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.

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

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

While people may be living longer, not all those years are healthy ones.

Risk factors lead to chronic conditions that impact the quality of life in people at a much younger age.

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 healthcare accessible and affordable
- Getting better at stopping preventable diseases before they start

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