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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, National Health and Nutrition Examination Survey 2011 to 2012.

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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, National Health and Nutrition Examination Survey 2011 to 2012.

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Prevalence of 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, National Health and Nutrition Examination Survey 2007 to 2008 and 2011 to 2012.

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Prevalence of meeting ≥5 criteria for ideal cardiovascular health among US adults aged ≥20 years (age standardized) and US children aged 12 to 19 years, by race/ethnicity, National Health and Nutrition Examination Survey 2011 to 2012.

![Bar chart showing prevalence of ideal cardiovascular health among different groups.](chart.png)

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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, National Health and Nutrition Examination Survey, 2011 to 2012.

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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, National Health and Nutrition Examination Survey (NHANES) 1999 to 2000 through 2011 to 2012. *Because of changes in the physical activity questionnaire between different cycles of the NHANES survey, 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 2003 to 2004, 2005 to 2006, 2007 to 2008, 2009 to 2010, and 2011 to 2012 NHANES cycles at the time of this analysis.
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, National Health and Nutrition Examination Survey (NHANES) 1999 to 2000 through 2011 to 2012. *Because of changes in the physical activity questionnaire between different cycles of the NHANES survey, 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 2003 to 2004, 2005 to 2006, 2007 to 2008, 2009 to 2010 and 2011 to 2012 NHANES cycles at the time of this analysis.

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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.

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