

## Cardiovascular Health

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

### Definition of Cardiovascular Health

In order to accurately measure Americans' cardiovascular health and monitor progress toward the 2020 goal, the American Heart Association (AHA) for the first time defined "ideal cardiovascular health." AHA defines 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 used to determine whether someone is in ideal, intermediate or poor cardiovascular health.

	Life's Simple 7	Poor	Intermediate	Ideal
	<b>Blood Pressure</b>			
	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
	<b>Physical Activity</b>			
	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
	<b>Cholesterol</b>			
	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	
	<b>Healthy Diet</b>			
	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
	<b>Healthy Weight</b>			
	Adults > 20 years of age	$\geq 30$ kg/m <sup>2</sup>	25-29.9 kg/m <sup>2</sup>	<25 kg/m <sup>2</sup>
	Children 2-19 years of age	>95 <sup>th</sup> percentile	85 <sup>th</sup> -95 <sup>th</sup> percentile	<85 <sup>th</sup> percentile
	<b>Smoking Status</b>			
	Adults >20 years of age	Current Smoker	Former $\leq 12$ mos	Never /quit $\geq 12$ mos
	Children (12-19)	Tried prior 30 days		
	<b>Blood Glucose</b>			
	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

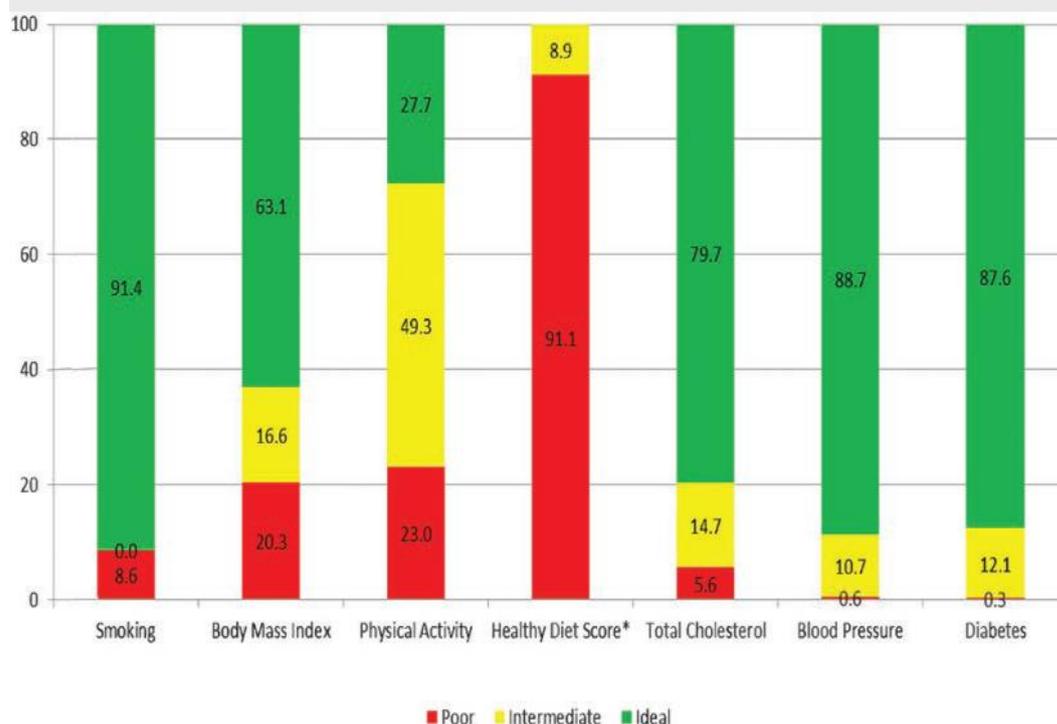
DBP indicates diastolic blood pressure; mod, moderate; mos, months; SBP, systolic blood pressure; vig, vigorous.  
Source: *Circulation*. 2010;121:586-613.

### Summary of Cardiovascular Health of All Americans

- For most metrics, the prevalence of ideal levels of health behaviors and health factors is higher in US children than in US adults. Major exceptions are diet and PA, for which prevalence of ideal levels in children is similar to (for PA) or worse (for diet) than in adults.
- Among children, the prevalence (unadjusted) of ideal levels of cardiovascular health behaviors and factors currently varies from <1% for the healthy diet pattern (ie, <1 in 100 US children meets at least 4 of the 5 dietary components) to >80% for the smoking, BP, and fasting glucose metrics.
- Among US adults, the age-standardized prevalence of ideal levels of cardiovascular health behaviors and factors currently varies from about 1.5% for having an ideal AHA diet score of 78% for never having smoked or being a former smoker who has quit for >12 months.
- The prevalence of ideal levels across 7 health factors and health behaviors generally declined with age, with much lower prevalence among older versus younger age groups. The exception was diet, for which prevalence of ideal levels was highest in older adults.
- All populations have improved since baseline year 2007 to 2008.

## CV Health — 2017 Statistical Fact Sheet

### Prevalence for Cardiovascular Health Factors in U.S. Children



Source: NHANES 2013 to 2014.

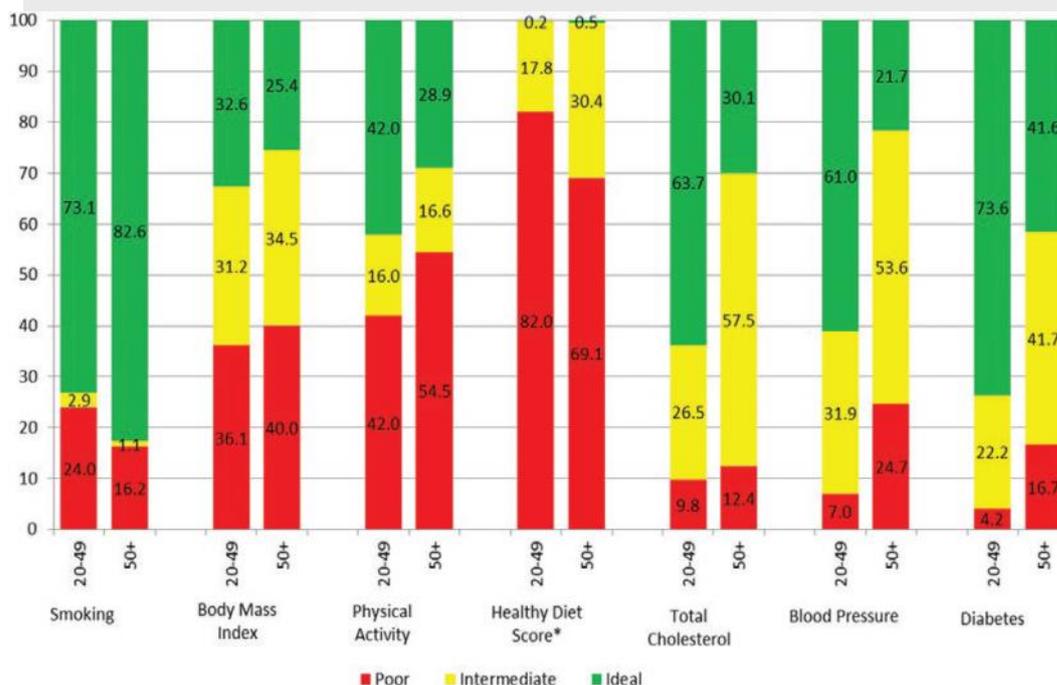
### CV Health in Children

- Few US children ( $\approx 5\%$ ) meet only 0, 1, or 2 criteria for ideal cardiovascular health.
- Nearly half of US children (54%) meet 3 or 4 criteria for ideal cardiovascular health, and  $\approx 41\%$  meet 5 or 6 criteria (mostly 5 criteria).
- $<1\%$  of children meet all 7 criteria for ideal cardiovascular health.
- Approximately 46% of US children 12 to 19 years of age have  $\geq 5$  metrics at ideal levels, with slightly lower prevalence in boys (44%) than in girls (47%).

### CV Health in Adults

- Approximately 3% of US adults have 0 of the 7 criteria at ideal levels, and another 15% meet only 1 of 7 criteria. This is much worse than among children.
- Most US adults ( $\approx 65\%$ ) have 2, 3, or 4 criteria at ideal cardiovascular health, with  $\approx 1$  in 5 adults within each of these categories.
- Approximately 13% of US adults meet 5 criteria, 5% meet 6 criteria, and virtually 0% meet 7 criteria at ideal levels.
- Only 17% of US adults have  $\geq 5$  metrics with ideal levels, with lower prevalence in males (13%) than in females (21%).

### Prevalence for Cardiovascular Health Factors in U.S. Adults



Source: NHANES 2013 to 2014.

### CV Health and Age/Sex

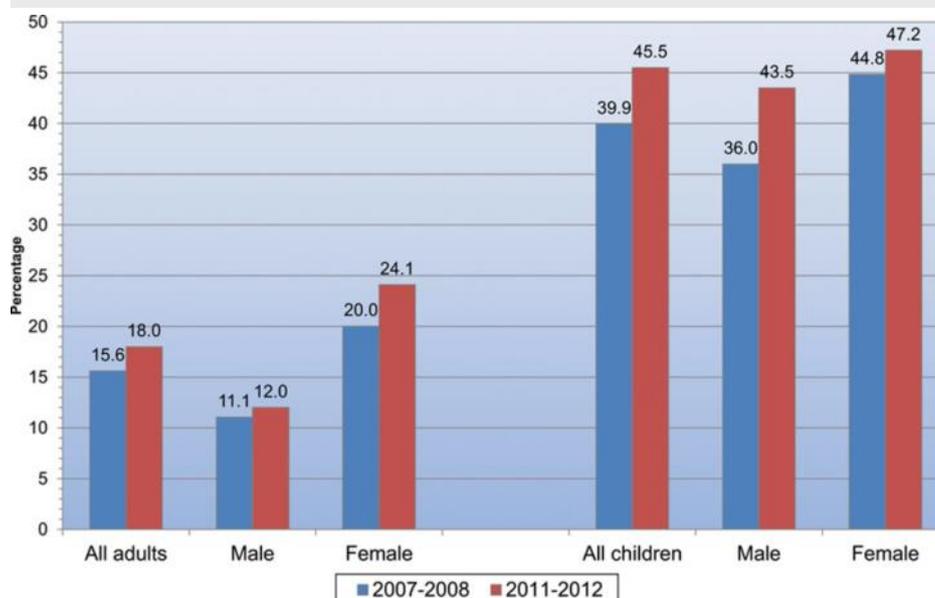
- Presence of ideal cardiovascular health is both age and sex related.
- Younger adults are more likely to meet greater numbers of ideal metrics than are older adults. More than 60% of Americans  $>60$  years of age have  $\leq 2$  metrics at ideal levels. At any age, females tend to have more metrics at ideal levels than do males.

## CV Health — 2017 Statistical Fact Sheet

### CV Health and Race

- Race is also related to presence of ideal cardiovascular health. Blacks and Hispanics tend to have fewer metrics at ideal levels than whites or other races. Approximately 6 in 10 white adults and 7 in 10 black or Hispanic adults have no more than 3 of 7 metrics at ideal levels.
- Among both children and adults, non-Hispanic whites tend to have a higher prevalence of having  $\geq 5$  metrics at ideal levels.
- Among children, more non-Hispanic blacks have  $\geq 5$  metrics with ideal levels; however, among adults, Hispanics have a higher prevalence than non-Hispanic blacks.
- Approximately 5 in 10 non-Hispanic white children, 4 in 10 non-Hispanic black children, and 3 in 10 Hispanic children have  $\geq 5$  metrics at ideal levels.
- By comparison, among adults, only  $\approx 2$  in 10 of non-Hispanic whites and Hispanics and 1 in 10 of non-Hispanic blacks have  $\geq 5$  metrics at ideal levels.

### Prevalence of meeting at least 5 criteria for Ideal CV Health



Source: National Health and Nutrition Examination Survey (NHANES).

For additional information, charts and tables, see [Heart Disease & Stroke Statistics - 2017 Update](#).

Additional charts may be downloaded directly from the [online publication](#) at [www.heart.org/statistics](http://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 2017 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org). Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.