



American Heart Association 2020 Impact Goal

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)
1. Smoking Status			
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
2. Body Mass Index (BMI) (a measure of body fat)			
Adults	30 or greater	25-29.9	18.5-24.9
Children	More than 95 th percentile	85 th -95 th percentile	Less than 85 th percentile
3. Physical Activity			
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	1-60 minutes/day moderate or vigorous	60 minutes+/day moderate or vigorous
4. Healthy Diet Score (in the context of an overall healthy eating pattern and energy balance)			
Adults	0-1 component 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
5. Total Cholesterol			
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
6. Blood Pressure			
Adults	SBP ¹ 140 or more, or DBP ² 90 mm Hg or more	SBP 120-139 or DBP 80-89 mm Hg or treated to goal	SBP/less than 120 or DBP of less than 80 mm Hg untreated
Children	More than 95 th percentile	90 th -95 th percentile or SBP 120 or more or DBT 80 mmHg or more	Less than 90 th percentile
7. Fasting Plasma Glucose			
Adults	126 mg/dL or more	100-125 or treated to goal	Less than 100
Children	126 mg/dL or more	100-125	Less than 100

¹ SBP: systolic blood pressure; ² DBP: dystolic blood pressure