

Additional References for

Simulating and Evaluating Local Interventions to Improve Cardiovascular Health

Jack Homer, Bobby Milstein, Kristina Wile,
Justin Trogon, Philip Huang, Darwin Labarthe, Diane Orenstein

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Table 1. Effects of Indirect Risk Factors

RISK FACTOR	EFFECTS
Lack of physical activity	– Increases the risk of high BP, high cholesterol, and obesity (1-4) – Can exacerbate stress (5, 6)
Lack of a healthy diet defined by the USDA's Healthy Eating Index (7,8)	– Increases the risk of high BP, high cholesterol, and obesity (9-12)
Stress which may result from poverty, crime, discrimination, social isolation, or other persistent adversities	– Increases the risk of high BP (13) – Can lead to greater caloric intake (14) – Increases the likelihood of smoking (15)
Smoking	– Increases the risk of diabetes (16) – Reduces weight gain and obesity onset (17, 18)

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