New Goal Concepts

- Concept of Cardiovascular Health
  - Reframes the Question

- Continuum of Health
  - Ideal, Intermediate, Poor
  - Allow movement toward Ideal Health
2020 Goal Statement:

- "Energy balance, a critical aspect of a CV-healthy diet, is best expressed in the 2020 Impact Goal by the BMI metric.
  - Nonetheless, energy balance can be affected by dietary quality. Thus, in the diet metric, it was essential to include foods and dietary patterns with strong evidence base for causal relations to energy balance."

- "The recommended dietary metrics do not necessarily represent the only components of an optimal diet with regard to consistency with a DASH-like eating plan or ideal cardiovascular health."

- "AHA will not follow only the specific metrics in designing programs to achieve the overall goal of improving cardiovascular health, but it can monitor its progress toward improving cardiovascular health by understanding the changes in these metrics over time."
Cardiovascular Health

What Is Ideal Health?

• Absence of disease
• Favorable levels of health factors
• Favorable health behaviors
CV Health Metric

- Synthesizes and incorporates the entire spectrum of CV health (and disease).
- Emphasizes new focus on CV health.
- Provides opportunities for greater public health approaches, as well as continued emphasis on treatment of risk factors and disease.
- Creates challenges and opportunities for expanded areas of focus in primordial prevention.
Ideal Health Behaviors

Aggregate of all:

- Nonsmoking
- Healthy Weight
- Appropriate Level of Physical Activity
- Healthy Eating Pattern
Ideal CV Health

Ideal Health Behaviors Metric (ALL)
- Nonsmoking
- Healthy Weight
- Appropriate Levels of Physical Activity
- Healthy Eating Pattern

Ideal Health Factors Metric (ALL)
- Total cholesterol
- Blood pressure
- Non-diabetic
<table>
<thead>
<tr>
<th>Metric</th>
<th>Poor</th>
<th>Intermediate</th>
<th>Ideal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Smoking</strong></td>
<td>Smoker</td>
<td>Quit for 12 months or less</td>
<td>Never smoked or quit from more than 12 mo</td>
</tr>
<tr>
<td></td>
<td>Children: Tried in last 30 days</td>
<td></td>
<td>Children: never tried/smoked</td>
</tr>
<tr>
<td><strong>Body Mass Index Kg/m2</strong></td>
<td>30 or greater</td>
<td>25-29.9</td>
<td>&lt;25</td>
</tr>
<tr>
<td></td>
<td>Children: &lt;95 percentile</td>
<td>Children: 85-95 percentile</td>
<td>Children: &lt;85th percentile</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td>None</td>
<td>1-149 min/wk moderate or, 1-74 min/wk vigorous or, 1-149 min/wk moderate + vigorous</td>
<td>150+ min/wk moderate or 75+ min/wk vigorous or combination</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Children: 60+ min moderate or vigorous/day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Children: &gt;0 and &lt;60 min of moderate or vigorous every day</td>
</tr>
<tr>
<td><strong>Healthy Diet</strong></td>
<td>0-1 components</td>
<td>2-3 components</td>
<td>4-5 components</td>
</tr>
</tbody>
</table>
Diet Metric:

• “In the context of a diet that is appropriate in energy balance, pursuing an overall dietary pattern that is consistent with a DASH-type eating plan, including but not limited to:
  – Fruits and vegetables: ≥ 4.5 cups/day
  – Fish: ≥ 2 3.5-oz servings/week
  – Fiber-rich whole grains (≥1.1 g fiber per 10 g carbohydrate): ≥ 3 1-oz-equivalent servings/day
  – Sodium: <1500 mg/day
  – Sugar-sweetened beverages: ≤36 oz/week (1/4 discretionary calories).”
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<th>Ideal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Cholesterol</strong></td>
<td>≥240</td>
<td>200-239 or treated to goal</td>
<td>&lt;200</td>
</tr>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>SBP ≥140 or DBP ≥90</td>
<td>SBP 120-139 or DBP 80-89 or treated to goal</td>
<td>&lt;120/&lt;80</td>
</tr>
<tr>
<td></td>
<td>Children: &gt;95th %ile</td>
<td>Children: 90th - 95th %ile or SBP ≥120 or DBP ≥80</td>
<td>Children: &lt;90th %ile</td>
</tr>
<tr>
<td><strong>Fasting Glucose</strong></td>
<td>≥126</td>
<td>100-125, or DM treated to goal</td>
<td>&lt;100</td>
</tr>
</tbody>
</table>
2020 Impact Goal

By 2020, to improve the cardiovascular health of all Americans by 20%, while reducing deaths from cardiovascular disease and stroke by 20%.