Council on Lifestyle and Cardiometabolic Health’s
Most impactful publications – 2016

Chiu S, Bergeron N, Williams PT, Bray GA, Sutherland B, Krauss RM. Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: a randomized controlled trial. Am J Clin Nutr

Chomistek AK, Henschel B, Eliassen AH, Mukamal KJ, Rimm EB. Frequency, Type, and Volume of Leisure-Time Physical Activity and Risk of Coronary Heart Disease in Young Women. Circulation


Ekelund U, Steene-Johannessen J, Brown WJ, Fagerland MW, Owen N, Powell KE, Bauman A, Lee IM. Does physical activity attenuate, or even eliminate, the detrimental association of sitting time with mortality? A harmonised meta-analysis of data from more than 1 million men and women. Lancet

Rebholz CM, Anderson CAM, Grams ME, Bazzano LA, Crews DC, Chang AR, Coresh J, Appel LJ. Relationship of the American Heart Association’s Impact Goals (Life’s Simple 7) with risk of chronic kidney disease: results from the Atherosclerosis Risk in Communities (ARIC) cohort study. J Am Heart Assoc

Jakicic JM, Davis KK, Rogers RJ, King WC, Marcus MD, Helsel D, Rickman AD, Wahed AS, Belle SH. Effect of Wearable Technology Combined With a Lifestyle Intervention on Long-term Weight Loss: The IDEA Randomized Clinical Trial. JAMA

Parker ED, Sinaiko AR, Kharbanda EO, Margolis KL, Daley MF, Trower NK, Sherwood NE, Greenspan LC, Lo JC, Magid DJ, O’Connor PJ. Change in Weight Status and Development of Hypertension. Pediatrics


Series of 3 articles in NEJM:
- Zinman B, Lachin JM, Inzucchi SE. Empagliflozin, Cardiovascular Outcomes, and Mortality in Type 2 Diabetes.

Join us at the Joint Council Dinner, Thursday, March 9, 2017 at 7:00 pm
Hilton Portland & Executive Tower (Pavilion Room, Plaza Level) to hear more details