



Foundations of Cardiomtabolic Health Certification Course

Certified
Cardiomtabolic Health
Professional (CCHP)



MODULE 2

Obesity

1. OBESITY AS A DISEASE: AN OVERVIEW

Important Guidelines, Statements, and Reports

- Obesity and Cardiovascular Disease: A Scientific Statement From the American Heart Association (+)
- AACE- Comprehensive Clinical Practice Guidelines for Medical Care of Patients with Obesity (+)
- AACE Clinical Practice Guidelines for Healthy Eating for the Prevention and Treatment of Metabolic and Endocrine Diseases in Adults (+)

Important Suggested Readings and Resources:

- 5 As: Framework for Teaching and Practicing the Art of Behavior Change (+)
- Motivational Interviewing (+)
- Obesity and Cardiomtabolic Risk Factors: From Childhood to Adulthood (+)
- Centers for Disease Control and Prevention- Overweight and Obesity (+)
- Centers for Disease Control and Prevention Nutrition: Physical Activity, and Obesity Prevention Strategies (+)
- 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults (+)
- Management of Adult Overweight and Obesity (OBE) (2020)- U.S. Department of Veterans Affairs (+)
- Weight Can't Wait: Guide for the Management of Obesity in the Primary Care Setting (STOP Obesity Alliance) (+)