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Dietary Interventions to Advance Equity in Cardiometabolic Health

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Message from the Guest Editors

Disparities in cardiometabolic diseases are pervasive in the U.S., with racial and ethnic minorities, those of lower socioeconomic status, and rural communities at greatest risk.

Diet is a key modifiable risk factor for these diseases. As highlighted in the NIH Nutrition and Health Disparities Framework, nutrition and diet-related disparities are driven by a multitude of factors calling for the need for multi-level interventions. Example studies that are needed to promote healthy dietary behaviors in those most impacted by cardiometabolic diseases include: implementation science studies to scale up evidence-based interventions such as the DASH and Mediterranean diets; behavioral economic research to make the healthy choice the easier choice in a variety of food environments in at-risk communities; dietary interventions including culturally tailored programs; Food is Medicine initiatives; and food environment interventions.

This Special Issue calls for research highlighting a variety of dietary interventions to address disparities in cardiometabolic health and advance health equity spanning across the lifespan.



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Special Issue



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