The Hidden Epidemic: Heart Disease in America

1. When did the Framingham study begin? How many participants? Was it an observational or experimental study?

2. Name 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 blood cholesterol level was considered healthy? What is considered a healthy level today?

5. What percentage of heart attacks are from “ruptured plaque”?

6. What is the most important finding of the Framingham Heart Study?