

# American Heart Association 2020 Impact Goal



American Heart Association® | American Stroke Association®

*Learn and Live.*

## Cardiovascular health defined using “Life’s Simple 7”

For the first time, the association has defined cardiovascular health into three categories, using seven easy-to-understand measures called “Life’s Simple 7.” The chart below details how Life’s Simple 7 determines poor, intermediate and ideal cardiovascular health.

LIFE’S SIMPLE 7 (Health Factor or Behavior)	POOR HEALTH (Warning)	INTERMEDIATE HEALTH (Needs Improvement)	IDEAL HEALTH (Excellent)
<b>1. Smoking Status</b>			
Adults	Smoker	Quit for 12 months or less	Never smoked or quit more than 12 months ago
Children	Tried in the last 30 days		Never tried/smoked a whole cigarette
<b>2. Body Mass Index (BMI) (a measure of body fat)</b>			
Adults	30 or greater	25-29.9	18.5-24.9
Children	More than 95 <sup>th</sup> percentile	85 <sup>th</sup> -95 <sup>th</sup> percentile	Less than 85 <sup>th</sup> percentile
<b>3. Physical Activity</b>			
Adults	None	1-149 minutes/wk moderate or 1-74 minutes/wk vigorous or 1-149 minutes/wk of moderate + vigorous	150+ minutes/wk moderate or 75+ minutes/wk vigorous or 150+ minutes/wk moderate + vigorous
Children	None	1-59 minutes/day moderate or vigorous	60 minutes+/day moderate or vigorous
<b>4. Healthy Diet Score (in the context of an overall healthy eating pattern and energy balance)</b>			
Adults	0-1 components of healthy diet	2-3 components of a healthy diet	4-5 components of a healthy diet
Children	0-1 components of healthy diet	2-3 components of a healthy diet	4-5 components of a healthy diet
<b>5. Total Cholesterol</b>			
Adults	240 or more mg/dL	200-239 mg/dL or treated to goal	Less than 200 mg/dL untreated
Children	200 or more mg/dL	170-199 mg/dL	Less than 170 mg/dL untreated
<b>6. Blood Pressure</b>			
Adults	SBP <sup>1</sup> of 140 or more, or DBP <sup>2</sup> 90 mm Hg or more	SBP of 120-139 or DBP of 80-89 mm Hg or treated to goal	SBP of less than 120 or DBP of less than 80 mm Hg untreated
Children	More than 95 <sup>th</sup> percentile	90 <sup>th</sup> -95 <sup>th</sup> percentile or SBP of 120 or more or DBP of 80 mmHg or more	Less than 90 <sup>th</sup> percentile
<b>7. Fasting Plasma Glucose</b>			
Adults	126 mg/dL or more	100-125 mg/dL or treated to goal	Less than 100 mg/dL
Children	126 mg/dL or more	100-125 mg/dL	Less than 100 mg/dL

<sup>1</sup> SBP: systolic blood pressure; <sup>2</sup> DBP: diastolic blood pressure