

Foundations of Cardiometabolic Health Certification Course

Certified Cardiometabolic Health Professional (CCHP)

MODULE 9 **Cardiometabolic Considerations in** Individuals from **Racial & Ethnic Minorities**

1. CVD AND CARDIOMETABOLIC CONSIDERATIONS IN INDIVIDUALS FROM RACIAL/ETHNIC MINORITY GROUPS: AN OVERVIEW

Important Guidelines, Statements, Reports, Suggested Readings and Resources

•	CMHC Webinar: "Looming Cardiometabolic Crisis: A Conversation About Race"	(
•	CMHC Podcast: "Ethnic and Racial Disparities in Cardiometabolic Health" with Dr. Keith C. Ferdinand	(+)

- **(** Trends in Cardiovascular Risk Factors in US Adults by Race and Ethnicity and Socioeconomic Status, 1999-2018
- **(** Racial and Ethnic Disparities in Health and Health Care
- **(** Race and Ethnicity and Cardiometabolic Risk Profile: Disparities Across Income and Health Insurance in a National Sample of US Adults
- **(** Reducing disparities in health care
- Minority Health (+)
- Inequity systemically harms people of color- ADA (+)



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2. SPECIFIC CLINICAL CONSIDERATIONS IN RACIAL AND ETHNIC MINORITY POPULATIONS - HYPERTENSION, DIABETES, AND OBESITY

•	CMHC Webinar: "Cardiometabolic Health Disparities in Hispanic Americans"	(
•	CMHC Podcast: "Addressing Disparities in Obesity Management" with Dr. Fatima Cody Stanford	9
•	Association of Clinical and Social Factors with Excess Hypertension Risk in Black Compared With White US Adults	9
•	Addressing Health Disparities in Diabetes	9
•	Addressing Challenges and Implications of National Surveillance for Racial/Ethnic Disparities in Diabetes	6
•	Association of Intensive Blood Pressure Control and Living Arrangement on Cardiovascular Outcomes by Race- Post Hoc Analysis of SPRINT Randomized Clinical Trial	(
•	Antihyperglycemic and Blood Pressure Effects of Empagliflozin in Black Patients With Type 2 Diabetes Mellitus and Hypertension	E
•	Obesity and Hispanic Americans	9
•	Association of Clinical and Social Factors With Excess Hypertension Risk in Black Compared With White US Adults	(
•	Reducing racial and ethnic disparities in hypertension prevention and control: what will it take to translate research into practice and policy?	(
•	A Cluster-Randomized Trial of Blood-Pressure Reduction in Black Barbershops	9
•	2022 ADA Standards of Care – Improving Care and Promoting Health in Populations	(



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3. SPECIFIC CLINICAL CONSIDERATIONS IN RACIAL AND ETHNIC MINORITY POPULATIONS - HEART FAILURE AND LIPIDS

•	Call to Action: Structural Racism as a Fundamental Driver of Health Disparities: A Presidential Advisory from the American Heart Association	(
•	Circulation journal- focused on disparities	(
•	American Hospital Association Disparities Toolkit	(
•	The Groundwater of Racial and Ethnic Disparities Research- A Statement From Circulation: Cardiovascular Quality and Outcomes	(
•	The Triglyceride Paradox in People of African Descent	(
•	Effect of Access to Prescribed PCSK9 Inhibitors on Cardiovascular Outcomes	(
•	Cardiovascular disease in racial/ethnic minority populations: illness burden and overview of community-based interventions	
•	Disparities in cardiovascular care: Past, present, and solutions	
•	Contemporary Reevaluation of Race and Ethnicity With Outcomes in Heart Failure	
•	Understanding the Complexity of Heart Failure Risk and Treatment in Black Patients	
•	Heart failure drug treatment: the fantastic four	
•	Transthyretin V122I (pV142I)* cardiac amyloidosis: an age-dependent autosomal dominant cardiomyopathy too common to be overlooked as a cause of significant heart disease in elderly African Americans	
•	Improving the enrollment of women and racially/ethnically diverse populations in cardiovascular clinical trials: An ASPC practice statement	
•	Health disparities among adult patients with a phenotypic diagnosis of familial hypercholesterolemia in the CASCADE-FH™ patient	



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• Alirocumab efficacy and safety by race and ethnicity: Analysis from 3 ODYSSEY phase 3 trials



NHLBI Working Group Recommendations to Reduce Lipoprotein(a)-Mediated Risk of Cardiovascular Disease and Aortic Stenosis

