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Watching less TV could cut heart disease, study finds

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More than one in 10 cases of coronary heart disease could be prevented if people reduced their TV viewing. Writing in the journal *BMC Medicine*, Dr Youngwon Kim and colleagues from the University of Hong Kong report how they used data from 373,026 white British people aged 40–69 who were part of the UK Biobank study. None of the participants in the team's study had coronary heart disease or stroke when recruited to the UK Biobank. However, the researchers found 9,185 cases of the disease in participants through the national death registry and hospital admission records. The study suggests that – after taking into account genetic risk of coronary heart disease as well as factors such as body mass index, smoking status and level of deprivation – people who watched an hour or less TV each day had a 16% lower risk of developing coronary heart disease compared with those who watched four or more hours daily.