Prevalence (unadjusted) estimates for poor, intermediate, and ideal cardiovascular health for each of the 7 metrics of cardiovascular health in the American Heart Association 2020 goals, US children aged 12 to 19 years, NHANES 2011 to 2012.

*Healthy diet score data reflects 2009 to 2010 NHANES data.

Mozaffarian D et al. Circulation. 2015;131:e29-e322
Copyright © American Heart Association, Inc. All rights reserved.
Prevalence (unadjusted) estimates of poor, intermediate, and ideal cardiovascular health for each of the 7 metrics of cardiovascular health in the American Heart Association 2020 goals among US adults aged 20 to 49 years and ≥50 years, NHANES 2011 to 2012.

*Healthy diet score data reflects 2009 to 2010 NHANES data.
Proportion (unadjusted) of US children aged 12 to 19 years meeting different numbers of criteria for ideal cardiovascular health, overall and by sex, National Health and Nutrition Examination Survey 2009 to 2010.
Age-standardized prevalence estimates of US adults aged ≥20 years meeting different numbers of criteria for ideal cardiovascular health, overall and by age and sex subgroups, NHANES 2009 to 2010.

Mozaffarian D et al. Circulation. 2015;131:e29-e322
Age-standardized prevalence estimates of US adults aged ≥20 years meeting different numbers of criteria for ideal cardiovascular health, overall and in selected race subgroups, NHANES 2009 to 2010.
Prevalence for meeting ≥5 criteria for ideal cardiovascular health among US adults aged ≥20 years (age standardized) and US children aged 12 to 19 years, overall and by sex, NHANES 2005 to 2006 and 2009 to 2010.
Age-standardized prevalence estimates of US adults meeting different numbers of criteria for ideal and poor cardiovascular health, for each of the 7 metrics of cardiovascular health in the American Heart Association 2020 goals among US adults aged ≥20 years, NHANES 2009 to 2010.

Mozaffarian D et al. Circulation. 2015;131:e29-e322
Trends in prevalence (unadjusted) of meeting criteria for ideal cardiovascular health for each of the 7 metrics of cardiovascular health in the American Heart Association 2020 goals among US children aged 12 to 19 years. NHANES 1999 to 2000 through 2011 to 2012.

*Because of changes in the physical activity questionnaire between different cycles of the NHANES, trends over time for this indicator should be interpreted with caution, and statistical comparisons should not be attempted. †Data for the Healthy Diet Score, based on a 2-day average intake, were only available for the 2005 to 2006, 2007 to 2008, and 2009 to 2010 NHANES cycles at the time of this analysis.

Mozaffarian D et al. Circulation. 2015;131:e29-e322
Copyright © American Heart Association, Inc. All rights reserved.
Age-standardized trends in prevalence of meeting criteria for ideal cardiovascular health for each of the 7 metrics of cardiovascular health in the American Heart Association 2020 goals among US adults aged ≥20 years, NHANES 1999 to 2000 through 2011 to 2012.

*Because of changes in the physical activity questionnaire between different cycles of the NHANES, trends over time for this indicator should be interpreted with caution, and statistical comparisons should not be attempted. †Data for the Healthy Diet Score, based on a 2-day average intake, were only available for the 2005 to 2006, 2007 to 2008, and 2009 to 2010 NHANES cycles at the time of this analysis.
Prevalence of ideal, intermediate, and poor cardiovascular health metrics in 2006 (American Heart Association 2020 Impact Goals baseline year) and 2020 projections assuming current trends continue.

*Directly standardized to the age distribution of the 2000 US standard population. †Total CVD: International Classification of Diseases, 10th Revision (ICD-10) I00 to I99, Q20 to Q28. §Stroke (all cerebrovascular disease): ICD-10 I60 to I69. ¶CHD: ICD-10 I20 to I25. **Other CVD: ICD-10 I00 to I15, I26 to I51, I70 to I78, I80 to I89, I95 to I99. Source: Centers for Disease Control and Prevention, National Center for Health Statistics.24
Incidence of cardiovascular disease according to the number of ideal health behaviors and health factors.