



# Honolulu Heart Program: An Epidemiological Study of Coronary Heart Disease and Stroke

*Abraham Kagan*

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The Director of this study, Abraham Kagan, has comprehensively summarized the design and main findings of the study in this book. *The Honolulu Heart Program* compared and contrasted ethnic Japanese men living in different cultural environments--Honolulu and mainland Japan--assessed their relative risk factors. The study supported many of the existing views on risk factors but also showed surprising trends. One of the trends shows moderate alcohol consumption is a preventative factor.

In recent years the risk factors for cardiovascular diseases have become common knowledge. The recently completed *Honolulu Heart Program* is the largest targeted study to evaluate scientifically such risk factors.

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