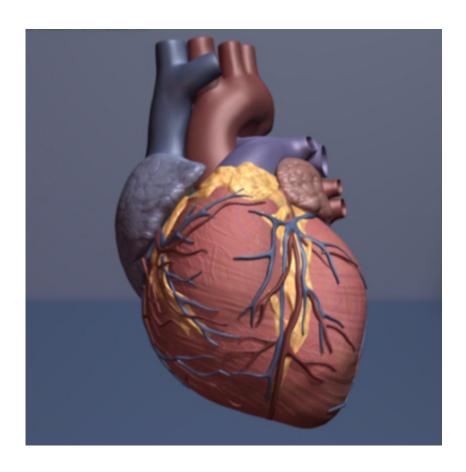


## Family plays important role in heart health throughout life

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 <u>family</u> 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 <u>heart</u> <u>disease</u> requires continuous heart health promotion and prevention throughout life and the family plays a central role in this process.

Effective promotion of <u>heart health</u> 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

## Provided by American College of Cardiology

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