

Achieving Life's Simple 7 reduces more than heart disease

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Achieving the seven heart-health metrics of the American Heart Association's Life's Simple 7 also helps reduce many other chronic diseases, according to a study presented at the American Heart Association's Scientific Sessions 2015.

Researchers analyzed the health information of 6,814 adults, who were followed for an average 10.2 years. Each component of the Life's Simple 7 metrics (smoking, body mass index, physical activity, diet, total cholesterol, blood pressure and blood glucose) was categorized into three levels: ideal, intermediate and poor. Rates of non-cardiovascular diseases overall were lower with improving Life's Simple 7 health status. They also found compared to those in the poor category, people in the ideal category of the Life's Simple 7 score had a:

- 20 percent lower risk for cancer;
- 62 percent lower risk for [chronic kidney disease](#);
- 43 percent lower risk for pneumonia; and
- 49 percent lower risk for chronic obstructive pulmonary disease (COPD).

Researchers said their results suggest that achieving these seven ideal heart health metrics can reduce the burden of many [chronic diseases](#).

Provided by American Heart Association

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