

Life's Essential 8

A science-based recipe for a longer, healthier life



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Life's Essential 8

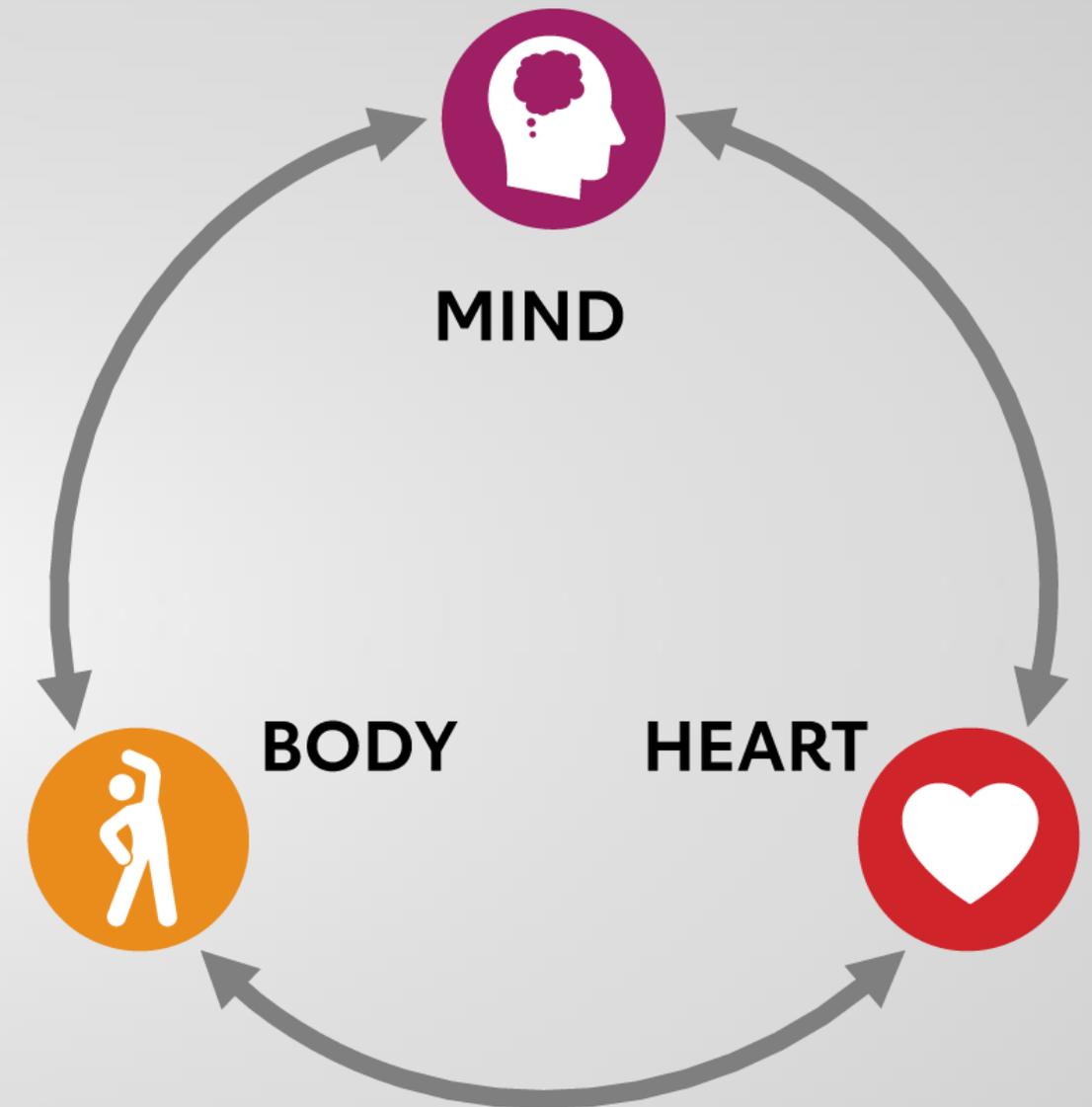
Identifies the 8 most important factors for cardiovascular health — 4 health behaviors and 4 health factors

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

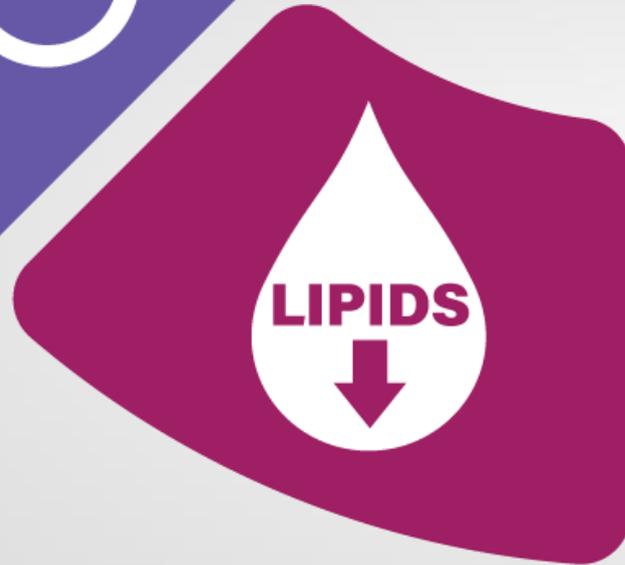


Four key health factors



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:

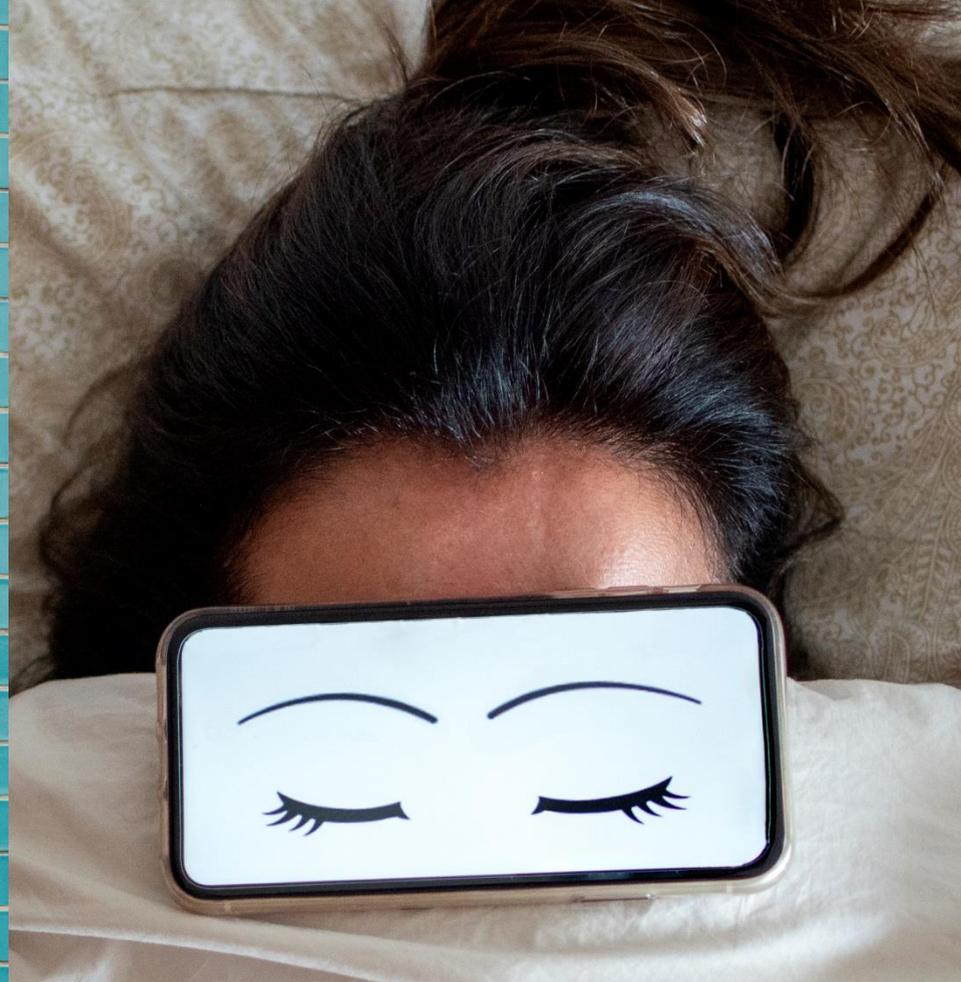
- Lower your risk of chronic diseases and Type 2 diabetes
- Strengthen your immune system
- Improve your mood and increase energy
- Make you more creative



So what can you do to get enough sleep?



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ADD MORE

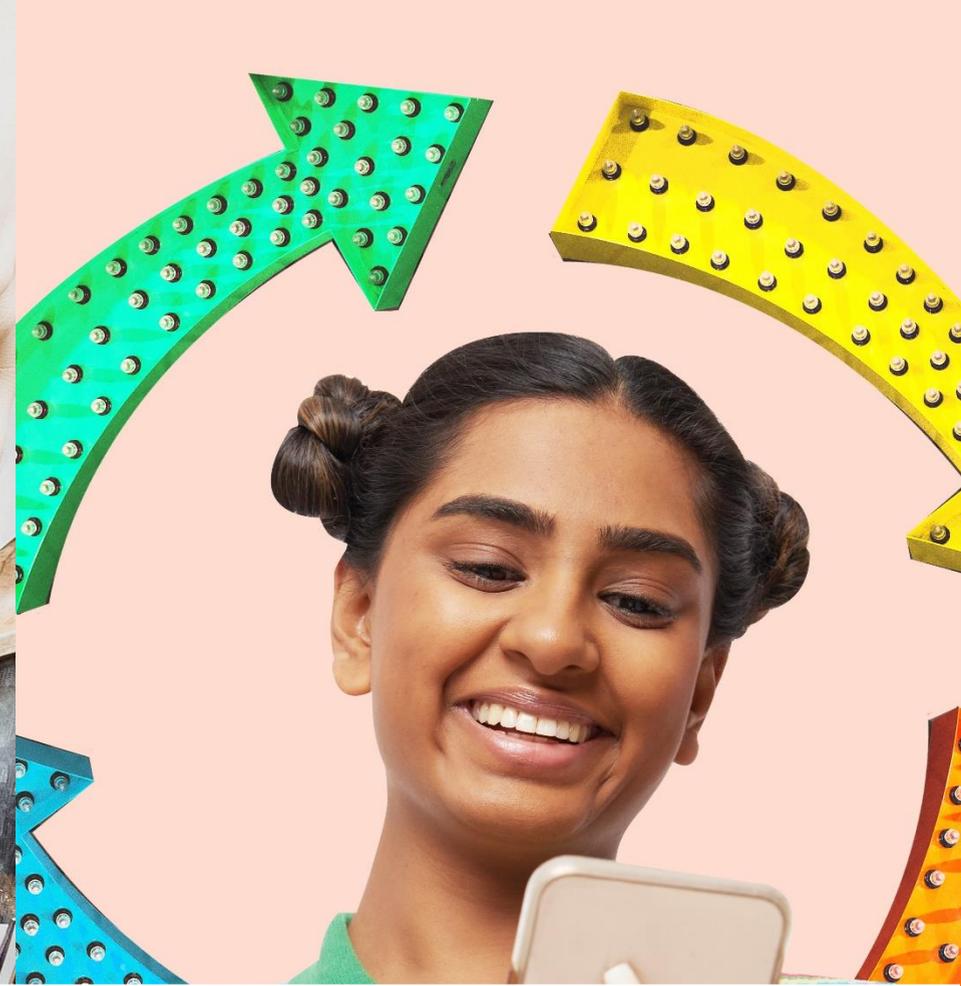
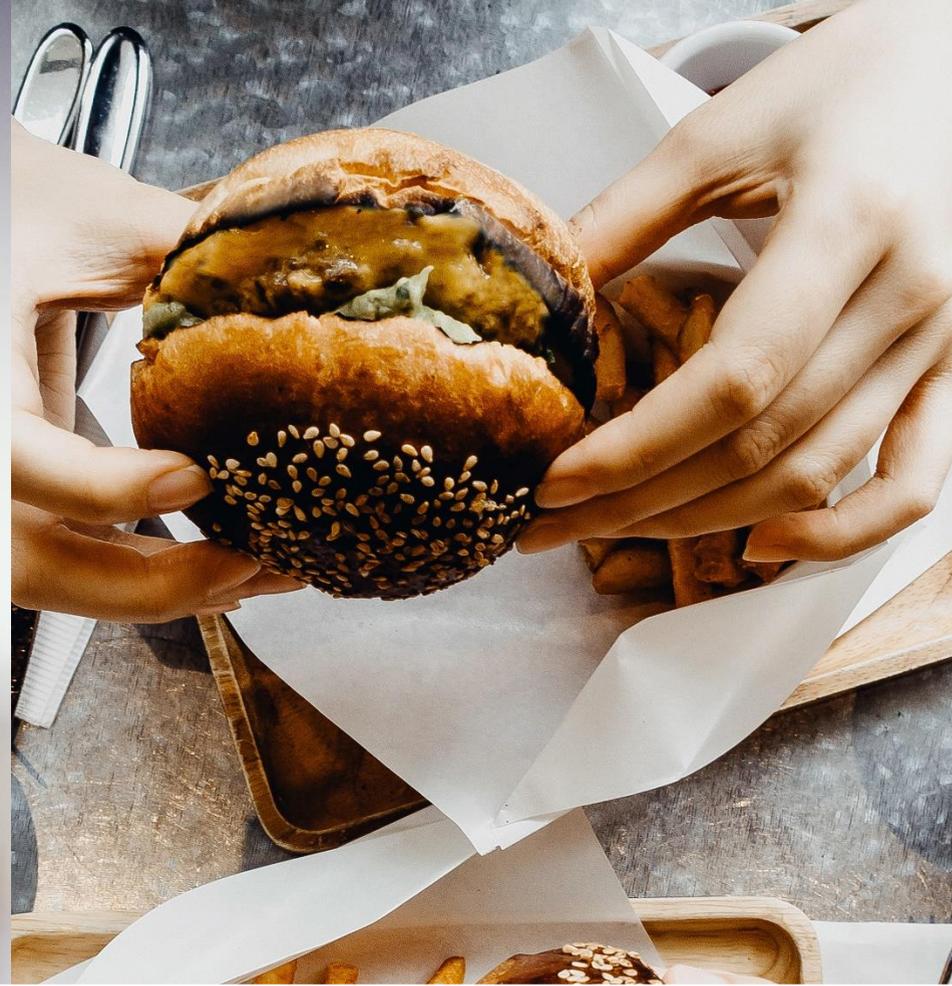
DAYLIGHT

MOVEMENT

CONSISTENCY



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X 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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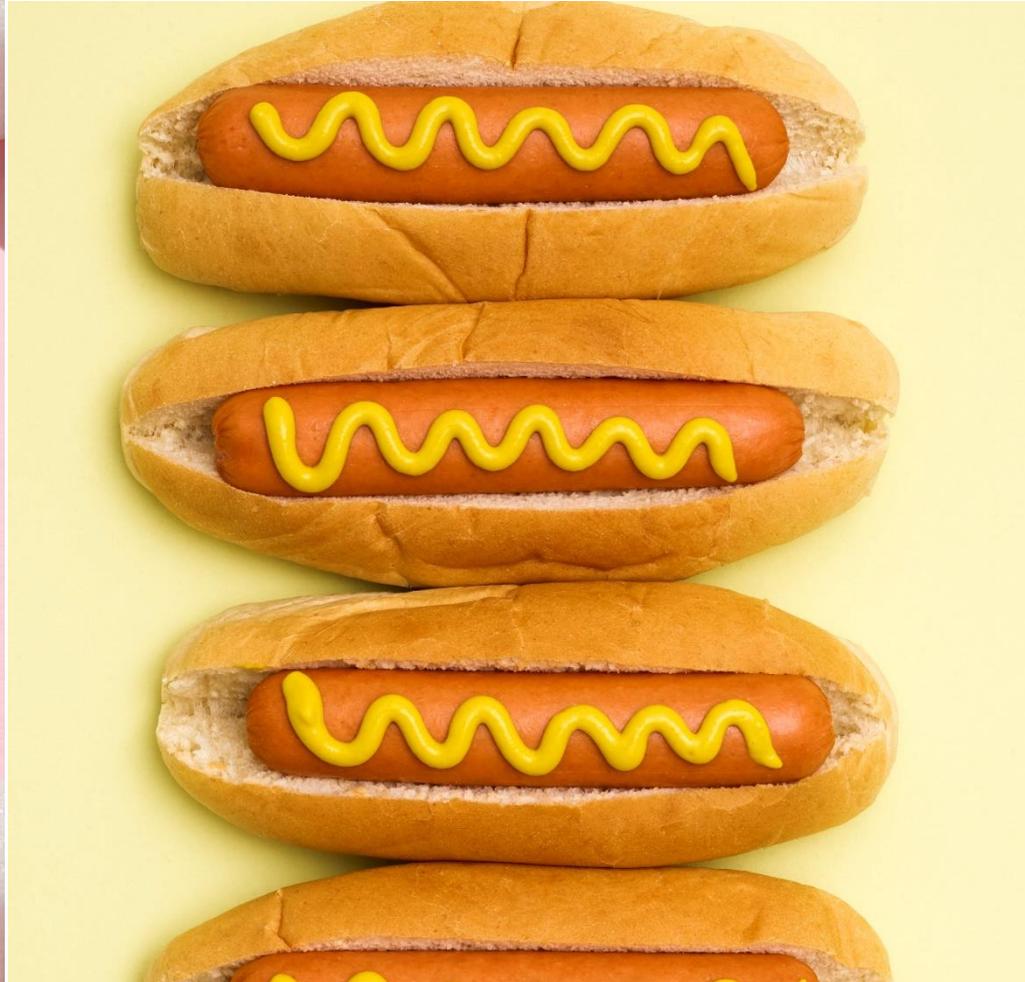


OFFER MORE

FRUIT

PLANT-BASED PROTEIN

VEGETABLES



✗ OFFER LESS

ADDED SUGARS

RED & PROCESSED MEATS

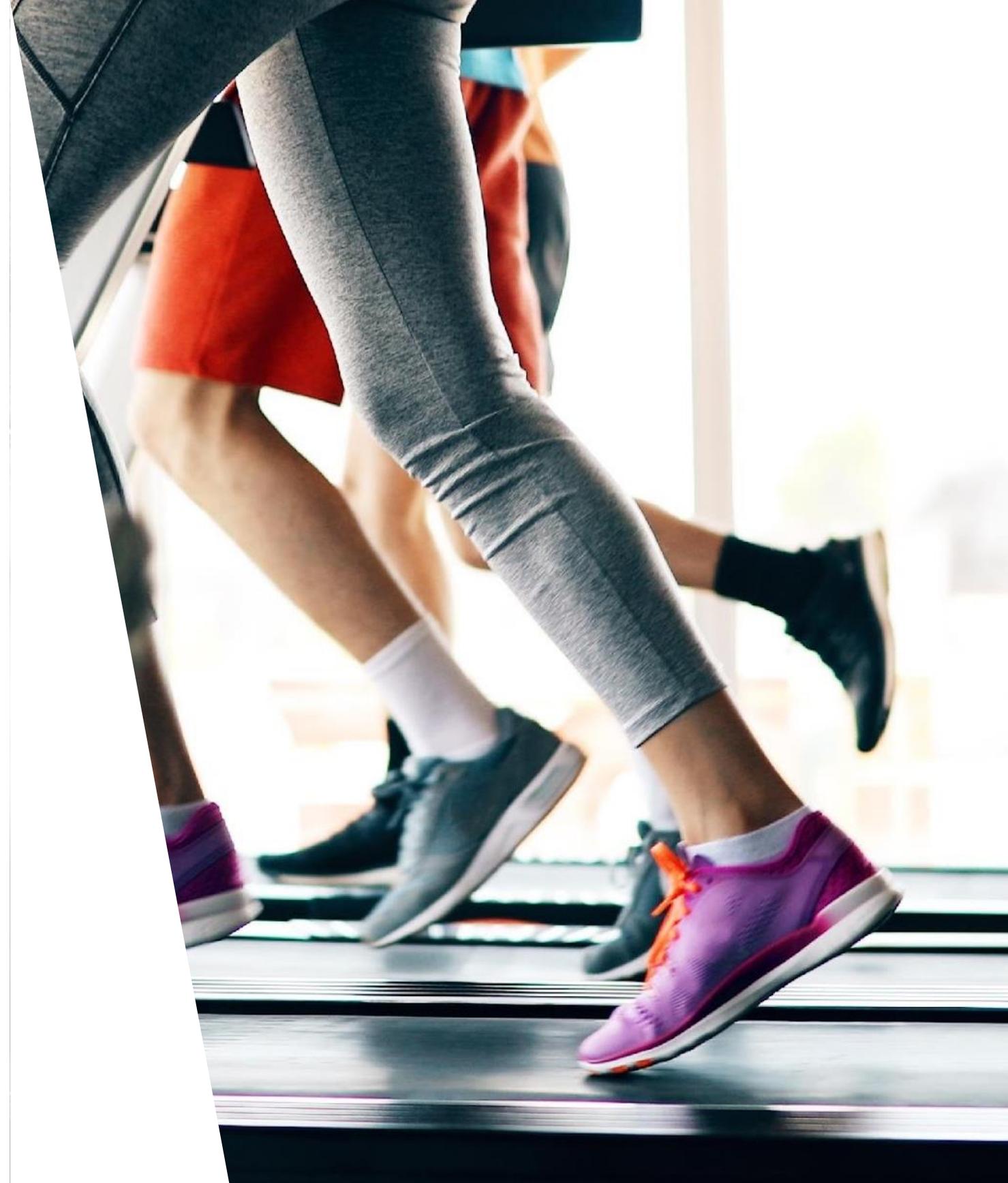
HIGHLY PROCESSED FOODS

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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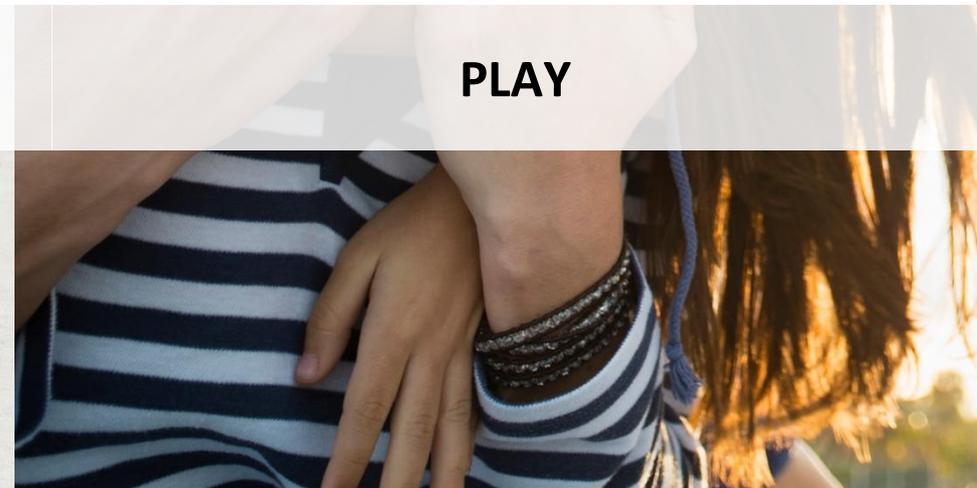
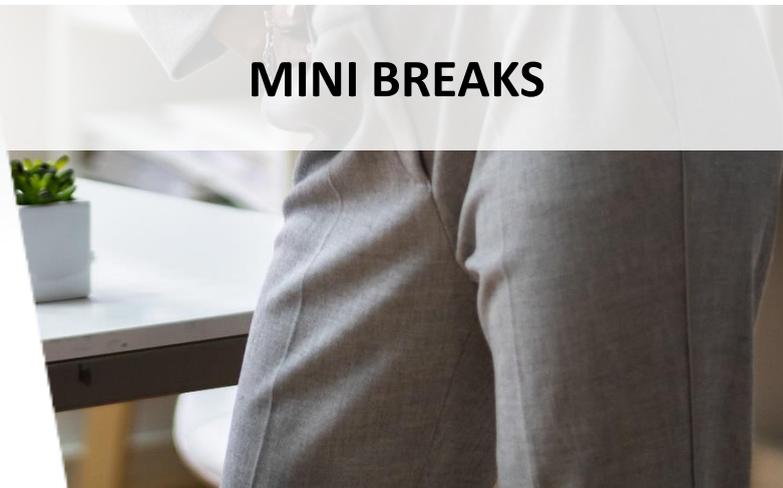


ADD MORE

MINI BREAKS

FRESH AIR

PLAY





SIT LESS

AT YOUR DESK

DURING SCREEN TIME

WITH OTHERS



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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?**



ADD MORE

**SUPPORT
1-800-QUITNOW**

**SMALL GOALS
WITH REWARDS**



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GOOD
VIBES
ONLY



GET LESS

EMOTIONAL TRIGGERS



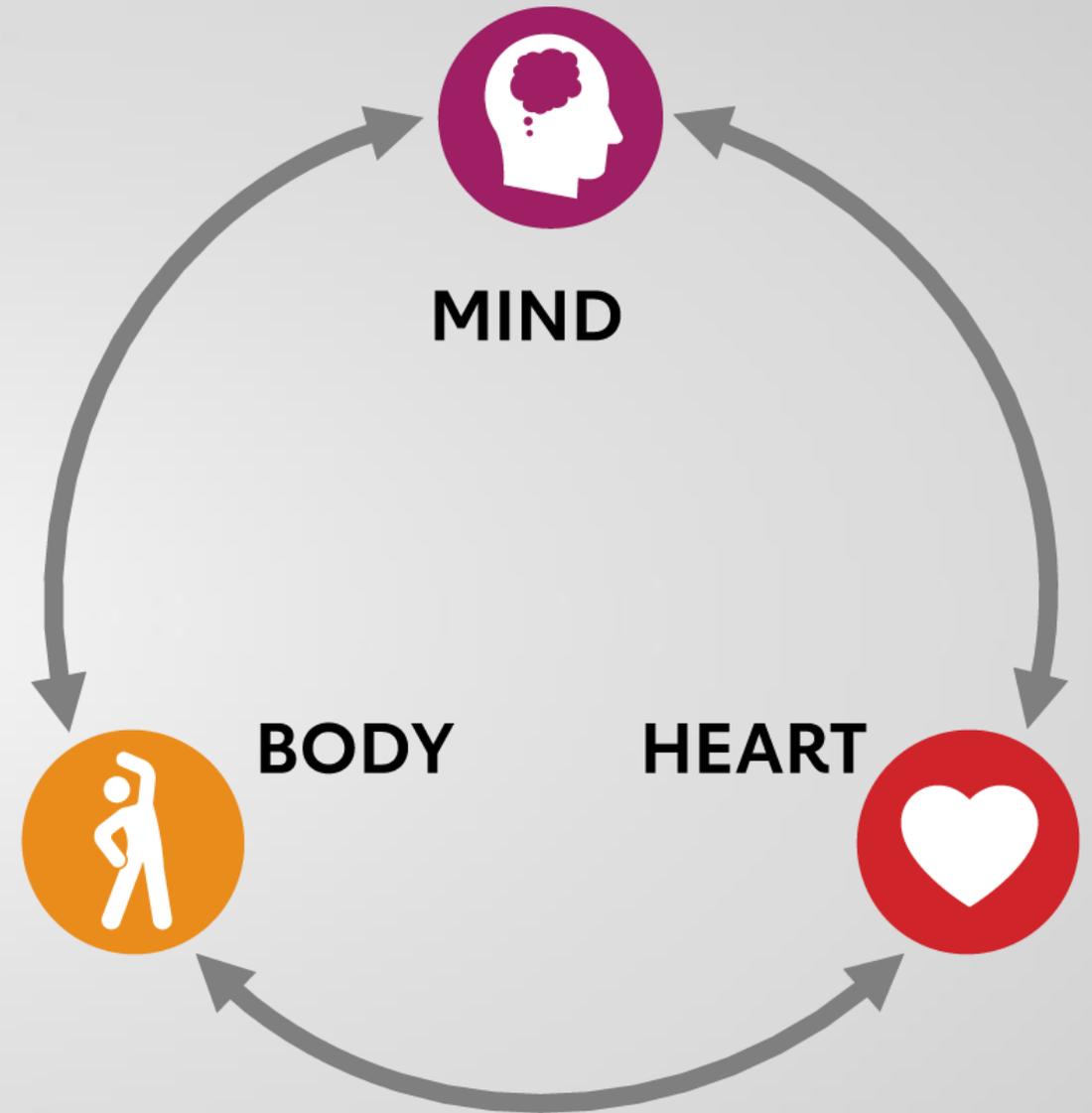
SOCIAL TRIGGERS



SITUATIONAL TRIGGERS



**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



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For more about Life's Essential 8



Take the quiz

Find your focus areas

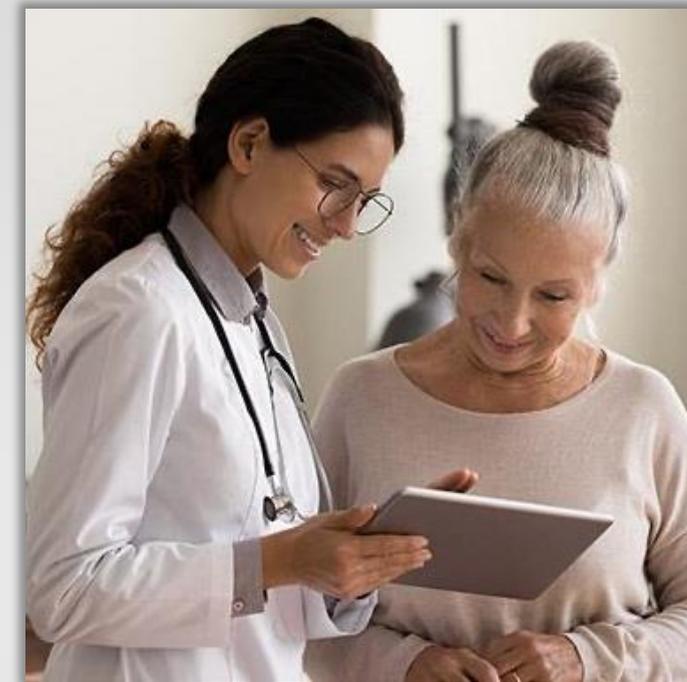
mlc.heart.org/



Take action

Get simple, science-backed tips

heart.org/en/lifes8



Talk to your provider

Know your numbers
and get support



**Thank
you!**

