

The Hidden Epidemic: Heart Disease in America

1. When did the Framingham study begin? How many participants? Was it an observational or experimental study design?
2. Name 2-3 lifestyle trends that changed in the U.S. during the Framingham study period?
3. What are the 3 key risk factors of heart disease?
4. In 1965, what cholesterol level was considered healthy? What is considered a healthy level today?
5. How can plaque in the artery walls (doesn't block the center of the artery) cause a heart attack?
6. What percentage of heart attacks are from "ruptured plaque"?
7. What is the most important finding of the Framingham Heart Study?