The American Heart Association is committed to helping every person live healthier, longer.

**ACROSS THE U.S.**
Together, we will equitably increase healthy life expectancy from 66 to at least 68 years by 2030.

**ACROSS THE WORLD**
Together with global and local collaborators, we will equitably increase worldwide healthy life expectancy from 64 to at least 67 years by 2030.

**KEY RISK FACTORS DRIVING POOR HEALTH**

**UNITED STATES**
- High BMI
- Tobacco
- Dietary Risks
- High Blood Sugar
- High Blood Pressure

**WORLD**
- Child & Maternal Malnutrition
- Dietary Risks
- High Blood Pressure
- High Blood Sugar
- Tobacco

**GETTING TO 2030**
These goals are bold and ambitious — they call for innovative collaborations with diverse communities and organizations across the globe, with equity and well-being at the center of everything we do. To accomplish this, we will focus on:

- Making healthy choices the easy ones
- Making health care accessible and affordable
- Getting better at stopping preventable diseases before they start

Visit heart.org/2030 to see how you can get involved.

**OUR MISSION:**
To be a relentless force for a world of longer, healthier lives.