

2013 Statistical Fact Sheet : 2020 Impact Goal

American Heart Association 2020 Impact Goal

By 2020, to improve the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular diseases and stroke by 20 percent.

Beginning in 2011, and recognizing the substantial time lag in the nationally representative data sets, the annual Statistical Update will evaluate and publish metrics and information that gives AHA directional insights into progress and/or areas critical for greater concentration, to meet their 2020 goals. In 2013, year 1 data are presented that were derived from National Health and Nutrition Examination Survey (NHANES) 2009-2010 data.

Definition of Cardiovascular Health

In order to accurately measure Americans' cardiovascular health and monitor progress toward the 2020 goal, the American Heart Association for the first time defined "ideal cardiovascular health." We define it as the absence of disease and the presence of seven key health factors and behaviors that we call "Life's Simple 7." Below are the measurements we use to determine whether someone is in ideal, intermediate or poor cardiovascular health.

	Life's Simple 7	Poor	Intermediate	Ideal
	Blood Pressure			
	Adults >20 years of age	SBP \geq 140 or DBP \geq 90 mm Hg	SBP 120-139 or DBP 80-89 mm Hg or treated to goal	<120/<80 mm Hg
	Children 8-19 years of age	>95th percentile	90th-95th percentile or SBP \geq 120 or DBP \geq 80 mm Hg	<90th percentile
	Physical Activity			
	Adults > 20 years of age	None	1-149 min/wk mod or 1-74 min/wk vig or 1-149 min/wk mod+vig	150+ min/wk mod or 75+ min/wk vig or 150+ min/wk mod+vig
	Children 12-19 years of age	None	>0 and <60 min of mod or vig every day	60+ min of mod or vig every day
	Cholesterol			
	Adults >20 years of age	\geq 240 mg/dL	200-239 mg/dL or treated to goal	<170 mg/dL
	Children 6-19 years of age	\geq 200 mg/dL	170-199 mg/dL	
	Healthy Diet			
	Adults >20 years of age	0-1 components	2-3 components	4-5 components
	Children 5-19 years of age	0-1 components	2-3 components	4-5 components
	Healthy Weight			
	Adults > 20 years of age	\geq 30 kg/m ²	25-29.9 kg/m ²	<25 kg/m ²
	Children 2-19 years of age	>95 th percentile	85th-95th percentile	<85 th percentile
	Smoking Status			
	Adults >20 years of age	Current Smoker	Former \leq 12 mos	Never/quit \geq 12 mos
	Children (12-19)	Tried prior 30 days		
	Blood Glucose			
	Adults >20 years of age	126 mg/dL or more	100-125 mg/dL or treated to goal	Less than 100 mg/dL
	Children 12-19 years of age	126 mg/dL or more	100-125 mg/dL	Less than 100 mg/dL

DBP indicates diastolic blood pressure; mod, moderate; mos, months; SBP, systolic blood pressure; vig, vigorous.

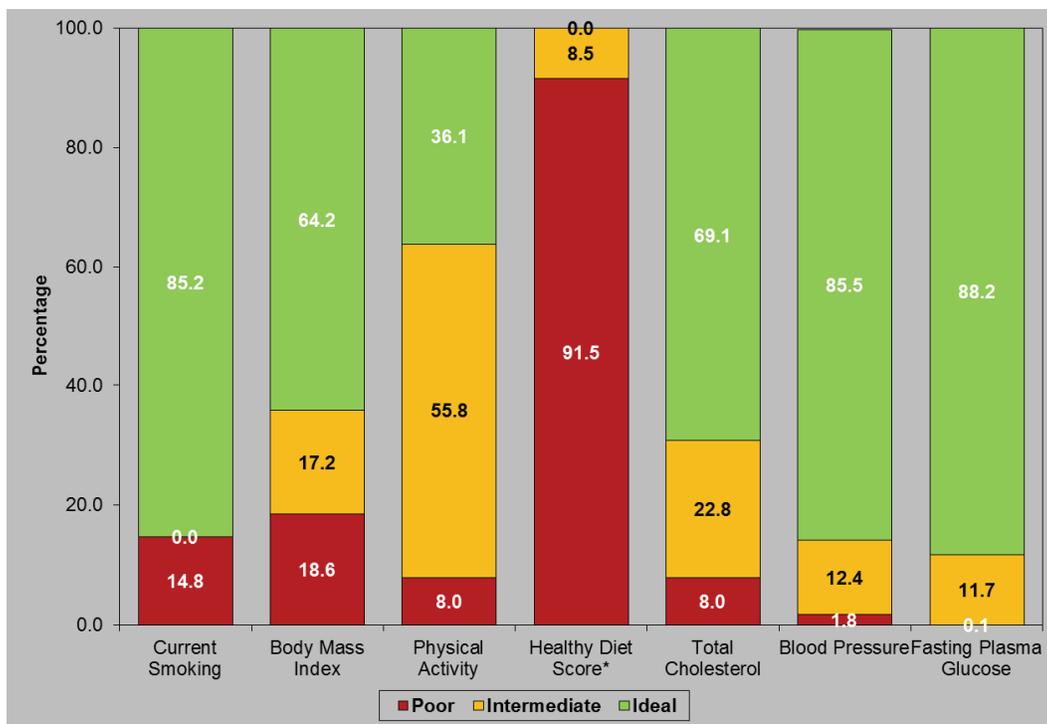
Source: *Circulation*. 2010;121:586-613.

Progress Improving the Cardiovascular Health of All Americans

- The prevalence of ideal levels of health behaviors and factors is much higher in children than in adults. The major exceptions are diet and physical activity for which the prevalence of ideal levels in children is similar (physical activity) or worse (diet).
- Among children, the prevalence (unadjusted) of ideal levels of cardiovascular health behaviors and factors currently varies from 0 percent for the healthy diet pattern (i.e., essentially no children meet at least four of the five dietary components) to >80 percent for the smoking, blood pressure and fasting glucose metrics. More than 90 percent of U.S. children meet none or only one of the five healthy dietary components.
- Among adults, the age-standardized prevalence of ideal levels of cardiovascular health behaviors and factors currently varies from 0.3 percent for having at least four of the five components of the healthy diet pattern to up to 76% for never having smoked or being a former smoker who has quit for >12 months.

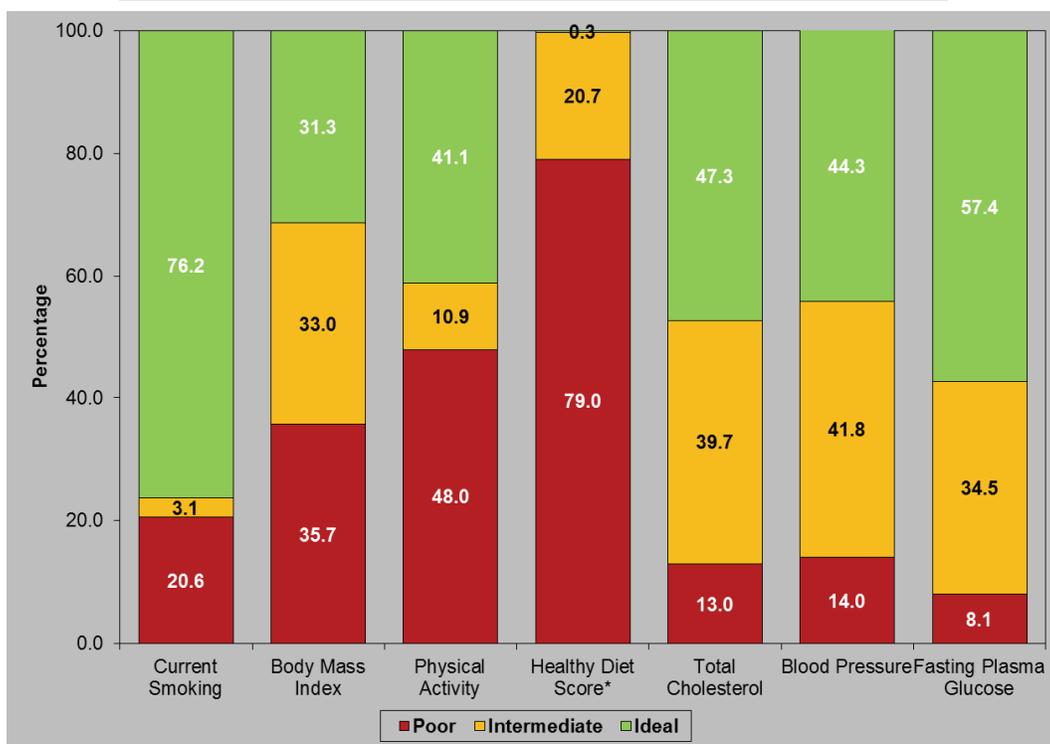
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Prevalence for Cardiovascular Health Factors in U.S. Children



Source: NHANES 2009-2010 (*Healthy Diet Score reflects 2007-2008 NHANES data)

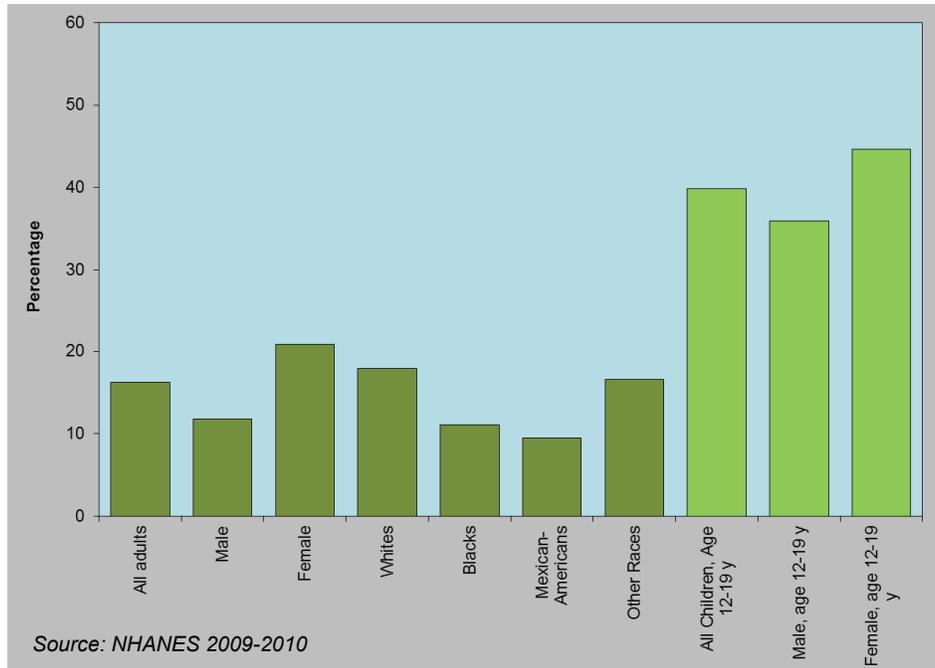
Prevalence for Cardiovascular Health Factors in U.S. Adults



Source: NHANES 2009-2010 (*Healthy Diet Score reflects 2007-2008 NHANES data)

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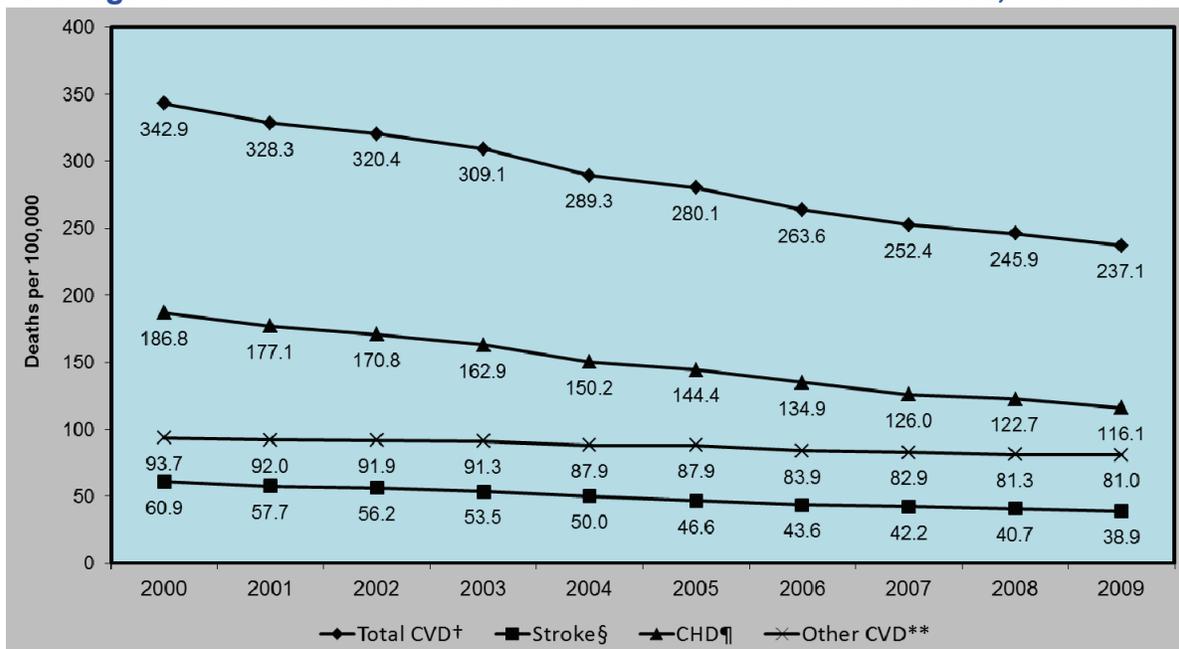
Prevalence estimates of meeting at least 5 criteria for Ideal Cardiovascular Health, U.S. adults by sex and race, U.S. children by sex



- Approximately 40 percent of U.S. children and youths between 12 and 19 years old have five or more metrics at ideal levels, with lower levels in boys (36 percent) than in girls (45 percent).
- In comparison, only 16 percent of U.S. adults have five or more metrics with ideal levels, with lower prevalence in men (12 percent) than in women (21 percent).

Progress Toward Reducing Deaths from Cardiovascular Diseases

U.S. age-standardized death rates* from cardiovascular diseases, 2000-2009



*Directly standardized to the age distribution of the 2000 US standard population.

Total CVD, ICD-10 I00-I99; Stroke, ICD-10 I60-I69; CHD, ICD-10 I20-I25; Other CVD, ICD-10 I00-I15, I26-I51, I70-I78, I80-I89, I95-I99.

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Taken together, these data continue to indicate the substantial progress is needed to reach the American Heart Association's 2020 Impact Goal.

- The metrics with the greatest potential for improvement are health behaviors, including diet quality, physical activity and body weight. However, each of the cardiovascular health metrics can be improved and deserves major focus, including smoking, which remains the leading cause of preventable death in the United States.
- Continued emphasis is also needed on the treatment of acute cardiovascular events and secondary prevention through treatment and control of health behaviors and risk factors.
- For each cardiovascular health metric, modest shifts in the population distribution toward improved health would produce relatively large increases in the proportion of Americans in both ideal and intermediate categories.

**For additional information, charts and tables, see
Chapter 2 of [Heart Disease & Stroke Statistics - 2013 Update](#).**

Additional charts may be downloaded directly from the online publication at:
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad>

Or at: www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

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If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

Please direct all media inquiries to News Media Relations at inquiries@heart.org or 214-706-1173.