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

**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.

**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

**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](http://heart.org/2030) to see how you can get involved.