Evidence-Based **Learning Activities**

The following activities encourage you to explore the research evidence in more detail and consider how scientific findings are interpreted and communicated.

Article one

Dewland T.A., van Dam R., Marcus G.M. (2025). Coffee and cardiovascular disease, *European Heart Journal,* 46(36):3546–3554.

1. What behaviours are associated with coffee consumption and how may these behaviours impact health outcomes?
2. What impact might these points have on future study design?

Article two

Setia Santoso L.F.A. et al. (2024). Unraveling tea and coffee consumption effects on cardiovascular diseases risk factors: A narrative review. *Health Sci Rep.* 2024 Sep 25;7(9).

1. What does the research tell us about coffee consumption in those who already have CVD?
2. What associated factors may moderate cardiovascular outcomes in population groups?

Article three

Dludla P.V. et al. (2023). Potential Benefits of Coffee Consumption on Improving Biomarkers of Oxidative Stress and Inflammation in Healthy Individuals and Those at Increased Risk of Cardiovascular Disease. *Molecules*, 28(18):6440.

1. How is caffeine absorbed and metabolised in the body?
2. What other bioactive compounds are found in coffee and how are they metabolised in the body?
3. What conclusions can be drawn about coffee compounds and biomarkers of oxidative stress?