

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
Describe the racial differences in cardiometabolic risk (CMR) among women within a university worksite wellness program.	1. Cardiovascular disease (CVD) is the leading cause of death and chronic illness. 2. Obesity, poor blood glucose control (elevated sugar), elevated lipids (fat) and insulin levels coupled with uncontrolled blood pressure are CMR factors and are strongly associated with inflammation in the blood vessels that predispose people to excessive blood clot formation. 4. Worksite health and wellness program focused on advancing the health and well-being of its employees can reduce health risk and prevent CVD disease.
Discuss comparisons of CMR, or the interplay of risk for diabetes leading to heart disease, between African-American and Caucasian women.	1. Description of detail study results regarding a. racial difference in early CMR identification. b. best marker of insulin resistance c. impact of racial differences on degree of inflammation (hs-C-reactive protein) and: Insulin Resistance (HOMA-ir); dyslipidemia, central obesity, hypertension and glycemic status.