



## Dietary Interventions to Advance Cardiometabolic Health

Guest Editors:

**Dr. Alison Brown**

National Institutes of Health,  
National Heart Lung and Blood  
Institute, Division of  
Cardiovascular Sciences, U.S.  
Department of Health and  
Human Services, Bethesda, MD  
20892, USA

**Dr. Nicole Farmer**

NIH Clinical Center, Bethesda,  
MD, USA

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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 across the lifespan.





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## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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