THE FRAMINGHAM HEART STUDY:

LAYING THE FOUNDATION FOR PREVENTIVE HEALTH CARE

y th a y 1 0 , a of th h a t on t nty an a th #1 au of ath n th Un t Stat .[1] Ev n th p nt wa not un to th n h a th on n F an n D ano oo v t of h o ha t o n 1 5 u to un ont o hyp t n on, a n awa n about th n to of a ova u a a . D v n by th n to un tan th own th at, th F a n ha H a t Stu y (F a n ha ") wa ta t n 1 by th U.S. Pub H a th S v an t an f ho t y th aft to th n w y tab h Nat ona H a t In t tut (now th Nat ona H a t, Lun an oo In t tut [NHL I]) of th Nat ona In t tut of H a th [NIH]). On of th fi t on -t oho t tu of t n , F a n ha wou b o nown a th own j w of p oo y.

Th tu y ha not on y ont but no ou y to ou un tan n of th natu a h to y of a ova u a a an t o , t a o nab u to nt fy th ajo au a fa to . F a n ha han th way w tu y an app oa h on a n th a an pub h a th ph . Than n a pa t to F a n ha , w now o b yon t at n a on t u by pha z n a p v nt on an a n o fiab fa to . F a n ha wa an a y p on n th u of p o o y to tu y non- nf t ou a an av to nnovat v tho that a b n put to u n ount tu a o th wo . Th ov a pa t of th F a n ha H a t Stu y va t, an th tu y ont nu to unv n w n ht nto hu an h a th to th ay.

WHAT IS THE FRAMINGHAM HEART STUDY?[3]

Th tu y, wh h a to un av th un yn au of h a t a , ta t n 1 w th 5, 0 pa t pant n th town of F a n ha , Ma a hu tt . F a n ha a on tu na oho t tu y, a typ of p o o a tu y that fo ow a oup of n v ua ov t to t n th natu a h to y of tan a , xp o th b havo of tho a , an nt fy th fa to that ht xp a n th v op nt. Pa t of th a on F a n ha , Ma a hu tt wa p a th tu y t wa b au t wa ju t b nou h to p ov a uffi nt nu b of n v ua fo th tu y, wh a o a nou h to b u t to th o un ty app oa h of u t n an ff t v y fo ow n pa t pant ov t .[5] Pa t pant un w nt phy a xa nat on , av b oo a p fo abo ato y t t , an p ov f ty an a h to y nfo at on at u a nt va . Now a jo nt p oj t of th NHL I an o ton Un v ty, F a n ha ha xpan ov th y a , both n o aph a an popu at on op . To ay t u any an h n an pou n th n at on of pa t pant , a w a two oho t of no ty pa t pant (th F a n ha O n oho t).

IMPACTS

SOCIETY

- In a U.S. f ypo tan y u to p o a an th a t a f o 1 0 to 000 ha a an t at $1. t on p y a to nat ona w a th.
- About 0% of th ob v an n U.S. f ypo tan y hav b n t to n n th at of ath n nfan y an f o a ova u a a .
- Unu ua fo th t , o than ha f of th o na F a n ha oho t w wo n. au of th , w now app at that h a t a not ju t a an' a , a any o na y thou ht.

KNOWLEDGE

- F n n f o F a n ha hav nfo ou un tan n of how a ova u a h a th aff t th t of th bo y, p a y how han n b oo flow to th b a n an aff t o n t v an n u o o a on t on .
- A of 01 , o than ,500 a t ba on F a n ha a h hav b n pub h 1 50 (F u). Wh any pub at on a fo u on a ova u a a , F a n ha ha a o nfo ou un tan n of ob ty, ab t , nt a, a n on' a , o t opo o , h on ob t u t v pu ona y a , an v n an .
- Th u of F a n ha a t a o fo at p o p t v oho t tu , an p o o too an tho o o fi t v op by F a n ha nt t a now o on y app to un tan h on a .
- F a n ha th way n nt fi ata ha n , f o a y ata tab that w a f y ava ab to oth a h n th 1 0 [1] to th w a th of n t nfo at on ava ab to ay n th ataba of G notyp an h notyp (b Ga) an ph notyp ata n th NHL I o o Sp n an Data po to y Info at on oo nat n nt (oLIN).[5] Inv t ato ay a o app y t y to th F a n ha H a t Stu y to p opo a y tu an a b o p n .

Figure 2: The number of publications coming from the Framingham Heart Study has risen dramatically every decade since the 1950s, demonstrating the study's ongoing and ever-increasing contributions to scienti c and medical knowledge.

FRAMINGHAM INTO THE FUTURE

D pt p o a an th a t a an t o , a ova u a a an th a n au of ath n th U.S. an oba y. Than to F a n ha an oth tu , w now now that o t a ova u a a a au by o fiab fa to o n , h h b oo p u , ob ty, h h o t o v , an phy a na t v ty. A a fa a n bu n of h on a , F a n ha ha p ov y n ht nto o batt n th , upp n a h an n an w th a b tt un tan n of how fa to ont but to th v op nt of h a . Th F a n ha H a t Stu y ont nu to a utt n - a h a a h a no , p ot o , an tabo o b o a of a ova u a a , va u a t ffn , ut ob o , an a opu ona y t t n , a on oth . Ev n a th F a n ha H a t Stu y tu n 0 y a o , on a n , both o an n w, ont nu to nfo not on y th way w tu y h a th an a , but a o ou un tan n of who vu n ab to h on a an why.

Fo f , upp nta y nfo at on, an o on th pa t of NIH, p a v t http://www.nih.gov/impact