Did you know? **Americans live shorter lives** and **suffer more health problems** than peers in other high-income countries.

Americans **believe** that we are the healthiest in the world...

...but we rank **34th** in life expectancy.

When compared to other high-income countries the United States performs poorly on most measures of health, from infant mortality to obesity and chronic disease.
Within the U.S., we have shocking differences in life expectancy based on...

Where we live: 15 years
Our income: 10 years
Our education: 9 years
Our race: 7 years

Even our most advantaged people live shorter lives than peers in other countries.
Social, environmental and individual factors influence our health as well as the opportunity to make healthy choices.

And inequities in these factors have greater impact on the health of people of color.
We trail other high-income countries in most areas affecting health – for example:

We have less focus on prevention

Nearly 50% of Americans suffer from preventable, chronic disease, yet only 3% of health care spending is on prevention and public health programs.

More education = better health

The U.S. ranks 21st in high school graduation rate.
More People in poverty = poor health

The U.S. has higher rates of poverty, greater income inequality and less economic mobility than other high-income countries.

We are overfed and under nourished

- Americans eat the most calories and 2/3 are overweight or obese.
- 37% of U.S. adults eat vegetables less than once a day.
- 16 million children go to sleep hungry.

Where we live matters

- Where we live should be safe and have accessible places to walk, exercise and play.
- Gun homicides are 20 times higher than in peer countries.
- Nearly 50% of Americans live in communities with unhealthy levels of air pollution.
Together, we can change this

Creating the healthiest nation requires making healthy choices as individuals AND as a society. We must join together to demand that our leaders consider our health in all their decisions.

Step 1: Join the movement

Healthy Choices + Collective Action = Better Health

Sign the pledge to create the healthiest nation: www.apha.org/2030