

Can we become the healthiest nation?

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.



AMERICAN PUBLIC HEALTH ASSOCIATION
For science. For action. For health.

**Within the U.S., we have shocking differences
in life expectancy based on...**

Where we live



Our income



Our education

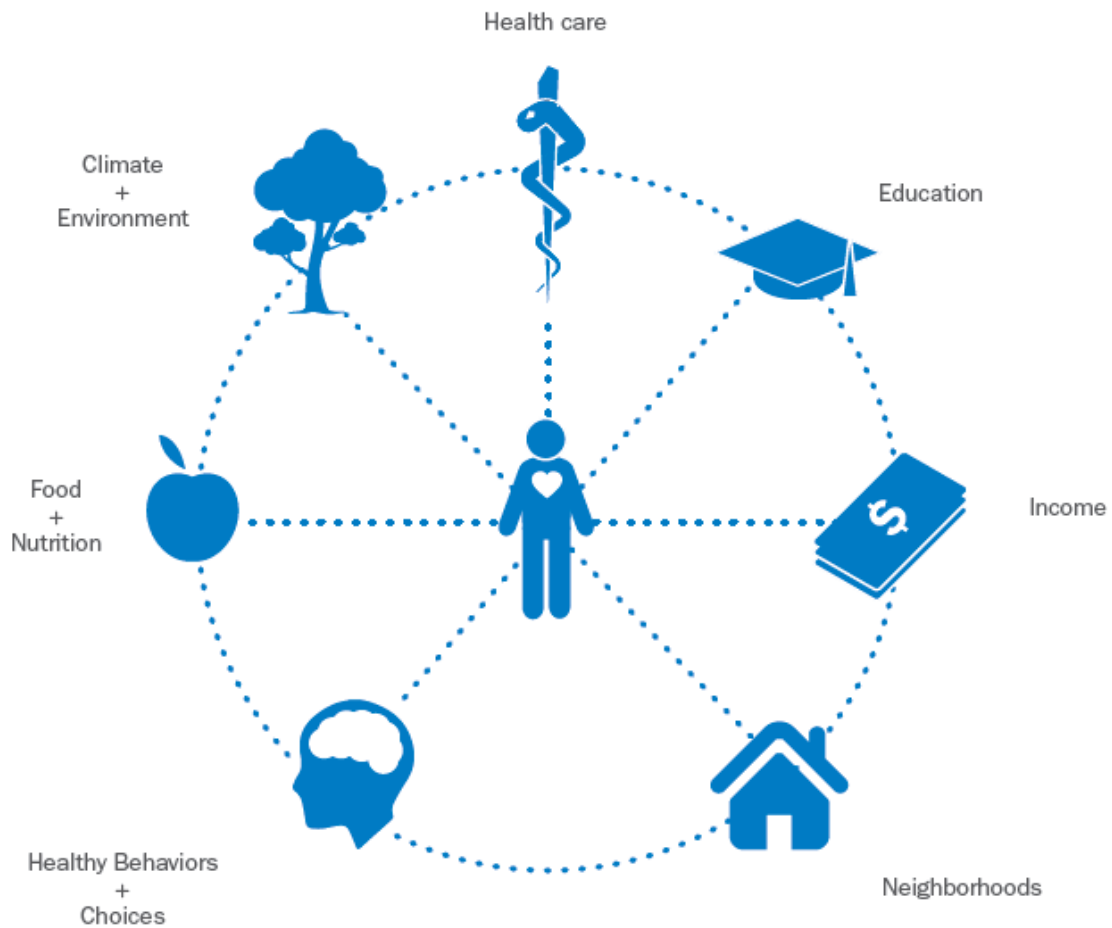


Our race



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



Spread the word

Green spaces **Vaccines**
On-time high school graduation
Health equity Strong families
 Clean Reproductive rights
Living wage Transportation options
 Access to clean water
 Safe and affordable housing Healthy school meals
City planning Universal coverage
 Menu nutrition labels
Prevention Expanded pre-school
 Gun Public health funding
 control Affordable health care
Address climate change
Injury prevention Work site wellness
 Physical education **Behavioral health**
School-based health centers



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