<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Sample Size</th>
<th>Intervention</th>
<th>Comparator</th>
<th>Primary Outcomes</th>
<th>Secondary Outcomes</th>
<th>Duration</th>
<th>Main Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Prevention</strong></td>
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<tr>
<td>1991 RCT None Q 10, 13 (RF4, RF5, RF8, RF9) Norway</td>
<td></td>
<td></td>
<td>Intensified lifestyle change with nutritional advice and exercise counseling</td>
<td>General lifestyle advice as a control</td>
<td>Mean fat intake [%E (SD)]</td>
<td>von Willebrand factor [% (SD)]</td>
<td>8 mo</td>
<td>Evaluate the effects of a lifestyle modification program on lipids and novel risk markers in young relatives of patients with premature CHD</td>
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<tr>
<td>1994 RCT Home None/NR 12 mo</td>
<td></td>
<td></td>
<td>Behavioral advice</td>
<td>Control</td>
<td>Mean BMI [kg/m2 (SE)]</td>
<td>Mean BMI [kg/m2 (SE)]</td>
<td>12 mo</td>
<td>Assess the extent to which early intervention focusing on children from families with a history of premature CHD resulted in reported differences in circulating adhesion molecules.</td>
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<tr>
<td>1997 RCT Home None/NR 12 mo</td>
<td></td>
<td></td>
<td>Behavioral advice</td>
<td>Control</td>
<td>Mean TC [mmol/L (SE)]</td>
<td>Mean apo B [g/L (SD)]</td>
<td>12 mo</td>
<td>Assess the extent to which early intervention focusing on children from families with a history of premature CHD resulted in reported differences in circulating adhesion molecules.</td>
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<tr>
<td>2000 RCT Home None/NR 12 mo</td>
<td></td>
<td></td>
<td>Behavioral advice</td>
<td>Control</td>
<td>Mean apo B [g/L (SD)]</td>
<td>Mean apo A-I [g/L (SD)]</td>
<td>12 mo</td>
<td>Assess the extent to which early intervention focusing on children from families with a history of premature CHD resulted in reported differences in circulating adhesion molecules.</td>
</tr>
<tr>
<td>2002 RCT Home None/NR 12 mo</td>
<td></td>
<td></td>
<td>Behavioral advice</td>
<td>Control</td>
<td>Mean apo A-I [g/L (SD)]</td>
<td>Mean apo A-II [mg/L (SD)]</td>
<td>12 mo</td>
<td>Assess the extent to which early intervention focusing on children from families with a history of premature CHD resulted in reported differences in circulating adhesion molecules.</td>
</tr>
<tr>
<td>2005 RCT None Q10 (RF5, RF10) Australia</td>
<td></td>
<td></td>
<td>Behavioral advice</td>
<td>Control</td>
<td>Mean lipid oxidation [U/L]</td>
<td>Mean lipid oxidation [U/L]</td>
<td>12 mo</td>
<td>Assess the extent to which early intervention focusing on children from families with a history of premature CHD resulted in reported differences in circulating adhesion molecules.</td>
</tr>
</tbody>
</table>

**Exclusions:**
- Patients who suffered acute CAD event
- Natural or adopted children of patients
- Patients with hyperlipidemia (cholesterol > 7.8 mmol/L, TG > 1.5 mmol/L, HDL-C < 1.0 mmol/L, LDL-C > 4.5 mmol/L, or > 75th percentile for age, sex, and height)
- Patients with diabetes mellitus
- Patients with a Family history of premature CHD
- Patients who have heart disease
- Patients who have cancer
- Patients who have taken psychotropic medications
- Patients who have taken steroids
- Patients who have taken hormones
- Patients who have taken aspirin

**Intervention:**
- Diet: 2,500 kcal/day, 30% total fat, 30% protein, 40% carbohydrates, 10% saturated fat, and 5% trans-fat free
- Physical activity: 60 minutes/day, 5 days/week
- Smoking cessation
- Psychological support
- Social support
- Nutrition education

**Comparator:**
- Control arm: General lifestyle advice

**Outcome Measures:**
- Total cholesterol (TC)
- Apolipoprotein B (apo B)
- Apolipoprotein A-I (apo A-I)
- Apolipoprotein A-II (apo A-II)
- Lipid oxidation
- Lipid peroxidation
- Lipid peroxidation levels
- Lipid peroxidation markers

**Summary:**
- Early vs late groups: No significant difference between early and late groups for any of these parameters.
- Control vs late group: No significant difference between control and late groups for any of these parameters.
- Change between groups: No difference between groups for any of these parameters.