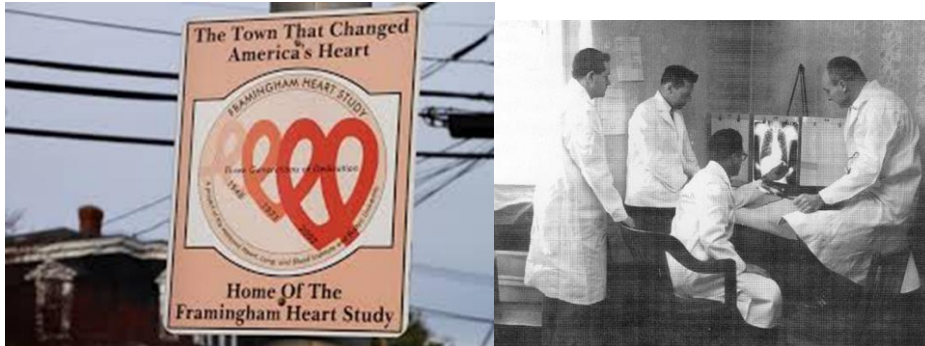


Activity 4

Framingham Study



-What is the Framingham study?

The Framingham Heart Study is a longitudinal cohort study pioneered the identification of “risk factors” for heart disease, and this ongoing and ambitious study continues to contribute to the understanding of heart disease and other cardiovascular and related illnesses. Of primary significance to psychology is that findings from this study identify psychosocial risk factors for heart disease and highlight the importance of positive lifestyle change in the prevention and treatment of cardiovascular illnesses.

-when did it start? Where?

Framingham Study is a population-based, observational cohort study that was initiated by the United States Public Health Service in 1948 in the town of Framingham, Massachusetts in the United States

-What was the disease studied?

Heart and cardiovascular diseases

-What are the most important findings?

-1960s: Cigarette smoking was found to increase the risk of heart disease, and cholesterol level, blood pressure, and electrocardiogram abnormalities were found to increase the risk of heart disease.

- 1970s: High blood pressure was found to increase the risk of stroke; atrial fibrillation was found to increase stroke risk five-fold; and menopause was

found to increase the risk of heart disease.

- 1980s: High levels of HDL cholesterol were found to reduce risk of death.
- 1990s: An enlarged left ventricle, one of two lower chambers of the heart, was shown to increase the risk of stroke.
- 2000s: Prehypertension was associated with an increased risk of cardiovascular disease, emphasizing the need to determine whether lowering high-normal blood pressure can reduce the risk of cardiovascular disease
- 2010s: Sleep apnea was tied to an increased risk of stroke; FHS researchers identified additional genes that may play a role in Alzheimer's disease; study investigators discovered hundreds of genes underlying major heart disease risk factors.

-How many people participated?

More than 15,000 people

-How many generations?

- 3 generations; Participants, their children, and grandchildren

- When did it end?

- It is still going; it has been renewed for an additional six years in 2019.