What is claimed:

1. Use of a peptide in the manufacture of a composition for treating atherosclerosis in a subject, wherein the peptide is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 28 or 29.
2. Use of a peptide in the manufacture of a composition for treating cardiovascular disease in a subject in need of such treatment, wherein the peptide is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 28 or 29.
3. Use of a peptide in the manufacture of a composition for reducing and/or treating type 2 diabetes in a subject, wherein the peptide is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 28 or 29.
4. Use of a peptide in the manufacture of a composition for reducing and/or treating glucose intolerance and/or insulin insensitivity in a subject, wherein the peptide is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 28 or 29.
5. The use of any of the preceding claims, wherein the peptide binds to CD40.
6. The use of any of the preceding claims, wherein said peptide binds to a CD40 protein with a Kd of no more than 1×10^{-6}M.
7. The use of any of the preceding claims, wherein said peptide affects the interaction of CD40 and CD154.
8. The use of any of the preceding claims, wherein said peptide inhibits the binding of CD40 to CD154.
9. The use of any of the preceding claims, wherein said peptide binds CD40 at the site where CD40 interacts with CD154.
10. The use of any of the preceding claims, wherein said peptide inhibits the expansion of Th40 cells.
11. The use of any of the preceding claims, wherein said peptide reduces the number of Th40 cells.
12. The use of any of the preceding claims, wherein said peptide alters the cytokine expression profile of a cell population treated with said peptide.
13. The use of any of the preceding claims, wherein the peptide increases glucose transport protein 4 (GLUT 4).

14. The use of any of the preceding claims, wherein the peptide reduces expression and/or activity of IL-2 or IL-17A.
15. The use of any of the preceding claims, wherein the peptide reduces expression and/or activity of IFN-γ.
16. The use of any of the preceding claims, wherein the peptide reduces interleukin-2 signaling.
17. The use of any of the preceding claims, wherein the peptide reduces interleukin 17 (IL-17) signaling.
18. The use of any of the preceding claims, wherein the composition is formulated for delivery according to a method selected from the group comprising intramuscular (IM) delivery, intravenous (IV) delivery, subcutanerous (SC) delivery, oral delivery, gavage delivery, emolument/skin delivery, transdermal patch, or nasal administration.
19. The use of any of the preceding claims, wherein the composition is formulated for delivery according to a method selected from the group comprising an implantable device, a hydrophilic polymer formulation, a permeable polymeric membrane, injectable gel implants, solvent extraction system, phase inversion system, thermosensitive gels, pH dependent *in situ* gels, microparticles, microspheres, nanoparticles, nanospheres, bio-degradable implants, or photoactivated depot.
20. The use of any of the preceding claims, wherein the peptide binds to multiple bone marrow derived cell types that express CD40 of approximately 45kDa.
21. The use of any of the preceding claims, wherein said peptide binds to multiple bone marrow derived cell types which express CD40 of approximately 45kDa, including splenic CD4hi cells, CD8 cells, and other antigen presenting cells.
22. The use of any of the preceding claims, wherein the peptide is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 28.
23. The use of any of the preceding claims, wherein the peptide is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 29.
24. The use of any of the preceding claims, wherein said peptide is obtained from natural sources via degradation or is synthesized.
25. The use of any of the preceding claims, wherein the subject is human.
26. The use of any of the preceding claims, wherein the subject is animal.

27. A composition comprising a peptide that is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 28 or 29.
28. A composition comprising a peptide that is 6 amino acids in length and has an amino acid sequence of SEQ ID NO: 28 or 29 for use as a medicament.