

Life's Essential 8

A science-based recipe for a longer, healthier life



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Life's Essential 8

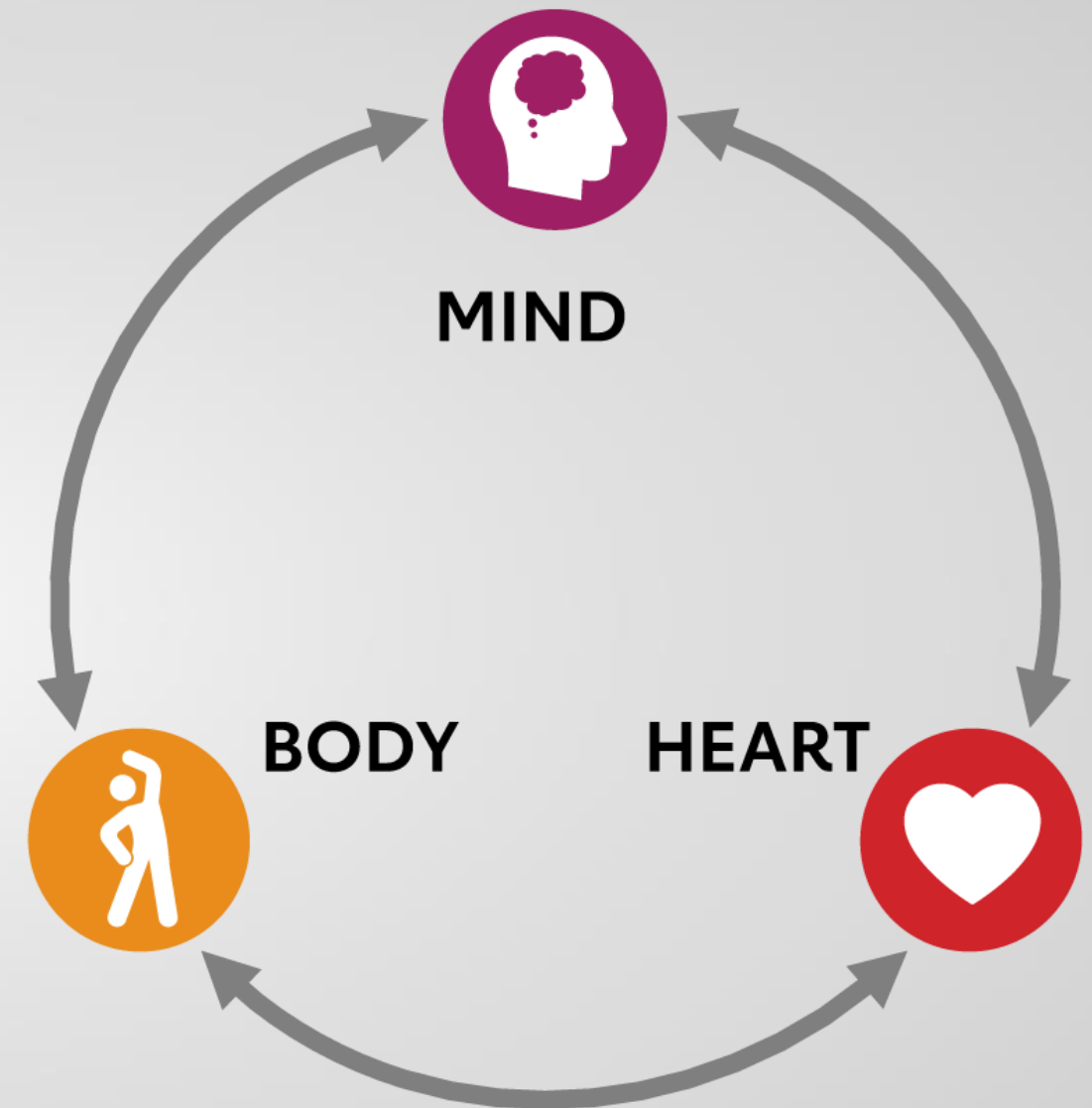
Identifies the 8 most important factors for cardiovascular health — 4 health behaviors and 4 health factors

Simplifies cardiovascular health so people can better understand and manage it



Improving Life's Essential 8 can improve overall well-being

- The mind, heart and body are connected
- Factors that affect one can affect the other two — the impact can be positive OR negative
- Improving Life's Essential 8 isn't just good for your heart, it's also good for your overall health and well-being

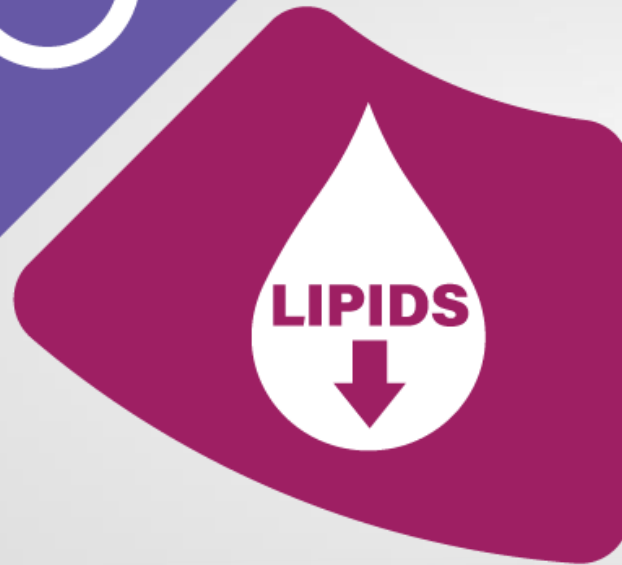


Four key health factors



Blood Pressure

Less than 120/80 mm Hg



Blood Lipids

Less than 130 mg/dL of
non-HDL cholesterol



Healthy Weight

A body mass index of
less than 25 kg/m²



Blood Sugar

No history of diabetes and
fasting blood glucose of less
than 100 mg/dL (or
hemoglobin HbA1c < 5.7%)

Four key health behaviors

Adequate Sleep

Getting 7-9 hours of
sleep per night



Healthy Diet

Adhering to a DASH or
Mediterranean diet



Not Smoking or Vaping

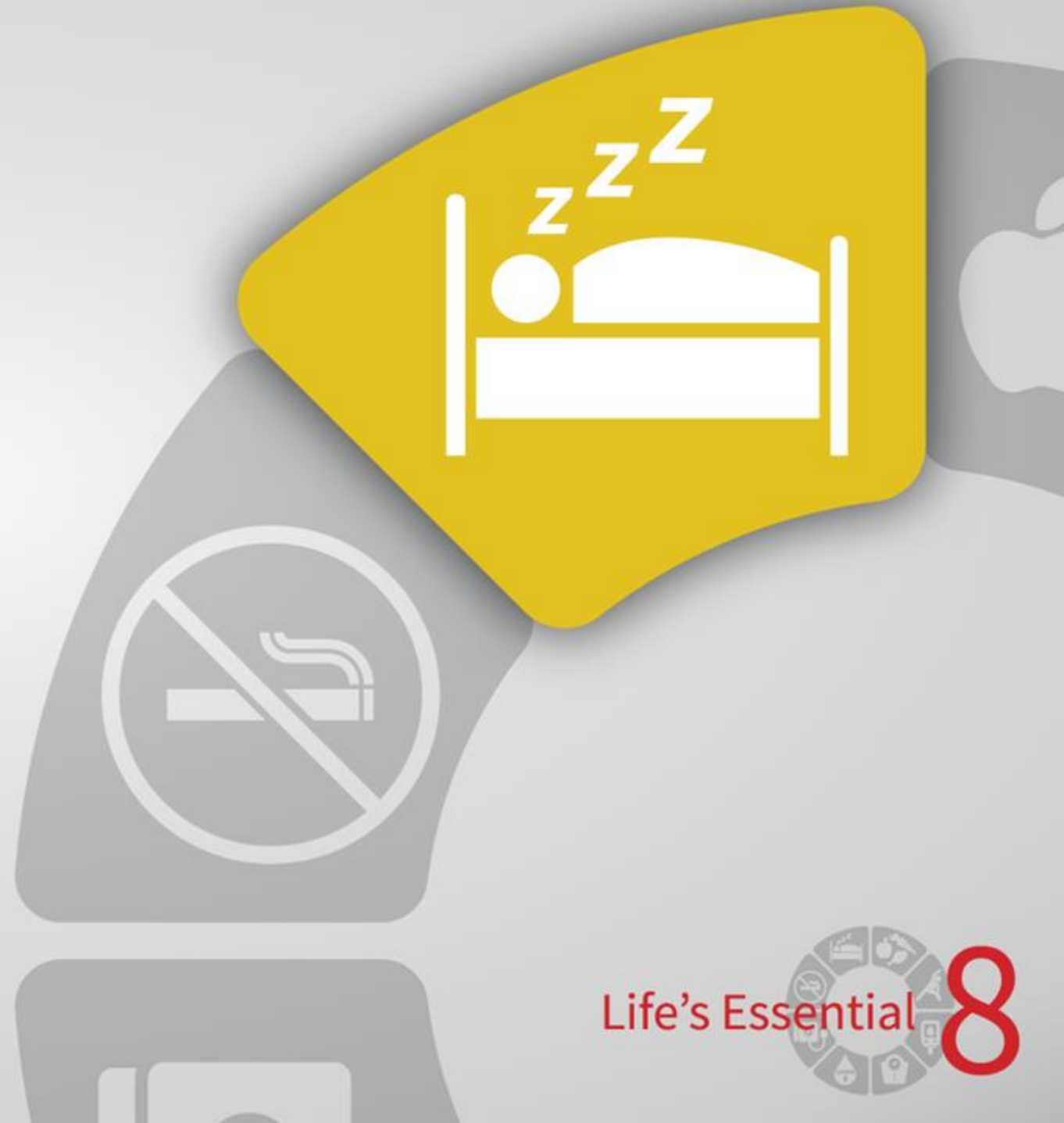


Physical Activity

150 minutes or more of
moderate-intensity aerobic
activity OR 75 minutes of
vigorous-aerobic activity
per week



Improving Sleep



TRUE OR FALSE?

Sleeping in on weekends helps you catch up.



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Getting enough sleep can:

- Lower your risk of chronic diseases and Type 2 diabetes
- Strengthen your immune system
- Improve your mood and increase energy
- Make you more creative



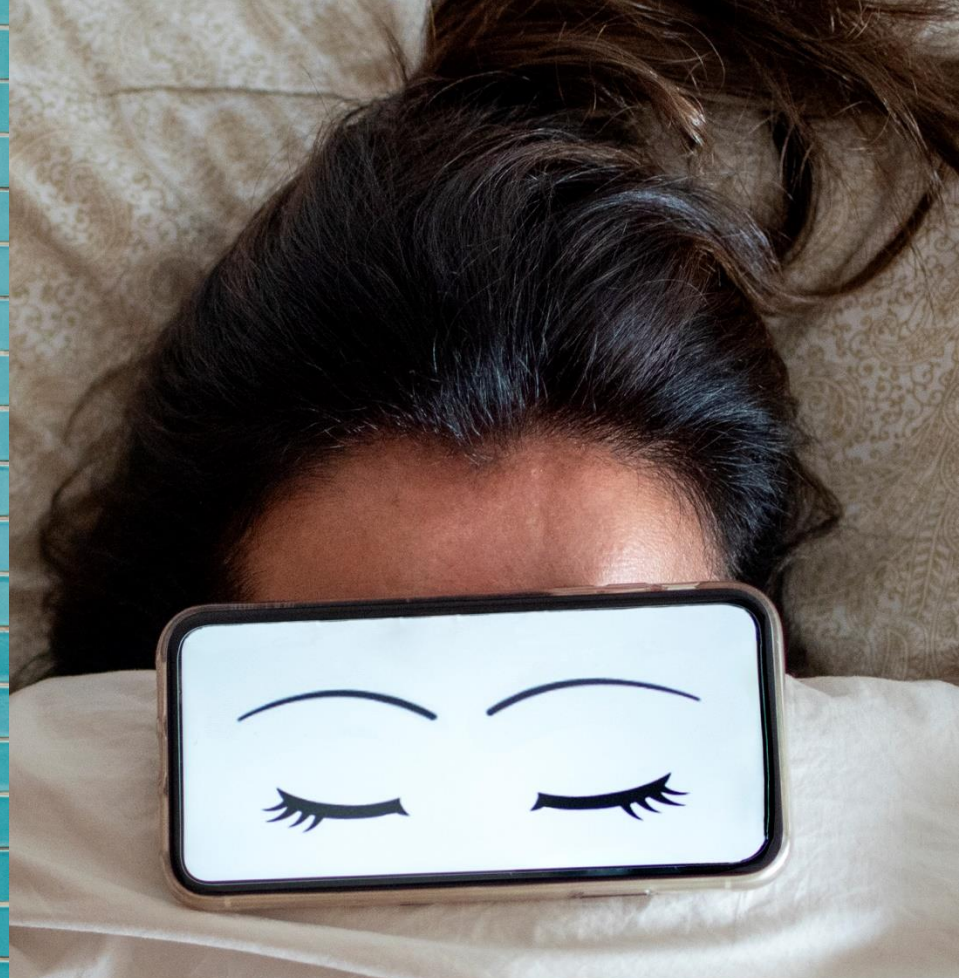
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So what can you do to get enough sleep?

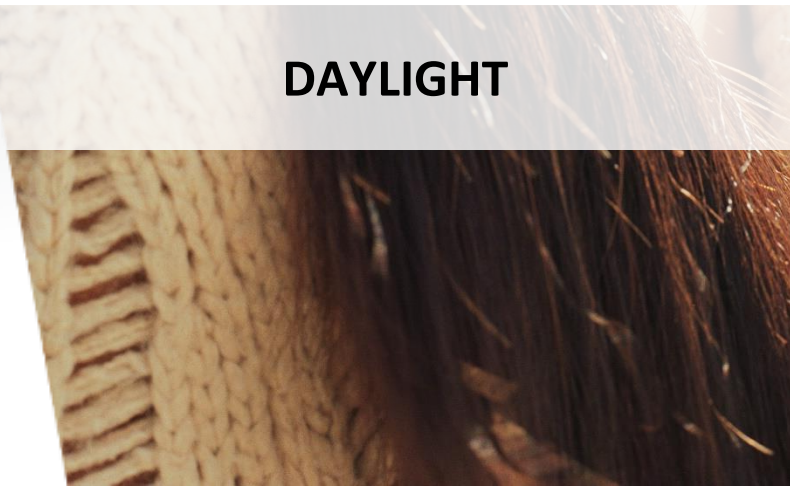


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ADD MORE

DAYLIGHT



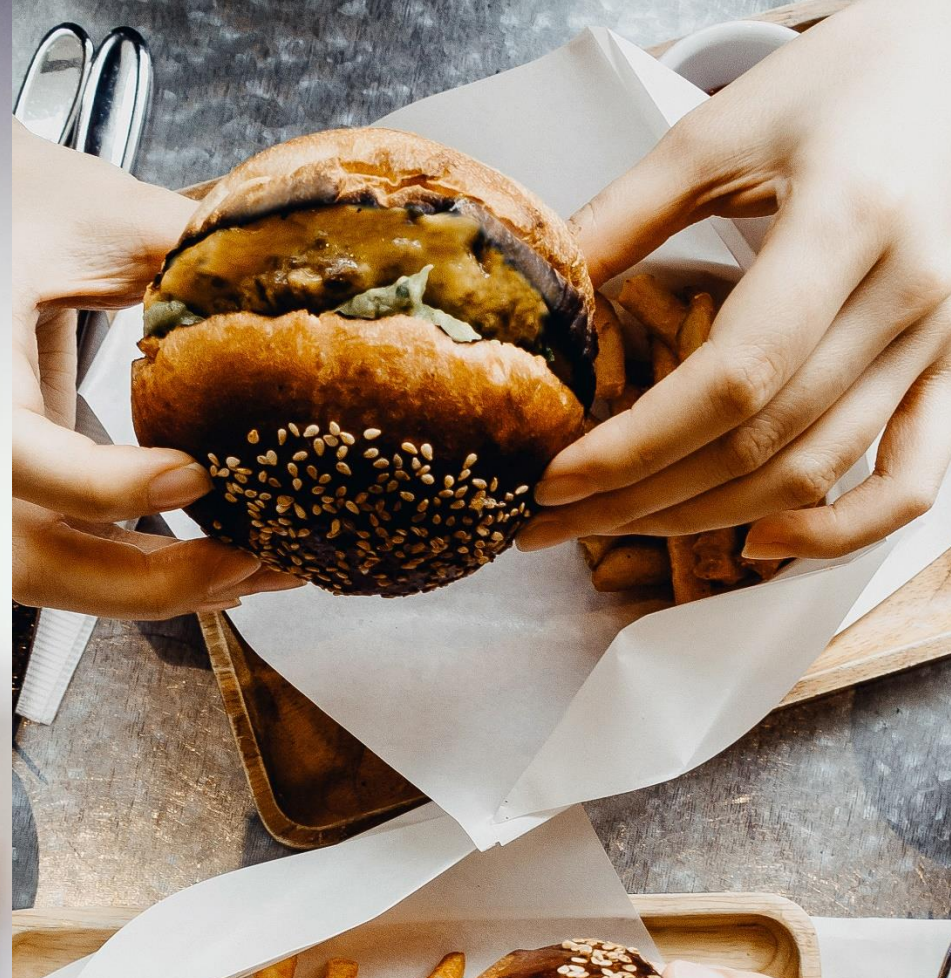
MOVEMENT



CONSISTENCY



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✗ GET LESS

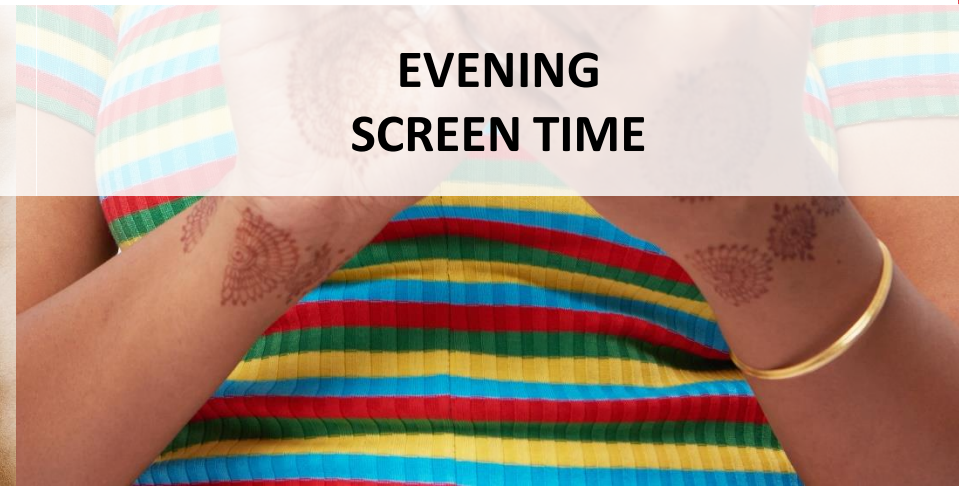
**NIGHTTIME
ACTIVITY**



**HEAVY MEALS, ALCOHOL, NICOTINE &
CAFFEINE**



**EVENING
SCREEN TIME**



Improving Diet



TRUE OR FALSE?

When it comes to getting your fruits and veggies, fresh is always best.



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Benefits of improving your diet

- A heart-healthy diet can lower your risk of heart disease and stroke
- Fruits, veggies, grains, omega-3 fatty acids and lean meats can keep depression at bay
- Fruits and veggies are linked to higher levels of happiness



How can we encourage folks to improve their diets?



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OFFER MORE

FRUIT

PLANT-BASED PROTEIN

VEGETABLES

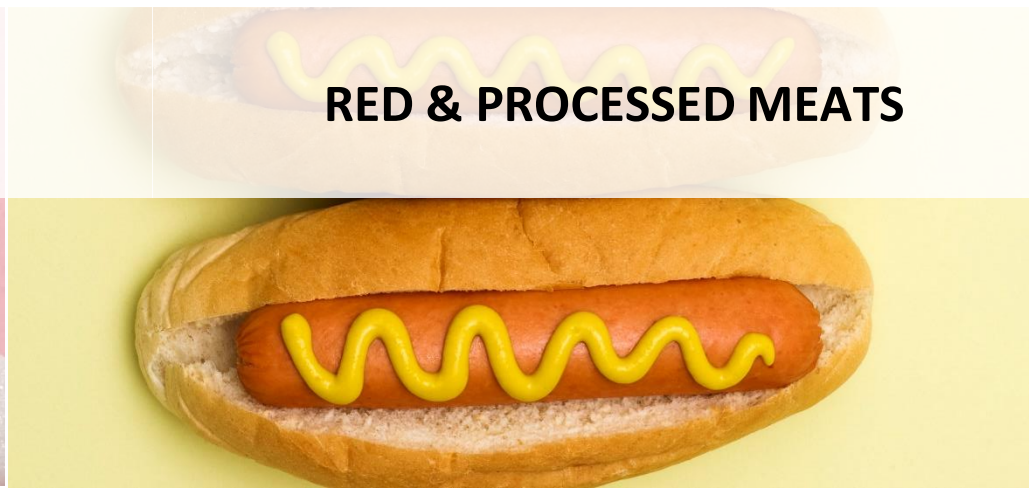


× OFFER LESS

ADDED SUGARS



RED & PROCESSED MEATS



HIGHLY PROCESSED FOODS



Improving Activity



TRUE OR FALSE?

To get enough activity in your day, you need to work out.



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Benefits of moving more

- Floods your brain with feel-good chemicals and improves mood
- Weekly exercise boosts your immune system
- Can lower blood pressure, reduce risk of heart attack and stroke, and control blood sugar
- Can improve sleep



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So what can you do to promote movement?



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ADD MORE

MINI BREAKS

FRESH AIR

PLAY



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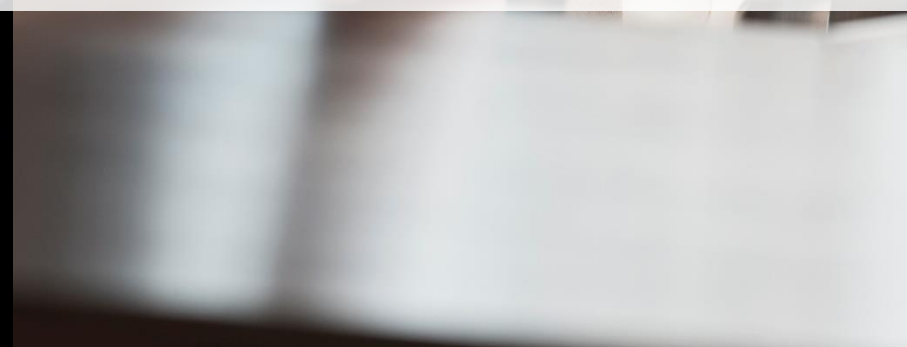


SIT LESS

AT YOUR DESK

DURING SCREEN TIME

WITH OTHERS



Quitting Nicotine



TRUE OR FALSE?

Nicotine helps you relax.



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FALSE!

Nicotine can increase stress levels and trap you in a cycle of addiction.



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Benefits of quitting

- After one year after quitting, your risk of heart disease goes down by HALF
- You'll increase your chances of living longer
- Your senses of smell and taste will improve
- Your smoker's cough will go away



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So what can you do to help your teams quit nicotine?



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ADD MORE

**SUPPORT
1-800-QUITNOW**



**SMALL GOALS
WITH REWARDS**



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GOOD
VIBES
ONLY



GET LESS

EMOTIONAL TRIGGERS



SOCIAL TRIGGERS

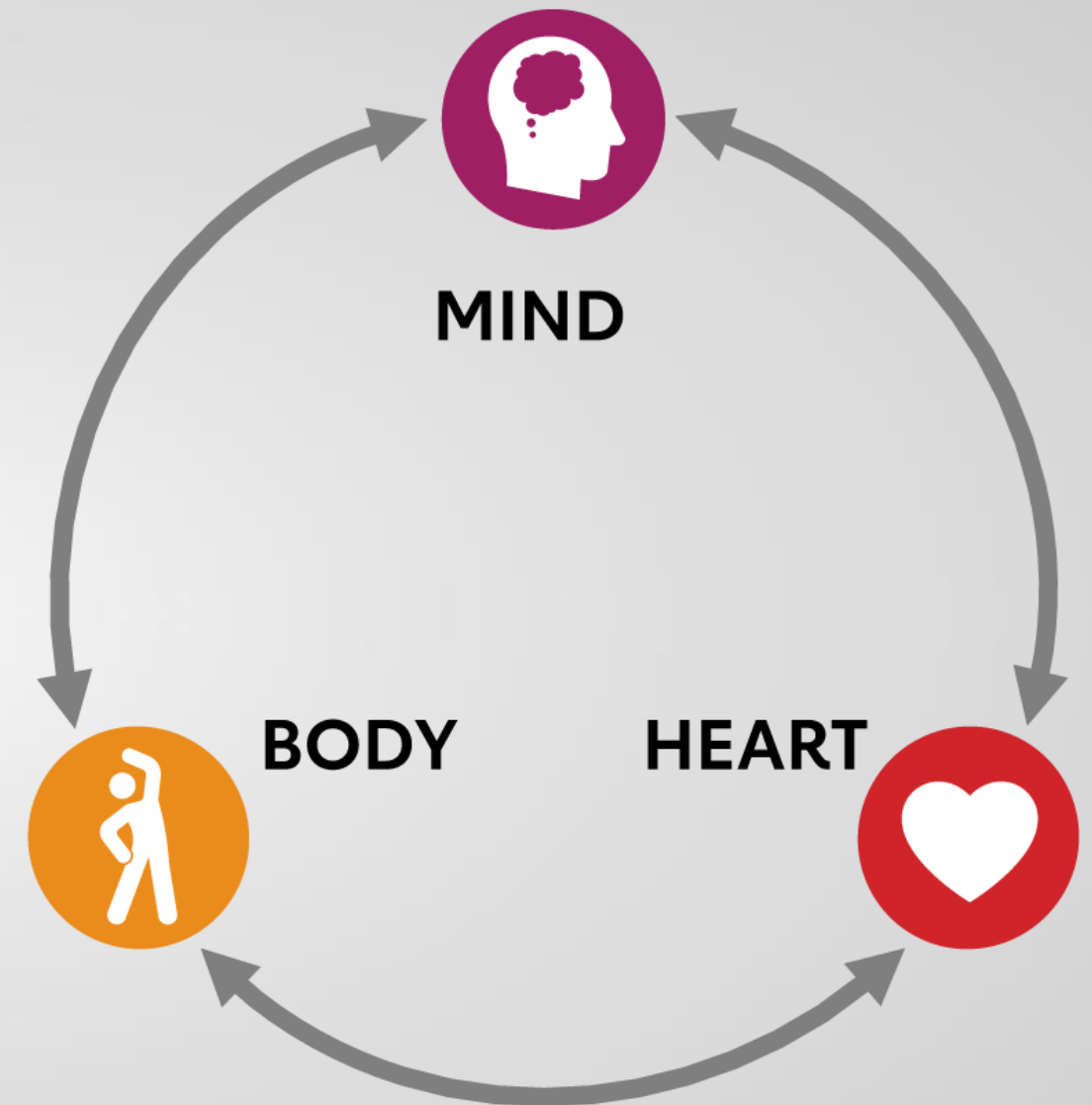


SITUATIONAL TRIGGERS



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**Remember, it's all
connected**

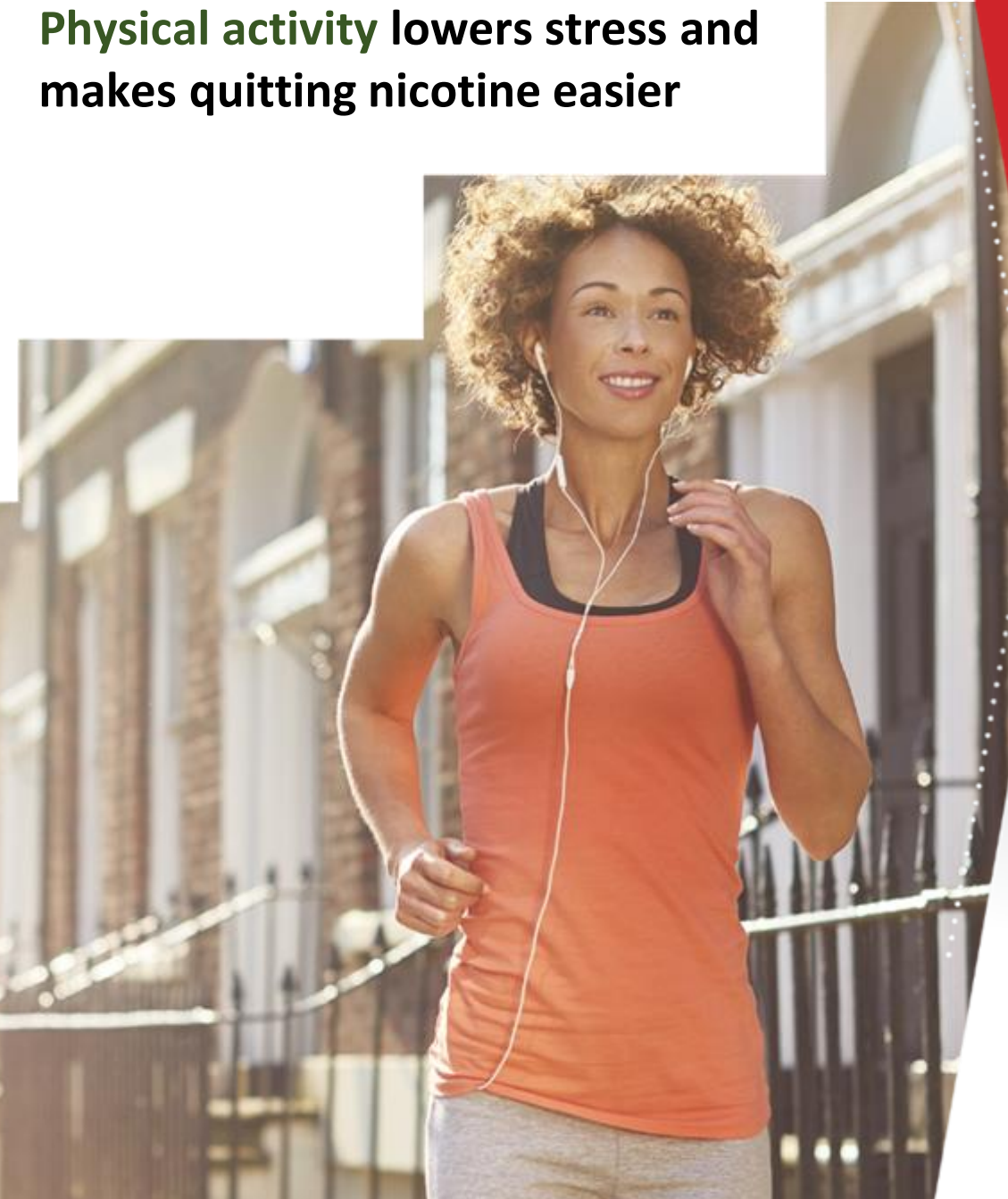


You can start a positive chain reaction

Better sleep can lead to healthier food choices

Healthier foods give you energy to move more

Physical activity lowers stress and makes quitting nicotine easier



For more about Life's Essential 8



Take the quiz

Find your focus areas

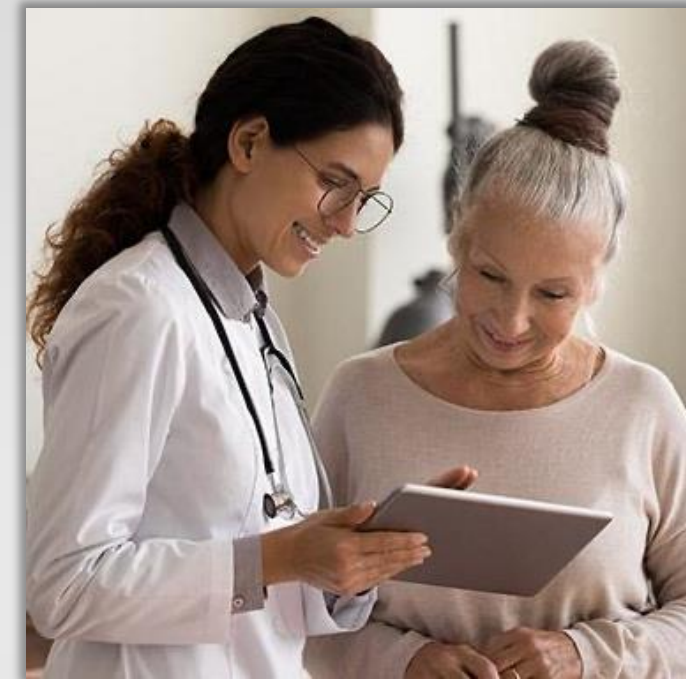
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Take action

Get simple, science-backed tips

heart.org/en/lifes8



Talk to your provider

Know your numbers
and get support



**Thank
you!**

