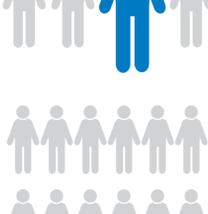


Can we become the healthiest nation?

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...

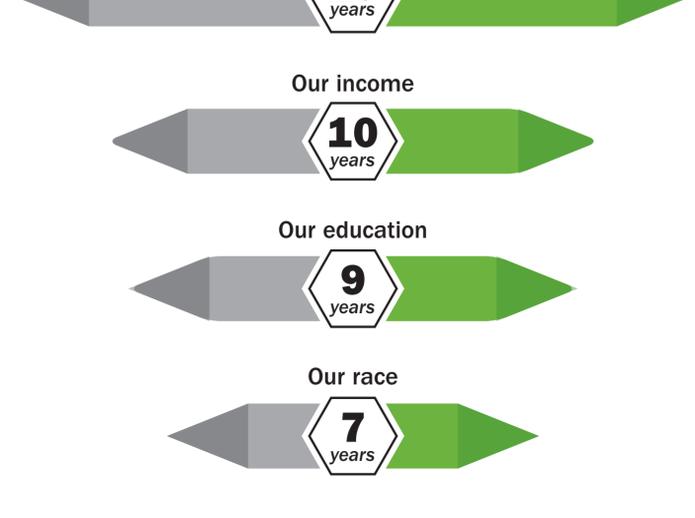


...but we rank **34th** in life expectancy.



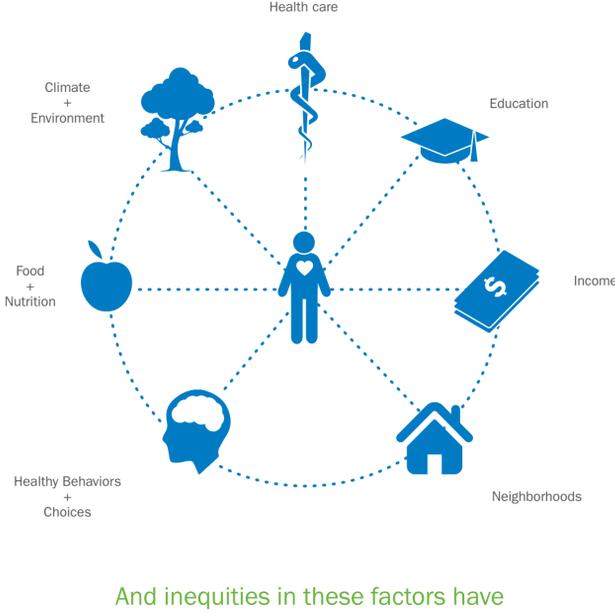
When compared to other high-income countries the United States performs poorly on most measures of health, from infant mortality to obesity and chronic disease.

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



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



Sign the pledge to create the healthiest nation

www.apha.org/2030

Step 2 Spread the word

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



Learn more at www.apha.org/HealthiestNation