

Family plays important role in heart health throughout life

April 4 2016



Human heart. Credit: copyright American Heart Association

Heart disease is the leading cause of death worldwide and the burden is increasing - much of which could be reduced through modifiable risk factors.

A new review in the *Journal of the American College of Cardiology* examines the role of the [family](#) for heart health by focusing on interdependence of the family, shared environment, parenting style, caregiver perceptions and genomics.

According to the study authors, reducing the global burden of [heart disease](#) requires continuous heart health promotion and prevention throughout life and the family plays a central role in this process.

Effective promotion of [heart health](#) will require family-based approaches that focus on both caregivers and children, encourage communication among the family, and address the conditions in which families live and operate.

More information: *Journal of the American College of Cardiology*, [dx.doi.org/10.1016/j.jacc.2016.01.036](https://doi.org/10.1016/j.jacc.2016.01.036)

Provided by American College of Cardiology

Citation: Family plays important role in heart health throughout life (2016, April 4) retrieved 5 May 2024 from <https://medicalxpress.com/news/2016-04-family-important-role-heart-health.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.