

# African Heritage Diet CPE References and Bibliography

## **A. African Heritage & Health CPE PowerPoint B. CPE Supplemental Reading Packet**

### **A. African Heritage & Health CPE PowerPoint**

1. National Health and Nutrition Examination (NHANES 2009-2010)
2. American Diabetes Association: African Americans and Complications. 2013. <http://www.diabetes.org/living-with-diabetes/complications/african-americans-and-complications.html>
3. Centers for Disease Control and Prevention. *Summary Health Statistics for U.S. Adults: 2010*. CDC 2012. Table 8. Page 42.  
[http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_252.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf)
4. American Kidney Fund: Kidney Disease Risks Among African Americans. AKF 2013. <http://www.kidneyfund.org/kidney-health/are-you-at-risk/african-americans.html>
5. Centers for Disease Control and Prevention. *2012 National Diabetes Surveillance System*. <http://www.cdc.gov/diabetes/statistics/esrd/fig5.htm>
6. American Kidney Fund. High Blood Pressure and Kidney Disease: How African Americans Are Especially Vulnerable. AKF 2013.  
<http://www.kidneyfund.org/pair-up/learn/live-healthy/high-blood-pressure-kidney-disease-african-americans.html>
7. Centers For Disease Control and Prevention: Blood Pressure Facts. Mar 2013.  
<http://www.cdc.gov/bloodpressure/facts.htm>
8. Alzheimer's Association. *2010 Alzheimer's Disease Facts and Figures*. Mar 2010;6(2):158-94. <http://www.ncbi.nlm.nih.gov/pubmed/20298981>
9. Office of Minority Health: *2011 National Healthcare Quality Report*. Table 6\_4\_14.1\_1. August 2012.  
<http://minorityhealth.hhs.gov/templates/content.aspx?lvl=3&lvlID=532&ID=6170>
10. NIH Osteoporosis and Related Bone Diseases National Resource Center:

Osteoporosis and African American Women. June 2010.

[http://www.niams.nih.gov/Health\\_Info/Bone/Osteoporosis/Background/](http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Background/)

11. Womens Health.gov: Minority Women's Health. Health Topics: Glaucoma and Cataracts. May 2010. <http://womenshealth.gov/minority-health/african-americans/glaucoma-cataracts.cfm>

12. Chronic Kidney Disease: National Kidney Foundation; *U.S. Renal Data System 2007 Annual Data Report*. Dec 2009.  
<http://www.kidney.org/news/wkd/tenfactsakd.cfm>

13. Heart Disease: CDC 2011. "Deaths: Leading Cause for 2008." National Vital Statistics Report. Vol 60, Number 6. Jun 2012.  
[http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60\\_06.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_06.pdf)

14. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics. "Summary Health Statistics for U.S. Adults: 2010." Vital and Health Statistics. Jan 2012. Series 10, Number 252. Table 2.  
[http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_252.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf)

15. CDC 2012. Deaths: Final Data for 2009. *National Vital Statistics Report*. Dec 2011. Vol. 60, No. 3. Table 17.  
[http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60\\_03.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_03.pdf)

16. Office of Minority Health: Stroke and African Americans. Sept 2012.  
<http://minorityhealth.hhs.gov/templates/content.aspx?lvl=3&lvlID=10&ID=3022>

17. National Heart, Lung and Blood Institute. "Who Is At Risk for Sickle Cell Anemia?" Sept 2012. <http://www.nhlbi.nih.gov/health/health-topics/topics/sca/atrisk.html>

18. Women's Health.gov. Minority Women's Health: Lupus. May 2010.  
<http://womenshealth.gov/minority-health/african-americans/lupus.cfm>

19. Women's Health.gov. Minority Women's Health: Uterine Fibroids. May 2010.  
<http://womenshealth.gov/minority-health/african-americans/uterine-fibroids.cfm>

20. World Health Organization. WHO Global Infobase: Data for Saving Lives. Jan 2011. <https://apps.who.int/infobase/>

21. Gan, Delice. International Diabetes Federation. *Diabetes Atlas*. Second edition. 2003. [http://www.idf.org/sites/default/files>IDF\\_Diabetes\\_Atlas\\_2ndEd.pdf](http://www.idf.org/sites/default/files>IDF_Diabetes_Atlas_2ndEd.pdf)

22. Desilets MC, et al. "Dietary transition stages based on eating patterns and diet quality among Haitians of Montreal, Canada." *Public Health Nutrition*. May 2007;10(5):454-63. <http://www.ncbi.nlm.nih.gov/pubmed/17411465>
23. Pawlak R, et al. "Benefits, barriers, self-efficacy and knowledge regarding healthy eating." *Nutrition Research and Practice*. Spring 2009; 3(1): 56-63. <http://www.ncbi.nlm.nih.gov/pubmed/20016703>
24. Bovell-Benjamin A, et al. "Dietary consumption practices and cancer risk in African Americans in rural South." *Journal of Health Care for the Poor and the Underserved*. Aug 2010;21(3 Suppl):57-75. <http://www.ncbi.nlm.nih.gov/pubmed/20675946>
25. World Health Organization. "Diet, nutrition and the prevention of chronic diseases Report of the joint WHO/FAO expert consultation." *WHO Technical Report Series*. No. 916 (TRS 916). WHO 2013. <http://www.who.int/dietphysicalactivity/publications/trs916/summary/en/index.html>

## B. CPE Supplemental Reading Packet

1. World Health Organization. Mortality Incidence of NCDs in Africa and the U.S., 2010. World Health Organization International Comparisons Search Engine. January 2011. <https://apps.who.int/infobase/Comparisons.aspx>
2. Food and Agriculture Organization of the United Nations: Country Profiles. FAO 2013. <http://www.fao.org/countryprofiles/selectcountry/en/>
3. Jackson Heart Study Homepage. 2008. <http://jhs.jsums.edu/jhsinfo/>
4. Garrido RA, et al. "Metabolic syndrome and obesity among workers at Kanye Seventh-Day Adventist Hospital, Botswana." *South African Medical Journal*. May 2009;99(5):331-4. <http://www.ncbi.nlm.nih.gov/pubmed/19588794>
5. Akpa MR, Mato CN. "Obesity in Nigeria: Current trends and management." *Nigerian Medical Practitioner*. Vol 54 (1) 2008: pp. 11-15. <http://www.ajol.info/index.php/nmp/article/view/28941>
6. Desilets MC, et al. "Dietary transition stages based on eating patterns and diet quality among Haitians of Montreal, Canada." *Public Health Nutrition*. May 2007;10(5):454-63. <http://www.ncbi.nlm.nih.gov/pubmed/17411465>

7. Bourne LT, et al. "Nutrient intake in the urban African population of the Cape Peninsula, South Africa. The Brisk study." *Central African Journal of Medicine*. Dec 1993;39(12):238-47. <http://www.ncbi.nlm.nih.gov/pubmed/8055556>
8. Luke A, et al. "Nutritional Consequences of the African Diaspora." *Annual Review of Nutrition*. 2001;21:47-71.  
<http://www.ncbi.nlm.nih.gov/pubmed/11375429>
9. Charlton KE, et al. "Macronutrient intake and cardiovascular risk factors in older coloured South Africans." *East African Medical Journal*. Aug 1997;74(8):478-86. <http://www.ncbi.nlm.nih.gov/pubmed/9487411>
10. Kaufman, Jay, et al. "Determinants of Hypertension in West Africa." *American Journal of Epidemiology*. 1996 June 15;143(12):1203-18.  
<http://aje.oxfordjournals.org/content/143/12/1203.short>
11. Luchsinger JA, et al. Dietary factors and Alzheimer's disease. *Lancet Neurology*. October 2004. Volume 3, Issue 10; 579-587.  
[http://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(04\)00878-6/abstract](http://www.thelancet.com/journals/laneur/article/PIIS1474-4422(04)00878-6/abstract)
12. Thaipisuttikul P, et al. "Use of medical foods and nutritional approaches in the treatment of Alzheimer's disease." *Clinical Practice Journal*. Mar 2012;9(2):199-209. <http://www.ncbi.nlm.nih.gov/pubmed/23362453>
13. Scarmeas N, et al. "Mediterranean Diet and mild cognitive impairment." *Archives of Neurology*. Feb 2009; 66(2): 216-225.  
<http://www.ncbi.nlm.nih.gov/pubmed/19204158>
14. Chatzi L, et al. "Protective effects of fruits, vegetables and the Mediterranean diet on asthma and allergies among children in Crete." *Thorax*. Aug 2007;62(8):677-83. Epub 2007 Apr 5.  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC420338/>
15. Dr. James T C Li, M.D., Ph.D. Mayo Clinic Expert Answers. May 2011.  
<http://www.mayoclinic.com/health/asthma-diet/AN01998>
16. Feskanich Diane, et al. "Protein consumption and bone fractures in women." *American Journal of Epidemiology*. 1996. Vol. 143, No. 5  
<http://aje.oxfordjournals.org/content/143/5/472.full.pdf>
17. Lanham-New Susan. "Fruit and vegetables: the unexpected natural answer to the question of osteoporosis?" *American Journal of Clinical Nutrition*. June 2006 Vol. 83, No. 6 1254-1255. <http://ajcn.nutrition.org/content/83/6/1254.short>

18. Sellmeyer DE, et al. "Ratio of animal to vegetable protein in rates of bone loss and fracture." *American Journal of Clinical Nutrition*. Jan 2011; 73(1):118-22.  
<http://www.ncbi.nlm.nih.gov/pubmed/11124760>
19. Centers for Disease Control and Prevention: Nutrition For Everyone: Calcium and Bone Health Page. April 2011.  
<http://www.cdc.gov/nutrition/everyone/basics/vitamins/calcium.html>
20. American Cancer Society: Guidelines of Nutrition and Physical Activity Summary. January 2012.  
<http://www.cancer.org/healthy/eathealthygetactive/acsguidelinesonnutritionphysicalactivityforcancerprevention/acs-guidelines-on-nutrition-and-physical-activity-for-cancer-prevention-summary>
21. Gil A, et al. "Whole grain cereals and breads: a duet of the Mediterranean diet for the prevention of chronic diseases." *Public Health Nutrition*. Dec 2011; 14(12A):2316-22. <http://www.ncbi.nlm.nih.gov/pubmed/22166190>
22. Major JM, et al. "Patterns of meat intake and risk of prostate cancer among African Americans." *Cancer Causes & Control*. Dec 2011;22(12):1691-8.  
<http://www.ncbi.nlm.nih.gov/pubmed/21971816>
23. Crowe FL, et al. "Diet and risk of diverticular disease." *British Medical Journal*. Jul 2011;19;343:d4131.  
<http://www.ncbi.nlm.nih.gov/pubmed/21771850>
24. El-Sayed M. Abdel-Aal, et al. "Dietary sources of lutein and zeaxanthin carotenoids and their role in eye health." *Nutrients*. Mar 2013. Vol. 5(4) 1169-1185. <http://www.mdpi.com/2072-6643/5/4/1169>
25. Idiculla J, et al. "Serum lipids and diabetic retinopathy: a cross-sectional study." *Indian Journal of Endocrinology and Metabolism*. Dec 2012; 16(Suppl 2):S492-4. <http://www.ncbi.nlm.nih.gov/pubmed/23565476>
26. Arnold C, et al. "Macular degeneration: a randomized trial." *JAMA Ophthalmology*. Mar 2013. 21:1-19.  
<http://www.ncbi.nlm.nih.gov/pubmed/23519529>
27. Moe Sharon M., et al. "Vegetarian compared with meat dietary protein source and phosphorous homeostasis in chronic kidney disease." *Clinical Journal of the American Society of Nephrology*. Feb 2011;6:257-64.  
<http://cjasn.asnjournals.org/content/6/2/257.full.pdf+html>
28. National Kidney Foundation: Sodium and Your CDK Diet. 2013.  
<http://www.kidney.org/atoz/content/sodiumckd.cfm>

29. Van den Berg E, et al. "Dietary acid load and rapid progression to end-stage renal disease." *Journal of Nephrology*. Jan-Feb 2011;24(1):11-17  
<http://www.ncbi.nlm.nih.gov/pubmed/20872351>
30. Tonstad S, et al. "Vegetarian diets and incidence of diabetes in Black and non-Black Adventist Health Study participants." *Nutrition, Metabolism, and Cardiovascular Disease*. Apr 2013;23(4):292-9.  
<http://www.ncbi.nlm.nih.gov/pubmed/21983060>
31. Yu R, et al. "Relationship between dietary intake and the development of type 2 diabetes: the Hong Kong survey." *Public Health Nutrition*. 2011 July; 14(7):1133-1141. <http://www.ncbi.nlm.nih.gov/pubmed/21466742>
32. Kahleova H, et al. "Vegetarian diet improves insulin resistance and oxidative stress markers." *Diabetic Medicine*. May 2011;28(5):549-59.  
<http://www.ncbi.nlm.nih.gov/pubmed/21480966>
33. Gardener H, et al. "Mediterranean-style diet and risk of ischemic stroke, myocardial infarction, and vascular death: the Northern Manhattan Study." *American Journal of Clinical Nutrition*. Dec 2011;94(6):1458-64  
<http://www.ncbi.nlm.nih.gov/pubmed/22071704>
34. Tada N, et al. "Japanese dietary lifestyle and cardiovascular disease." *Journal of Atherosclerosis and Thrombosis*. 2011;18(9):723-34. Epub Jun 2011.  
<http://www.ncbi.nlm.nih.gov/pubmed/21685707>
35. Sticher MA, et al. "Reducing heart disease through the vegetarian diet using primary prevention." *Journal of the American Association of Nurse Practitioners*. Mar 2010;22(3):134-9. <http://www.ncbi.nlm.nih.gov/pubmed/20236396>
36. Parazzini F, et al. "Selected food intake and risk of endometriosis." *Human Reproduction Journal*. Aug 2004;19(8):1755-9. Epub 2004 Jul 14.  
<http://www.ncbi.nlm.nih.gov/pubmed/15254009>
37. Mier-Cabrera J., et al. "Women with endometriosis improved peripheral antioxidant markers with high antioxidant diet." *Reproductive biology and endocrinology: RB&E*. May 2009. 28;7:54.  
<http://www.ncbi.nlm.nih.gov/pubmed/19476631>
38. Kjerulff KH, et al. "Uterine leiomyoma: racial differences in severity, symptoms, and age at diagnosis." *Journal of Reproductive Medicine*. Jul 1996;41(7):483-90.  
<http://www.ncbi.nlm.nih.gov/pubmed/?term=racial+uterinekjerulff>

39. Chiaffarino F, et al. "Diet and uterine myomas." *Obstetrics & Gynecology Journal*. Sep 1999;94(3):395-8.  
<http://www.ncbi.nlm.nih.gov/pubmed/?term=chiaffarino+diet+uterine>
40. Tangney CC, et al. "Selected indices of micronutrient status in adult patients with sickle cell anemia (SCA)." *American Journal of Hematology*. Nov 1989;32(3):161-6. <http://www.ncbi.nlm.nih.gov/pubmed/2816908>
41. Claster S, et al. "Nutritional deficiencies in iron overloaded patients with hemoglobinopathies." *American Journal of Hematology*. Jun 2009;84(6):344-8.  
<http://www.ncbi.nlm.nih.gov/pubmed/19415722>
42. Ana Bertoli MD and Graciela S. Alarcon, MD, MPH. "Systemic Lupus Erythematosus: A Companion to Rheumatology." Editors: George C. Tsokos, Caroline Gordon, Josef Smolen. 1<sup>st</sup>. ed. 2007. Introduction. p. 1.  
<http://www.amazon.com/Systemic-Lupus-Erythematosus-Companion-Rheumatology/dp/0323044344>