



## ... more photos of the western region launch of NWAH Study Reports



Sandy Pickering (Clinic Co-ordinator) chatting with study participants



The Hon Jay Weatherill, Minister for Cheltenham, and Janet Grant (Study Co-ordinator) at the launch



Anne Taylor (Principal Investigator, NWAH Study) (on the left) chatting to one of the study participants



Participants helping themselves to morning tea following the launch and the presentations.

### Moving on from the Framingham Heart Study

The Framingham Heart Study is an outstanding example of community participation in health. The North West Adelaide Health Study is moving on from this world-renowned cohort study, based on the principle of monitoring the health of the same group of people over time.

Your ongoing participation in the NWAH Study Cohort is essential to the success of the study, and is much appreciated!

The 50<sup>th</sup> anniversary tribute publication from the Framingham study team opens with this dedication ...

*"This report is dedicated to you, the participants in the Framingham Heart Study, who have given the world the gift of knowledge. By volunteering your time, loyalty and goodwill during the past 50 years, you have shaped our understanding of the many interrelated factors that cause and prevent cardiovascular disease. In so doing, you have helped to save millions of lives."*

This study was established in 1948 in the town of Framingham, a community near Boston in the United States. The original cohort included 5,209 residents aged between 30 and 60 years of age.

Over the past fifty years, researchers have gathered information on the residents, similar to the clinic examinations of the NWAH Study. There are still 600 of the original cohort still taking part, most now aged in their eighties. Related studies have been developed within Framingham, such as the Offspring Study that monitors the health of the children of the original cohort, and the Omni Study that monitors the ethnic minority communities. As the name suggests, the main focus is on heart disease and the various health behaviours that may contribute to it. It was this study that identified how risk factors such as high cholesterol, high blood pressure, smoking, obesity and diabetes increased the risk of heart disease. In fact, the Framingham Heart Study coined the term "risk factor" back in 1961!

One of the original Framingham Heart Study participants is quoted in the publication as saying *"We were like a storefront ... we gave the scientists a picture of the community ... we all felt that we were involved in something good ... we may have been reluctant then, but today people say 'I'd give my right arm to be in the study!'".* Not surprising, one of the main advantages identified by participants was the free health check every few years!

Like the Framingham Heart Study, the NWAH Study is also looking at health behaviours, but its main focus is on chronic conditions such as asthma, diabetes and COPD (chronic obstructive pulmonary disease – bronchitis and emphysema). Other conditions to be examined include arthritis, cardiovascular disease, and mental health and well-being.

For further information on the Framingham Heart Study and its many achievements, please visit their website:

<http://www.nhlbi.nih.gov/about/framingham/fhsbro.htm>.