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NURSING, HEALTH & MEDICAL SCIENCE

Evening aerobic activity linked to reduced health risks

A study published in the journal *Diabetes Care* found that among adults with obesity, including those with type 2 diabetes, engaging in moderate to vigorous aerobic physical activity in the evening was associated with the lowest risk for mortality, cardiovascular disease and microvascular disease. The findings underscore the importance of timing in physical activity, particularly in the evening, for reducing health risks.

Full Story: [Medscape](#) (4/25)



Diet tied to better CVD outcomes in breast cancer patients

According to findings published in *JNCI Cancer Spectrum* people following a high-quality diet at the time of a breast cancer diagnosis had lower cardiovascular disease risk and CVD mortality, which have been shown to be higher for breast cancer patients. The DASH diet, in particular, was associated with better CVD outcomes, according to the study, and researchers wrote that "implementing diets concordant with healthy dietary

patterns may be beneficial for preventing CVD and CVD-related deaths for breast cancer patients." **Full Story:** [HealthDay News \(4/23\)](#)



Study links vaccination to fewer COVID-19 cases in teens



(Vcg/Getty Images)

Data published in JAMA Network Open found that vaccination against SARS-CoV-2 was associated with a 37% reduction in COVID-19 cases among California teens ages 12 to 15 from April 1, 2020, to Feb. 27, 2023, and a 24% decrease among children ages 5 to 11. The study did not find a reduction in

COVID-19 cases for children ages 6 to 59 months.

Full Story: [Center for Infectious Disease Research and Policy \(4/25\)](#)



LEGISLATIVE POLICY & REGULATORY NEWS

Senate to probe high costs of obesity, diabetes drugs

Sen. Bernie Sanders, I-Vt., chair of the Senate Health, Education, Labor and Pensions Committee, will launch an investigation into the high prices of diabetes and weight loss drugs Ozempic and Wegovy in the US. Sanders sent a letter to Novo Nordisk CEO Lars Fruergaard Jørgensen to inform him of the investigation and to question the company on why the two medications are priced differently when they have the same active ingredient, and why both drugs cost much more in the US than in other countries such as Germany, Canada and the UK.

Full Story: [The Hill \(4/24\)](#), [CNBC \(4/24\)](#)



FTC bans noncompetes; business groups bring challenges

An FTC final rule prohibits most types of noncompete agreements in employer contracts, which the agency said would increase wages, reduce health care costs, and encourage innovation. The rule may not apply to nonprofit health care entities, and business groups have filed challenges.

Full Story: [CBS News \(4/24\)](#), [MedPage Today \(free registration\) \(4/24\)](#), [The New York Times \(4/24\)](#)



ANA NEWS

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