



My Heart. My Life.

*My Heart. My Life.*TM

A national movement to radically improve Americans' health

The American Heart Association's *My Heart. My Life.* is a comprehensive new health, wellness and fitness platform to empower Americans to get healthier. It's an important component of the American Heart Association's sweeping 20-year goal: to improve the cardiovascular health of all Americans by 20 percent and to reduce deaths from cardiovascular disease and stroke by 20 percent by the year 2020.

At Risk For Heart Disease and Stroke

America is facing a serious health crisis. Less than 1 percent of the population meets the American Heart Association criteria for ideal cardiovascular health. Yet, in an American Heart Association survey, 39 percent of the population rated themselves as being in ideal health. A key goal of *My Heart. My Life.* is to increase the number of people who understand the link between their health and their risk of heart disease and stroke. Consider these statistics:

- Heart disease is the No. 1 one killer of Americans and stroke ranks third.
- Less than 0.5 percent of people in the United States between the ages of 12 and 19 is in ideal health, according to the American Heart Association's Healthy Diet Score,* and only 0.3 percent of adults are.
- Some experts believe that if obesity among children continues to increase, our current generation will become the first in American history to live shorter lives than their parents.
- Helping people reach age 50 with no cardiovascular risk factors can lower their chances of having heart disease or a stroke. Many of these people with lower risk can expect to live to age 90 and older with significantly less disability and disease, and a better quality of life.
- Obesity has surpassed smoking as one of the most expensive healthcare problems in America.
- One-third of U.S. children and adolescents are overweight or obese and at higher risk for heart disease and stroke. Recent research findings found that 12-year-old children with certain health factors have arteries similar to those of 45-year-olds.

*** The American Heart Association Healthy Diet Score**

How does your diet add up? If you are an adult and consume four or five of the below quantities, your diet is considered "ideal."

- At least 4.5 cups per day of fruits and vegetables
- At least two 3.5-ounce servings a week of fish (oily is best)
- Less than 1,500 milligrams a day of sodium
- Fewer than 450 calories (36 ounces) a week of sweets/sugar
- At least three 1-ounce servings a day of whole grains

Three additional factors to consider that contribute to a healthy diet are:

- Less than 7 percent of total calories from saturated fat
- At least 4 servings a week of nuts, legumes or seeds
- Fewer than 2 servings a week of processed meats disease beginning at age 25.