



# 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**





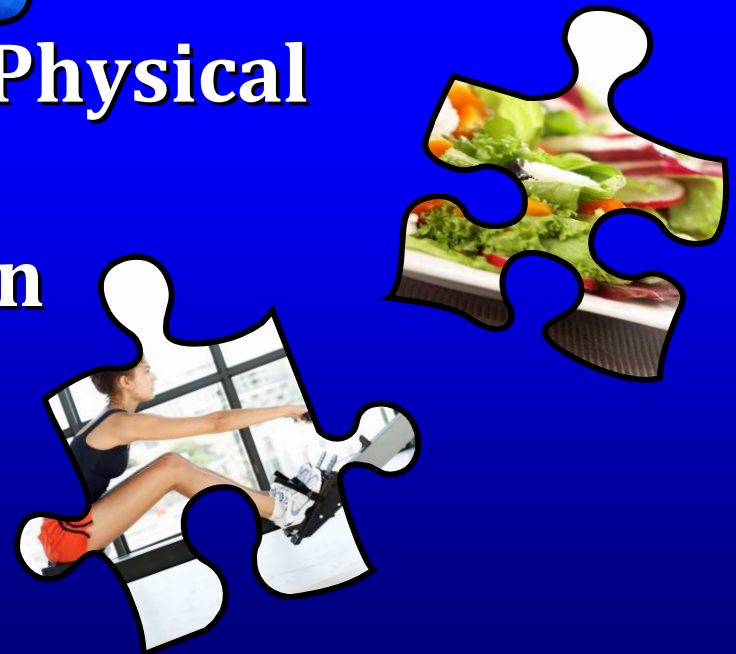
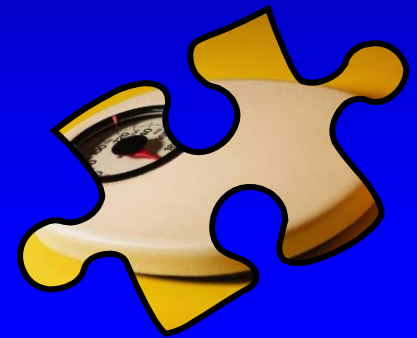
# CV Health Metric

- 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

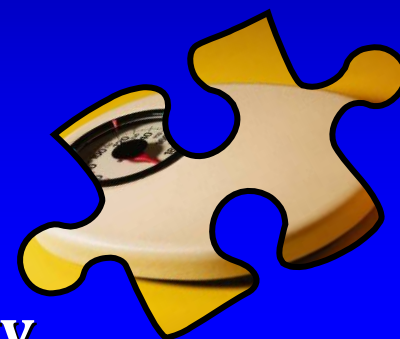




# Ideal CV Health

## 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





Metric	Poor	Intermediate	Ideal
<b>Current Smoking</b>	Smoker  Children: Tried in last 30 days	Quit for 12 months or less	Never smoked or quit from more than 12 mo  Children: never tried/smoked
<b>Body Mass Index Kg/m<sup>2</sup></b>	30 or greater  Children: <95 percentile	25-29.9  Children: 85-95 percentile	<25  Children: <85th percentile
<b>Physical Activity</b>	None	1-149 min/wk moderate or, 1-74 min/wk vigorous or, 1-149 min/wk moderate + vigorous  Children: >0 and <60 min of moderate or vigorous every day	150+ min/wk moderate or 75+ min/wk vigorous or combination  Children: 60+ min moderate or vigorous/day
<b>Healthy Diet</b>	0-1 components	2-3 components	4-5 components



## 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:  $\geq 4.5$  cups/day
  - Fish:  $\geq 2$  3.5-oz servings/week
  - Fiber-rich whole grains ( $\geq 1.1$  g fiber per 10 g carbohydrate):  $\geq 3$  1-oz-equivalent servings/day
  - Sodium:  $<1500$  mg/day
  - Sugar-sweetened beverages:  $\leq 36$  oz/week (1/4 discretionary calories).”



Metric	Poor	Intermediate	Ideal
<b>Total Cholesterol</b>	≥240 Children: ≥200	200-239 or treated to goal Children: 170-199	<200 Children: <170
<b>Blood Pressure</b>	SBP ≥140 or DBP ≥90 Children: >95th %ile	SBP 120-139 or DBP 80-89 or treated to goal Children: 90th - 95th %ile or SBP ≥120 or DBP ≥80	<120/<80 Children: <90th %ile
<b>Fasting Glucose</b>	≥126	100-125, or DM treated to goal	<100



# 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%.**



American Heart Association | American Stroke Association

*Learn and Live.*

**Lloyd-Jones DM, et al. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's Strategic Impact Goal through 2020 and beyond. *Circulation* 2010: published online before print January 20, 2010, 10.1161/CIRCULATIONAHA.109.192703.**