

# [The framingham heart study](https://assignbuster.com/the-framingham-heart-study/)

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Heart disease gets regarded as the leading cause of serious illness and death in the United s (Scutchfield & Keck, 2009). The beginning of the 19th century witnessed a steady increase in death rates attributed to cardiovascular disease- CVD in the US and became an American epidemic. In 1948, the Framingham Heart Study was initiated to identify the risk factors for heart disease (FHS, 2015). Prior to the ongoing Framingham Heart study, almost little or nothing was known on the epidemiology of the arteriosclerotic cardiovascular disease.   
The study helped to identify major CVD risk factors such as high blood pressure, smoking, obesity, high blood cholesterol, diabetes, and physical inactivity. Prior to the start of the study, medics had little knowledge in relation to the prevention of heart diseases. The study helped to show the necessity of weight management, a healthy diet, and regular exercise in preventing heart diseases. The study also assisted to reveal the differences in the risk of heart diseases between men and women. The study has expanded to encompass research on the role of genetics in contributing to CVD.