



## **Top Ten Things To Know Unveiling Goals for Health Promotion and Disease Reduction**

1. When adverse levels of risk factors are present, even in young adulthood and middle age, substantial elevations in long-term and lifetime risks for CVD and stroke are eminent.
2. Avoiding risk factors in the first place is the best way to avoid clinical events throughout a lifetime and improve longevity and quality of life.
3. On a population-wide basis, preventing whole societies from experiencing epidemics of risk factors is referred to as “primordial prevention.”
4. For individuals, the prevention of CVD risk factors is a common strategy for guidelines and recommendations especially those focusing on childhood and adolescence.
5. Expanding prevention efforts requires an array of new tools and competencies to reverse a rising tide of CVD events due to aging of the population and ongoing unhealthy behaviors by Americans.
6. Only approximately 3% of men and 15% of women with 4 or more unfavorable health factors survived to age 85, whereas over 35% of men and 65% of women with all ideal health factors survived to age 85.
7. CV Health is defined as a broad, positive, construct that is not merely the absence of clinically evident disease, but includes 7 components as part of its definition: weight management, eating pattern, smoking status, level of physical activity, blood pressure, blood sugar, and total cholesterol.
8. Primary and secondary measures are identified in this new definition and primary measures will be monitored separately for children and adults to assess change over time.
9. Health related quality of life in the absence of CVD is also a measure of cardiovascular health and goes beyond traditional measures of mortality and morbidity and may include physical, mental and social functioning, as well as overall well-being.
10. Research reports now tell us that for men and women who reach age 50 years with optimal health, life expectancy is at least another 40 years free of heart disease and stroke with less than 8% chance of developing CV disease over the course of one’s entire life.