ★★★★★

Bookmark course

ADDITIONAL INFORMATION

Attachment	Size
Resources: Module 1 - Nutrition & Cardiometabolic Health	927.51 KB
Presentation Slides: Module 1 - Nutrition & Cardiometabolic Health	6.3 MB

Uploaded to the Module

HOME CATALOG CALENDAR MY ACCOUNT CONTACT US

» Cardiometabolic Health Congress (CMHC) » Module 1: Lifestyle Management » Nutrition & Cardiometabolic Health

← RETURN TO PARENT HOME ← RETURN TO COURSE HOME

COURSE PROGRESS

- NUTRITION & CARDIOMETABOLIC HEALTH: PRINCIPLES, CURRENT PATTERNS, AND ROLE OF DIET IN CARDIOMETABOLIC RISK
- KEY NUTRITION RECOMMENDATIONS FOR CARDIOMETABOLIC HEALTH: DATA AND GUIDANCE
- CULINARY MEDICINE: REVIEW OF CORE HEALTHY INGREDIENTS, COOKING METHODS, AND PRACTICAL NUTRITION APPROACHES
- RESOURCES
- TEST: NUTRITION & CARDIOMETABOLIC HEALTH
- CREDIT

COURSE HOME

COURSE INSTRUCTIONS:
Module 1: Lifestyle Management - Nutrition & Cardiometabolic Health is organized into three segments, as outlined below. You may access the segments in any order you'd like, however, they have been organized methodically. In order to officially complete the Nutrition & Cardiometabolic Health component of Module 1, you must view all segments and successfully pass the test at the end of the course. CME/CE certificates are provided upon completion of all course components within the Modules.

Nutrition & Cardiometabolic Health: Principles, Current Patterns, and Role of Diet in Cardiometabolic Risk

- Diet and Cardiometabolic Health
- Relationship Between Diet and Cardiometabolic Health
- Dietary Quality - Current Patterns

Key Nutrition Recommendations for Cardiometabolic Health: Data and Guidance

- Current Nutrition Recommendations for a Heart-Healthy Dietary Pattern
- Moving Closer to a Cardiometabolic Healthy Dietary Pattern: Challenges & Considerations
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Culinary Medicine: Review of Core Healthy Ingredients, Cooking Methods and Practical Nutrition Approaches

- Knife Skills
- Leafy Greens
- Whole Grains
- Plant-Based Proteins
- Flavoring Techniques: Spices, Dressings, and Sauces
- Healthy Fats
- Assembling the Above Into Flexible Recipes

Within each Course Outline

Questions & Live Webinars

Learners are welcome to submit their questions to faculty throughout the course! CMHC will route these questions and post them for all learners to see; CMHC will also organize regular webinars with select Course faculty so that learners may ask their questions live. Webinar notifications will be sent to learners via email. Email Foundations@cardiometabolichealth.org.

Emails & Updates

The cardiometabolic health field is ever-changing! CMHC will be adding resources, videos, podcasts, and other content to the Course periodically; email updates will be sent as items are added. Additionally, CMHC will officially update the content of the Foundations of Cardiometabolic Health Certification Course on an annual basis. Email updates will be sent to learners – past and present – as they are implemented.

CME/CE's

- The course will be organized by 9 focus areas, each of which will host their own testing and evaluation methods in order for learners to self-direct their learning and complete the course at their own pace. A certificate of completion and/or CME/CE credit(s) will be provided after a learner completes each focus area.
- Upon completion of the Foundations of Cardiometabolic Health Certification Course, learners will receive a certificate acknowledging their successful completion of the 75+ hour intensive course, in addition to the respective focus area CME/CE certificates, MOC and MIPS evidence. The overall completion certificate is evidence of the learner's knowledge and competence in the cardiometabolic health field.
- The Foundations of Cardiometabolic Health Certification Course will be jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Full accreditation information forthcoming.
- Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn MOC points in the American Board of Internal Medicine's (ABIM) maintenance of certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.
- Completion of this accredited CME activity meets the expectations of an Accredited Safety or Quality Improvement Program (IA_PSPA_28) for the Merit-based Incentive Payment Program (MIPS).

CCHP Certificate & Credential

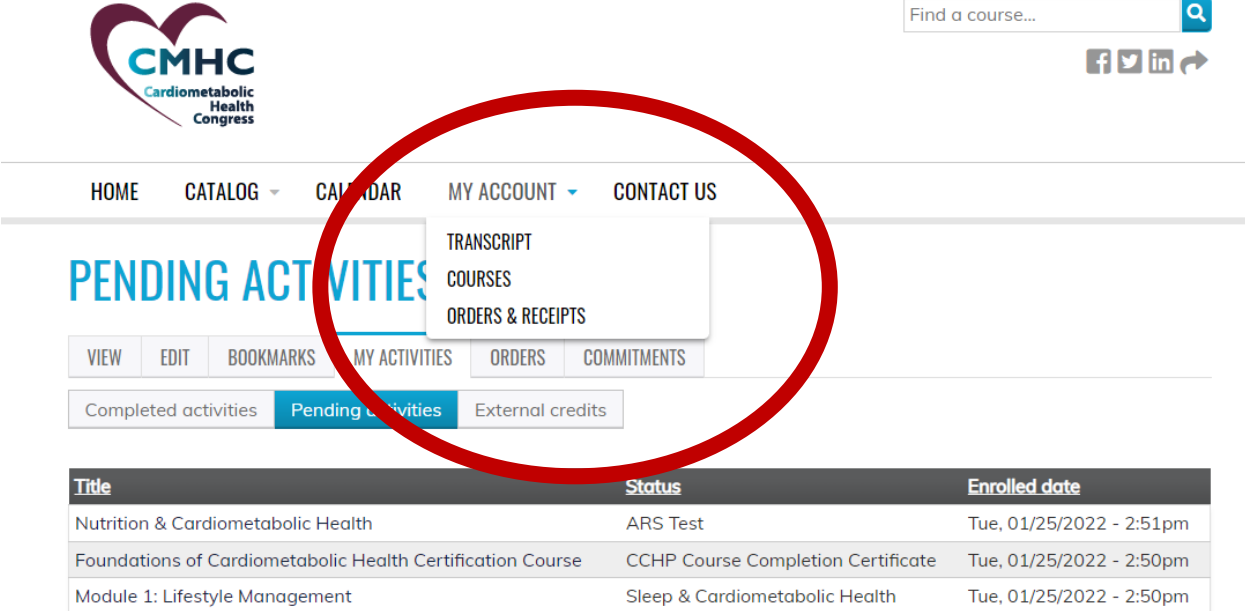
- The course will be organized by 9 focus areas, each of which will host their own testing and evaluation methods in order for learners to self-direct their learning and complete the course at their own pace. A certificate of completion and/or CME/CE credit(s) will be provided after a learner completes each focus area.
- Upon completion of all focus areas, learners will receive a certificate acknowledging their successful completion of the 75+ hour intensive Foundations of Cardiometabolic Health Certification Course.
- Learners will have 1 year after starting the Foundations of Cardiometabolic Health Certification Course to complete all focus areas and complete the course curriculum.
- The Foundations of Cardiometabolic Health Certification is valid for 3 years. In order to re-certify, learners must demonstrate active involvement in the cardiometabolic health field, in addition to participating in at least 30 continuing education hours throughout the 3 years.
- Re-Certification Cost: \$495

EthosCE

CMHC will host the Foundations of Cardiometabolic Health Certification on EthosCE, a learning management system (LMS) that maintains course enrollments, CME transcripts, certificates, and all course content. Once registered, learners will automatically be enrolled in the Course on Ethos. In order to access the course, learners will log in to Ethos and navigate to their Account > Courses. The Foundations Course will be listed under the Pending Activities section.

Preferred Browsers

- EthosCE works best with Google Chrome or Mozilla Firefox.
- This web application has rendering issues on Windows Internet Explorer 7. To use IE, we strongly recommend you use IE8 or higher.
- **Note:** EthosCE can also be accessed with mobile devices.



The screenshot displays the CMHC website's user interface. At the top left is the CMHC logo (Cardiometabolic Health Congress). A search bar with the text 'Find a course...' and a magnifying glass icon is located at the top right, along with social media icons for Facebook, Twitter, LinkedIn, and a share icon. The main navigation bar includes links for HOME, CATALOG, CALENDAR, MY ACCOUNT (highlighted with a red circle), and CONTACT US. A dropdown menu is open under MY ACCOUNT, showing options for TRANSCRIPT, COURSES (selected), and ORDERS & RECEIPTS. Below the navigation is a section titled 'PENDING ACTIVITIES' with buttons for VIEW, EDIT, BOOKMARKS, MY ACTIVITIES, ORDERS, and COMMITMENTS. A tabbed interface shows 'Completed activities', 'Pending Activities' (selected), and 'External credits'. A table lists pending activities with columns for Title, Status, and Enrolled date.

Title	Status	Enrolled date
Nutrition & Cardiometabolic Health	ARS Test	Tue, 01/25/2022 - 2:51pm
Foundations of Cardiometabolic Health Certification Course	CCHP Course Completion Certificate	Tue, 01/25/2022 - 2:50pm
Module 1: Lifestyle Management	Sleep & Cardiometabolic Health	Tue, 01/25/2022 - 2:50pm

EthosCE

Once in the Foundations Course, learners may navigate to the Module in which they want to access by clicking on Take Course and then selecting the Module.

Title	Status	
Foundations of Cardiometabolic Health Certification Course	In progress	<input checked="" type="checkbox"/>
Module 1: Lifestyle Management	In progress	<input checked="" type="checkbox"/>
Nutrition & Cardiometabolic Health	In progress	<input checked="" type="checkbox"/>
Physical Activity & Cardiometabolic Health	In progress	<input checked="" type="checkbox"/>
Smoking Cessation	Complete	<input checked="" type="checkbox"/>
Sleep & Cardiometabolic Health	In progress	<input checked="" type="checkbox"/>
Parent Evaluation Test	Locked	<input checked="" type="checkbox"/>
Module 2: Obesity Management	Complete	<input checked="" type="checkbox"/>
Module 3: Type 2 Diabetes	Complete	<input checked="" type="checkbox"/>
Module 4: Hypertension	Complete	<input checked="" type="checkbox"/>
Module 5: Lipid Management	Complete	<input checked="" type="checkbox"/>
Module 6: Cardiovascular Disease	Complete	<input checked="" type="checkbox"/>
Module 7: Chronic Kidney Disease	Complete	<input checked="" type="checkbox"/>
Module 8: Care Delivery Implementation	Complete	<input checked="" type="checkbox"/>
Module 9: Cardiometabolic Considerations in Racial and Ethnic Minorities	Available	<input checked="" type="checkbox"/>

EthosCE

After clicking on the Module, the segments within each Module will be listed; learners must complete each segment within the Module to receive CME/CE Credit.

HOME CATALOG CALENDAR MY ACCOUNT CONTACT US

» Cardiomtabolic Health Congress (CMHC) » Foundations of Cardiomtabolic Health...

FEATURES

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Foundations of Cardiomtabolic Health Certification Course | Certified Cardiomtabolic Health Professional (CCHP)

FOUNDATIONS OF CARDIOMETABOLIC HEALTH CERTIFICATION COURSE

OVERVIEW PROGRAM FACULTY ACCREDITATION TAKE COURSE

Title	Status	
Foundations of Cardiomtabolic Health Certification Course	In progress	
Module 1: Lifestyle Management	In progress	
Nutrition & Cardiomtabolic Health	In progress	
Module 2: Obesity Management	Complete	
Module 3: Type 2 Diabetes	Complete	
Module 4: Hypertension	Complete	
Module 5: Lipid Management	Complete	
Module 6: Cardiovascular Disease	Complete	
Module 7: Chronic Kidney Disease	Complete	
Module 8: Care Delivery Implementation	Complete	
Module 9: Cardiomtabolic Considerations in Racial and Ethnic Minorities	Locked	

Cardiomtabolic Health Congress (CMHC) » Foundations of Cardiomtabolic Health » Module 1: Lifestyle Management

VIEW EDIT ENROLLMENTS REMINDERS COURSE OUTLINE COURSE REPORTS REVISIONS CLONE

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ADD CONTENT

- Course
- Discussion topic
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- Basic page
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Module 1: Lifestyle Management

MODULE 1: LIFESTYLE MANAGEMENT

OVERVIEW FACULTY ACCREDITATION TAKE COURSE

ADMIN

- Edit Learning Group
- Features
- Members
- Group dashboard
- Group reports

Title	Status	
Module 1: Lifestyle Management	In progress	
Nutrition & Cardiomtabolic Health	In progress	
Physical Activity & Cardiomtabolic Health	In progress	
Smoking Cessation	Complete	
Sleep & Cardiomtabolic Health	In progress	
Parent Evaluation Test	Locked	

REQUIRED HARDWARE/SOFTWARE

A computer with an internet connection.

Internet Browser: Internet Explorer 7.x or higher, Firefox 4.x or higher, Safari 2.x or higher, or any other W3C standards compliant browser.

Other additional software may be required such as PowerPoint or Adobe Acrobat Reader.

EthosCE

Course content is organized within each segment. Learners will find instructions and the course outline on the course homepage.

NUTRITION & CARDIOMETABOLIC HEALTH

[← RETURN TO PARENT HOME](#) [← RETURN TO COURSE HOME](#)

COURSE PROGRESS

- NUTRITION & CARDIOMETABOLIC HEALTH: PRINCIPLES, CURRENT PATTERNS, AND ROLE OF DIET IN CARDIOMETABOLIC RISK
REQUIRED [RESUME](#)
- KEY NUTRITION RECOMMENDATIONS FOR CARDIOMETABOLIC HEALTH: DATA AND GUIDANCE
REQUIRED [REVIEW](#)
- CULINARY MEDICINE: REVIEW OF CORE HEALTHY INGREDIENTS, COOKING METHODS AND PRACTICAL NUTRITION APPROACHES
REQUIRED [RESUME](#)
- RESOURCES
- TEST: NUTRITION & CARDIOMETABOLIC HEALTH
- EVALUATION: NUTRITION & CARDIOMETABOLIC HEALTH
- CREDIT

COURSE HOME

COURSE INSTRUCTIONS:

Module 1: Lifestyle Management - Nutrition & Cardiometabolic Health is organized into three segments, as outlined below. You may access the segments in any order you'd like, however, they have been organized methodically. In order to officially complete the Nutrition & Cardiometabolic Health component of Module 1, you must view all segments and successfully pass the test at the end of the course. CME/CE certificates are provided upon completion of all course components within the Modules.

Nutrition & Cardiometabolic Health: Principles, Current Patterns, and Role of Diet in Cardiometabolic Risk

- Diet and Cardiometabolic Health
- Relationship Between Diet and Cardiometabolic Health
- Dietary Quality - Current Patterns

Key Nutrition Recommendations for Cardiometabolic Health: Data and Guidance

- Current Nutrition Recommendations for a Heart-Healthy Dietary Pattern
- Moving Closer to a Cardiometabolic Healthy Dietary Pattern: Challenges & Considerations
- Healthy Dietary Patterns for Cardiometabolic Health: Practical Tips & Summary

Culinary Medicine: Review of Core Healthy Ingredients, Cooking Methods and Practical Nutrition Approaches

- Knife Skills
- Leafy Greens
- Whole Grains
- Plant-Based Proteins
- Flavoring Techniques: Spices, Dressings, and Sauces
- Healthy Fats
- Assembling the Above Into Flexible Recipes

EthosCE

To access the course content, click Start, Review, or Resume on the lefthand navigation bar, then click Launch.

NUTRITION & CARDIOMETABOLIC HEALTH

← RETURN TO PARENT HOME ← RETURN TO COURSE HOME

COURSE PROGRESS

- 1 NUTRITION & CARDIOMETABOLIC HEALTH: PRINCIPLES, CURRENT PATTERNS, AND ROLE OF DIET IN CARDIOMETABOLIC RISK **REQUIRED** **RESUME**
- 2 KEY NUTRITION RECOMMENDATIONS FOR CARDIOMETABOLIC HEALTH: DATA AND GUIDANCE **REQUIRED** **REVIEW**
- 3 CULINARY MEDICINE: REVIEW OF CORE HEALTHY INGREDIENTS, COOKING METHODS AND PRACTICAL NUTRITION APPROACHES **REQUIRED** **RESUME**
- RESOURCES
- TEST: NUTRITION & CARDIOMETABOLIC HEALTH
- EVALUATION: NUTRITION & CARDIOMETABOLIC HEALTH
- CREDIT

COURSE INSTRUCTIONS:

Module 1: Lifestyle Management - Nutrition & Cardiometabolic Health is organized into three segments, as outlined below. You may access the segments in any order you'd like, however, they have been organized methodically. In order to officially complete the Nutrition & Cardiometabolic Health component of Module 1, you must view all segments and successfully pass the test at the end of the course. CME/CE certificates are provided upon completion of all course components within the Modules.

Nutrition & Cardiometabolic Health: Principles, Current Patterns, and Role of Diet in Cardiometabolic Risk

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- Moving Closer to a Cardiometabolic Healthy Dietary Pattern: Challenges & Considerations
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NUTRITION & CARDIOMETABOLIC HEALTH

NUTRITION & CARDIOMETABOLIC HEALTH: PRINCIPLES, CURRENT PATTERNS, AND ROLE OF DIET IN CARDIOMETABOLIC RISK

← RETURN TO PARENT HOME ← RETURN TO COURSE HOME

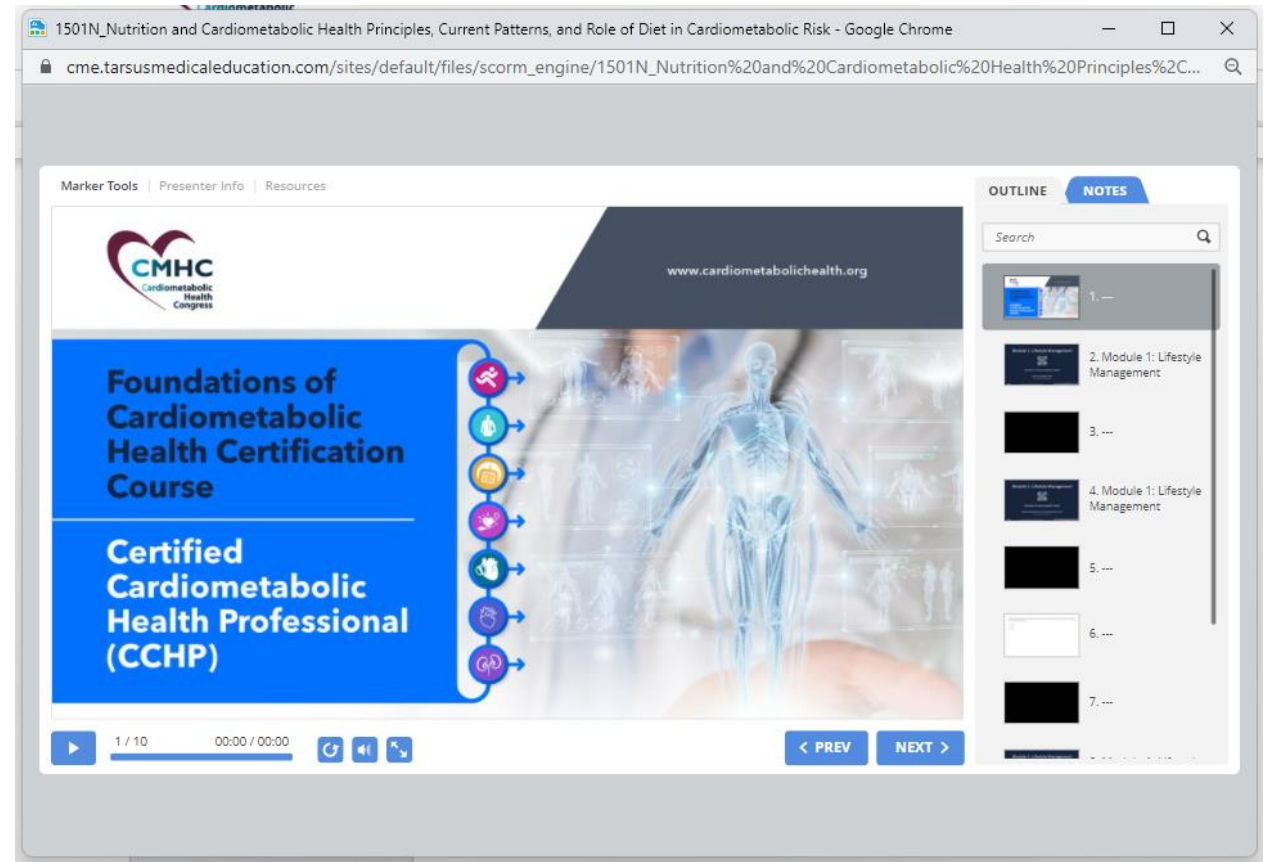
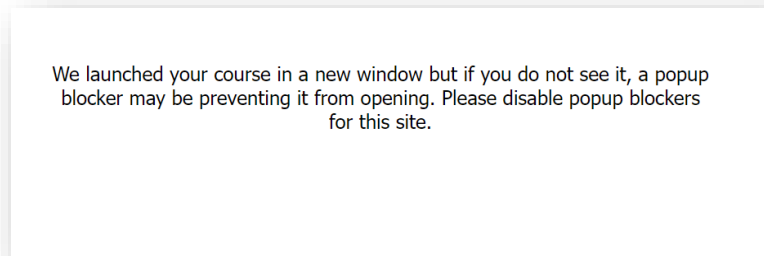
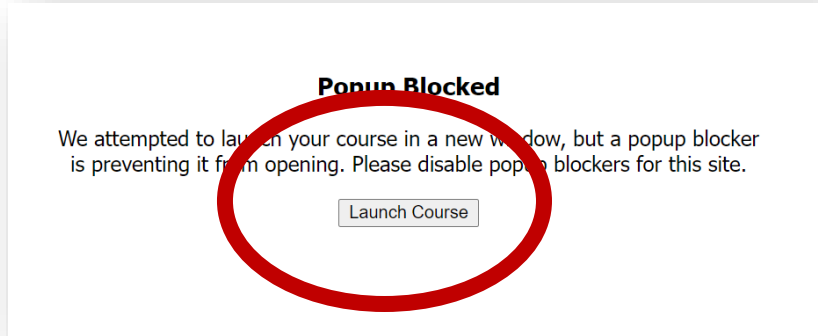
COURSE PROGRESS

NUTRITION & CARDIOMETABOLIC HEALTH: PRINCIPLES, CURRENT PATTERNS, AND ROLE OF DIET IN CARDIOMETABOLIC RISK **LAUNCH**

- 1 NUTRITION & CARDIOMETABOLIC HEALTH: PRINCIPLES, CURRENT PATTERNS, AND ROLE OF DIET IN CARDIOMETABOLIC RISK **REQUIRED** **RESUME**
- 2 KEY NUTRITION RECOMMENDATIONS FOR CARDIOMETABOLIC HEALTH: DATA AND GUIDANCE
- 3 CULINARY MEDICINE: REVIEW OF CORE HEALTHY INGREDIENTS, COOKING METHODS AND PRACTICAL NUTRITION APPROACHES
- RESOURCES
- TEST: NUTRITION & CARDIOMETABOLIC HEALTH
- EVALUATION: NUTRITION & CARDIOMETABOLIC HEALTH
- CREDIT

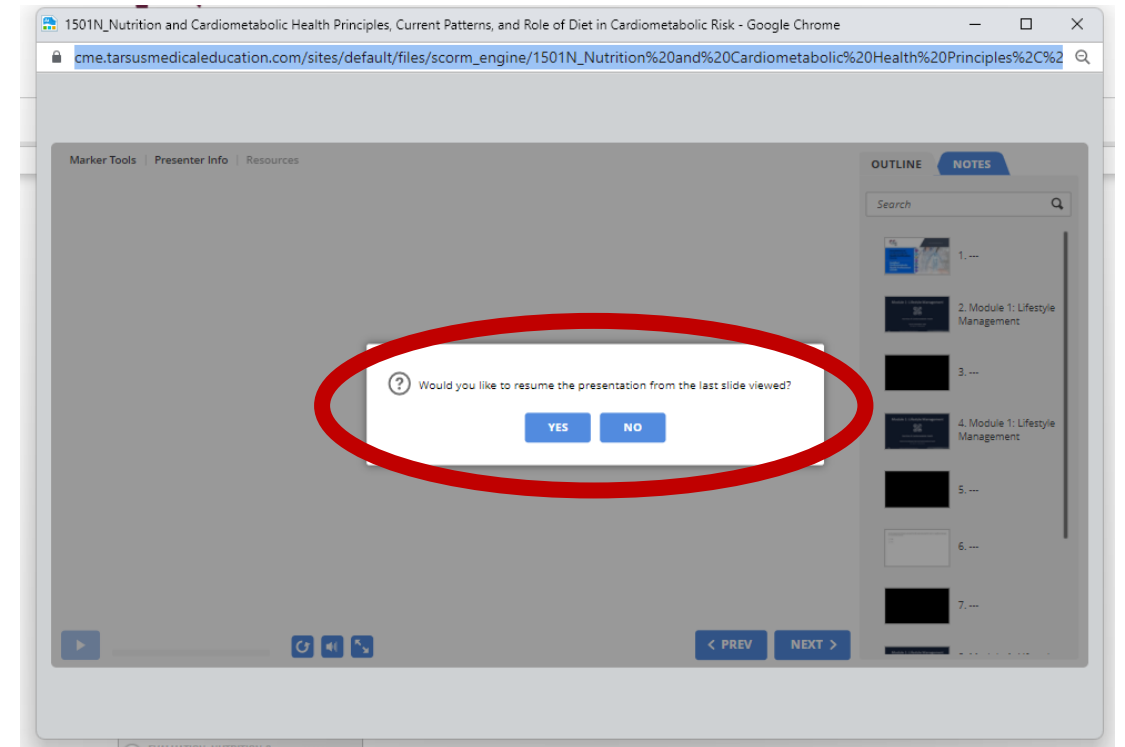
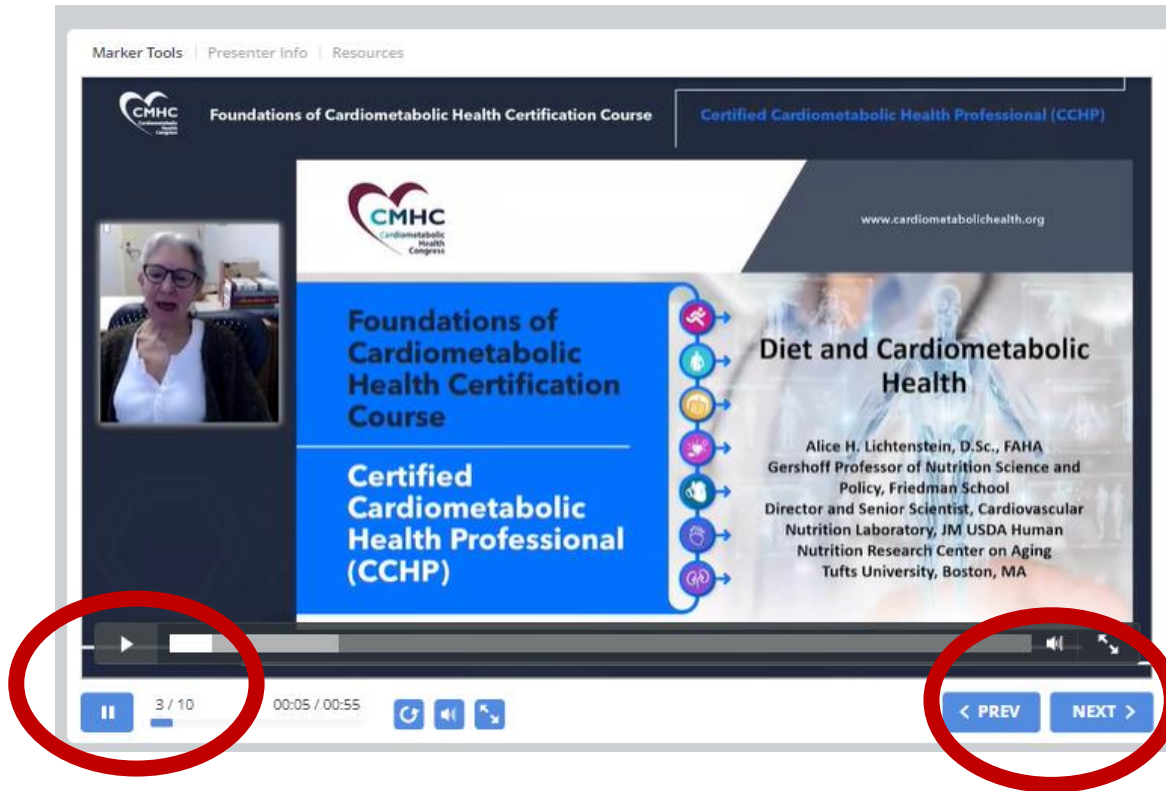
EthosCE

The course will open as a pop-up in your internet browser (you may have to disable pop-up blockers if the window does not open); this will allow you to maximize the size of the window and move in and out of the course and EthosCE seamlessly.



EthosCE

Use the play, previous, next, and pause buttons to navigate through the course (the course is organized with introductory slides before each video). You may close the pop-up browser at anytime and resume the course by clicking Resume on the lefthand navigation, launch, and then clicking Yes when prompted to resume the presentation from the last slide viewed.



EthosCE

Once all segments are accessed and viewed, learners must pass the Test within EthosCE. Successfully passing the test will mark the segment as completed. All segments within a module must be completed before accessing the Module evaluation.

The blue circles on the lefthand dashboard are denoted as follows:

- Empty: not started
- Half moon: started but not completed
- Full: completed

The screenshot shows the course progress dashboard for the module 'NUTRITION & CARDIOMETABOLIC HEALTH: PRINCIPLES, CURRENT PATTERNS, AND ROLE OF DIET IN CARDIOMETABOLIC RISK'. The dashboard includes a 'COURSE PROGRESS' sidebar on the left and a main content area on the right. The sidebar lists several segments with progress indicators: a full blue circle for the current segment, a half blue circle for 'KEY NUTRITION RECOMMENDATIONS FOR CARDIOMETABOLIC HEALTH: DATA AND GUIDANCE', a half blue circle for 'CULINARY MEDICINE: REVIEW OF CORE HEALTHY INGREDIENTS, COOKING METHODS AND PRACTICAL NUTRITION APPROACHES', a full blue circle for 'RESOURCES', and an empty circle for 'TEST: NUTRITION & CARDIOMETABOLIC HEALTH'. A red circle highlights the 'TEST' segment. The main content area shows the title of the current segment and a 'LAUNCH' button. Navigation links for 'RETURN TO PARENT HOME' and 'RETURN TO COURSE HOME' are visible at the top right.

EthosCE

To complete the Module and receive credit, return to the Module (Parent) Home, ensure all segments are listed as Completed, and complete the Evaluation, Credit, and Certificate portions of the Module. You may automatically download your CME/CE Certificate. When all Modules have been completed, users may download a Foundations of Cardiometabolic Health Certificate of completion.

FEATURES

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ADD CONTENT

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- Basic page
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ADMIN

- Edit Learning group
- Features
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- Group dashboard
- Group report



MODULE 1: LIFESTYLE MANAGEMENT

OVERVIEW FACULTY ACCREDITATION TAKE COURSE

Title	Status	
Module 1: Lifestyle Management	In progress	<input checked="" type="checkbox"/>
Nutrition & Cardiometabolic Health	In progress	<input checked="" type="checkbox"/>
Physical Activity & Cardiometabolic Health	In progress	<input checked="" type="checkbox"/>
Smoking Cessation	Complete	<input checked="" type="checkbox"/>
Sleep & Cardiometabolic Health	In progress	<input checked="" type="checkbox"/>
Module 1 Evaluation	Locked	<input checked="" type="checkbox"/>

REQUIRED HARDWARE/SOFTWARE

A computer with an internet connection

Internet Browser: Internet Explorer 7.x or higher, Firefox 4.x or higher, Safari 2.x or higher, or any other W3C standards compliant browser

Other additional software may be required such as PowerPoint or Adobe Acrobat Reader.

Course Guide



Foundations of Cardiometabolic Health Certification Course

Foundations@cardiometabolichealth.org