



## NATIONAL CLINICAL CARE GUIDELINES FOR WISEWOMAN



### Blood Pressure

1. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines  
<https://www.ahajournals.org/doi/10.1161/HYP.000000000000065>
2. 2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Guidelines Made Simple  
[file:///C:/Users/fayeg/Downloads/Guidelines\\_Made\\_Simple\\_2017\\_HBP%20\(1\).pdf](file:///C:/Users/fayeg/Downloads/Guidelines_Made_Simple_2017_HBP%20(1).pdf)
3. American College of Cardiology, ASCVD Risk Calculator  
<http://tools.acc.org/ASCVD-Risk-Estimator-Plus/#!/calculate/estimate/>

### Cholesterol

1. 2018 Guidelines for the Management of Blood Cholesterol  
<https://www.ahajournals.org/doi/10.1161/CIR.0000000000000625>
2. 2018 Guidelines for the Management of Blood Cholesterol, Guidelines Made Simple  
[file:///C:/Users/fayeg/Downloads/old\\_Guidelines-Made-Simple-Tool-2018-Cholesterol%20\(1\).pdf](file:///C:/Users/fayeg/Downloads/old_Guidelines-Made-Simple-Tool-2018-Cholesterol%20(1).pdf)

### Diabetes

American Diabetes Association Practice Guidelines, 2021  
<https://professional.diabetes.org/content-page/practice-guidelines-resources>

### Dietary Guidelines

1. Dash Diet  
<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>
2. Dietary Guidelines for Americans, 2020-2025  
[https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)
3. Sodium Reduction Guidelines  
<https://www.cdc.gov/salt/index.htm>

## Overweight/Obesity

1. Prevention Strategies and Guidelines  
<https://www.cdc.gov/obesity/resources/strategies-guidelines.html>  
<https://www.cdc.gov/obesity/adult/index.html>

## Physical Activity

1. Physical Activity Guidelines for Americans, Second Edition  
[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

## Tobacco Use

1. CDC Smoking and Tobacco Use – Clinical Tools  
[https://www.cdc.gov/tobacco/basic\\_information/for-health-care-providers/clinical-tools/index.html](https://www.cdc.gov/tobacco/basic_information/for-health-care-providers/clinical-tools/index.html)
2. Center for Tobacco Research and Intervention  
<https://ctri.wisc.edu/>
3. Million Hearts Tobacco Cessation Change Package  
<https://millionhearts.hhs.gov/tools-protocols/action-guides/tobacco-change-package/index.html>

These links were active as of 08/25/2021.

