PMID	First Author	Title	Year	Study Type	CVD	RF by CQ	Country	Setting	Blinding	Int Length	Total Study Duration	Main Study Objective	Total N	Target Population	Eligibility Criteria	Patient Characteristics	Int. n at Baseline (n at Follow-up)	Int. Type	Specific Intervention	Control n at Baseline (n at Follow-up)	Specific Control	Outcomes Measured	Results/CI	Significance	Safety and Adverse Events	Additional findings	Summary	Main Reported Findings by Critical Question
1438110	Walker R	Reduction of ischemic heart disease risk markers in the teenage children of heart attack patients	1992	RCT	None	Q 10, 13 (RF4, RF5, RF8, RF9)	Australia	Home	None/NR	12 mo	12 mo	Assess the extent to which early behavioral advice is successful in reducing risk markers for ischemic heart disease among teenages of heart attack patients	144 (97 families)	Parental/ Family/ Caregiver	11-20 yr Natural or adopted children of patients who suffered acute myocardial infarction or angina	Mean age (SD): Arm 1: 15.5 yr (2.0) Control Arm: 15.6 yr (2.3) Males: Arm 1: 53.8% Control Arm: 54.7% Never smoked: Arm 1: 70.0% Control Arm: 79.7% Ex-smokers: Arm 1: 12.5% Control Arm: 3.1% Current smokers: Arm 1: 17.5% Control Arm: 17.2%	80 (58)	Behavioral	Arm 1: Home-based behavioral advice Intervention included 3 visits to the family home, a group discussion session, follow-up telephone calls and letters, and a 6-mo checkup risk marker screening session	64 (49)	Control Arm: No advice Advice was withheld until after the final outcome measures were assessed at 12 mo 76 subjects whose parents did not have CVD or conditions requiring dietary fat manipulation were included as a reference group	**Primary:** Mean fat intake [%E (SE)] Mean saturated fat intake [%E (SE)] Heart disease knowledge score Mean TC [mmol/L (SE)] **Secondary:** Mean SBP [mmHg (SE)] Mean DBP [mmHg (SE)] Mean BMI [kg/m² (SE)] Mean HDL-C [mmol/L (SE)]	**Primary: Baseline vs F/U:** EARLY: -3.38 +/- 1.00 LATE: -0.58 +/-1.06 CON: -0.53 +/-0.70 EARLY: -2.46 +/- 0.56 LATE: -0.54 +/- 0.60 CON: -0.38 +/-0.39 EARLY: + 3.7 +/- 0.5 LATE: +2.6 +/- 0.5 CON: + 1.7 +/- 0.5 EARLY: -0.17 +/- 0.10 LATE: -0.14 +/- 0.11 CON: +0.08 +/- 0.07 **Secondary:** No significant difference between groups for any of these parameters.	**S, early vs late groups** **S, early vs late groups** **NS** **S, control vs late group** **Secondary:** **NS for all of these parameters**	None	None	An intervention focusing on children from families with a parent with recent or > 12 month past CAD events resulted in reported differences in fat and sat fat in those who received the early intervention but no decrease in lipid or BP parameters.	Q 10,13. An intervention focusing on children from families with a parent with recent or > 12 month past CAD events resulted in reported differences in fat and sat fat in those who received the early intervention but no decrease in lipid or BP parameters.
15877991	Tonstad S	Effect of lifestyle changes on atherogenic lipids and endothelial cell adhesion molecules in young adults with familial premature coronary heart disease	2005	RCT	None	Q10 (RF5, RF10)	Norway	Clinical	None/NR	8 mo	8 mo	Evaluate the effects of a lifestyle modification program on lipids and novel risk markers in young relatives of patients with premature CHD	172	Pediatric/ Young Adults	18-39 yr Fasting cholesterol concentration of 5-8 mmol/L ≥ 1 of the following lipid abnormalities: LDL-C ≥ 4 mmol/L, TG > 1.5 mmol/L, HDL-C < 1.0 mmol/L for men, HDL-C < 1.2 mmol/L for women, Lp-A > 75th percentile Family history of premature CHD (first degree relative with premature CHD < 60 yr for men or < 65 yr for women) 1 first degree relative with hyperlipidemia (cholesterol > 7.8 mmol/L or TG > 2 mmol/L, or both) and/or a second-degree relative with premature CHD Relatives of eligible men and women with CHD before age 60 yr Exclusions: High risk of CHD	Mean age (SD): Arm 1: 30 yr (5) Control Arm: 30 yr (5) Males: Arm 1: 61 Control Arm: 56 Daily cigarette smokers: Arm 1: 42% Control Arm: 36% Social smokers and/or snuff users: Arm 1: 23% Control Arm: 23% First degree relative with premature CHD Arm 1: 83% Control Arm: 82%	95 (82)	Behavioral	Arm 1: Intensified lifestyle change with dietary advice Dietary advice included nutritional goals of reducing intake of cholesterol to < 300 mg/d, saturated fat to < 10%E, total fat to < 30%E, to substitute some of the saturated fat with unsaturated fat, increase vegetables and fruits, physical activity and motivation. If the subject smoked at least ≥ 1 cigarette/d and was willing to make a quit attempt, the study physician provided motivational support, counseling, and follow-up.	77 (68)	Control Arm: General lifestyle advice General lifestyle advice given by study physician included stop smoking, increase exercise, decrease saturated fat intake and lasted about 5-10 min	**Primary:** Mean cholesterol intake [mg/1000 kcal (SD)] Mean fat intake [%E (SD)] Mean SFA intake [%E (SD)] **Secondary:** Mean TC [mg/dL (SD)] Mean HDL-C [mg/dL (SD)] Mean LDL-C [mg/dL (SD)] Mean TG [mg/dL (SD)] Mean apo B [g/L (SD)] Oxidized LDL-C [U/L] Cigarette smoking status	**Primary: Baseline vs F/U:** INT: 120 +/- 28 to 11 0+/- 27 CON: 116 +/- 34 to 122 +/- 36 INT: 32.7 +/-5 to 31.6 +/- 5.1 CON: 32.8 +/- 5 to 32.5 +/- 5.5 INT: 12.7 +/- 2.3 to 11.4 +/- 2.2 CON: 12.3 +/- 2.0 to 12.6 +/- 2.3 **Secondary: Baseline vs F/U:** INT: 241 +/- 36 to 232 +/- 36 CON: 235 +/- 36 to 233 +/- 36 INT: 46 +/- 13 to 45 +/- 12 CON: 45 +/-11 to 44 +/- 11 INT: 163 +/- 35 to 153 +/- 33 CON: 156 +/- 31 to 157 +/- 32 INT: 178 +/- 123 to 183 +/- 130 CON: 190 +/- 178 to 171 +/- 108 INT: 1.31 +/- 0.24 to 1.24 +/- 0.23 CON: 1.27 +/- 0.22 to 1.25 +/- 0.24 INT: 1.31 +/- 0.24 to 1.24 +/- 0.23 CON: 1.27 +/- 0.22 to 1.25 +/- 0.24 INT: 40.2% to 29.3% CON: 32.3% to 35.3%	**Primary:** **S* for change between groups** **NS for change between groups** **S** for change between groups** **Secondary:** **NS for change between groups** **NS for change between groups** **S* for change between groups** **NS for change between groups** **NS for change between groups** **NS for change between groups** **S**	None	None	A program advocating smoking cessation and dietary change in young relatives of patients with premature CHD with dyslipidemia resulted in significant changes in diet and smoking status with accompanying decreases in LDL-C, oxidized LDL and circulating adhesion molecules.	Q 10,13. A program advocating smoking cessation and dietary change in young relatives of patients with premature CHD with dyslipidemia resulted in significant changes in diet and smoking status with accompanying decreases in LDL-C, oxidized LDL and circulating adhesion molecules.
15877991	Tonstad S	Effect of lifestyle changes on atherogenic lipids and endothelial cell adhesion molecules in young adults with familial premature coronary heart disease	2005												History of CVD History of diabetes History of FH Cholesterol level > 8 mmol/L BMI > 40 kg/m² Secondary hyperlipidemia Hypertension Hyperlipidemia						E-selectin [ng/mL (SD)] Intercellular adhesion molecule-1 [ng/mL (SD)] Mean hs-CRP [mg/L (SD)] Carbon monoxide levels [ppm (SD)] Von Willebrand factor [% (SD)] Thrombomodulin [ng/mL (SD)] Plasminogen activator inhibitor-1 [U/L (SD)] Tissue plasminogen antigen [ng/mL (SD)] Vascular cell adhesion molecule-1 [ng/mL (SD)] P-selectin [ng/mL (SD)] Tumor necrosis factor α [pg/mL (SD)] Interleukin-6 [pg/mL (SD)]	INT: 53.0 +/- 26.4 to 48.6 +/- 24.9 CON: 51.8 +/- 21.0 to 50.3 +/- 20.8 INT: 261 +/- 66 to 228 +/- 30 CON: 308 +/- 106 to 304 +/- 109 No difference between groups for any of these paprameters.	**S** **S** **NS between groups for any of these parameters**	None	None		