

# Council on Lifestyle and Cardiometabolic Health's



## Most impactful publications – 2015

**EPI|LIFESTYLE**  
**2|16**

Hannah Arem, Steven C. Moore, Alpa Patel, Patricia Hartge, Amy Berrington de Gonzalez, Kala Visvanathan, Peter T. Campbell, Michal Freedman, Elisabete Weiderpass, Hans Olov Adami, Martha S. Linet, I.-Min Lee, and Charles E. Matthews. **Leisure time physical activity and mortality: a detailed pooled analysis of the dose-response relationship.** *JAMA IM*

Avirop Biswas, Paul I. Oh, Guy E. Faulkner, Ravi R. Bajaj, Michael A. Silver, Marc S. Mitchell, and David A. Alter. **Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults: A Systematic Review and Meta-analysis.** *Ann Intern Med*

Clara K. Chow, Julie Redfern, Graham S. Hillis, Jay Thakkar, Karla Santo, Maree L. Hackett, Stephen Jan, Nicholas Graves, Laura de Keizer, Tony Barry, Severine Bompont, Sandrine Stepien, Robyn Whittaker, Anthony Rodgers, and Aravinda Thiagalingam. **Effect of Lifestyle-Focused Text Messaging on Risk Factor Modification in Patients With Coronary Heart Disease: A Randomized Clinical Trial.** *JAMA*

Frank J. Elgar, Timo-Kolja Pförtner, Irene Moor, Bart De Clercq, Gonneke W J M Stevens, and Candace Currie. **Socioeconomic inequalities in adolescent health 2002-2010: a time-series analysis of 34 countries participating in the Health Behaviour in School-aged Children study.** *The Lancet*

Marta Guasch-Ferré, Nancy Babio, Miguel A Martínez-González, Dolores Corella, Emilio Ros, Sandra Martín-Peláez, Ramon Estruch, Fernando Arós, Enrique Gómez-Gracia, Miquel Fiol, José M Santos-Lozano, Lluís Serra-Majem, Mo`nica Bulló, Estefanía Toledo, Rocío Barragán, Montserrat Fitó, Alfredo Gea, and Jordi Salas-Salvadó for the PREDIMED Study Investigators. **Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease.** *AJCN*

Brook E. Harmon, Carol J Boushey, Yurii B Shvetsov, Reynolette Ettienne, Jill Reedy, Lynne R Wilkens, Loic Le Marchand, Brian E Henderson, and Laurence N Kolonel. **Associations of key diet-quality indexes with mortality in the Multiethnic Cohort: the Dietary Patterns Methods Project.** *AJCN*

Yanping Li, Adela Hruby, Adam M. Bernstein, Sylvia H. Ley, Dong D. Wang, MD, Stephanie E. Chiuve, Laura Sampson, Kathryn M. Rexrode, Eric B. Rimm, Walter C. Willett, and Frank B. Hu. **Saturated Fats Compared With Unsaturated Fats and Sources of Carbohydrates in Relation to Risk of Coronary Heart Disease: A Prospective Cohort Study.** *JACC*

Robert Ross, Robert Hudson, Paula J. Stotz, and Miu Lam. **Effects of exercise amount and intensity on abdominal obesity and glucose tolerance in obese adults: a randomized trial.** *Ann Intern Med*

Deirdre K. Tobias, Mu Chen, JoAnn E Manson, David S Ludwig, Walter Willett, Frank B Hu. **Effect of low-fat diet interventions versus other diet interventions on long-term weight change in adults: a systematic review and meta-analysis.** *Lancet Diabetes Endocrinol*

Susana Vale, Stewart G. Trost, Carla Rêgo, Sandra Abreu, and Jorge Mota. **Physical Activity, Obesity Status, and Blood Pressure in Preschool Children.** *J Pediatr*

**Join us at the Joint Council Dinner, Thursday, March 3, 2016 at 7:00 pm  
Hyatt Regency Phoenix, AZ (Regency Ballroom) to hear more details**