



American
Heart
Association®

Life's Essential 8™: The Path to Longer, Healthier Lives for Men

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Eduardo Sanchez, MD, MPH, FAHA
Chief Medical Officer for Prevention
American Heart Association

Life Expectancy (at birth) in the United States (2024)

- **For the total U.S. population—79.1 years** from 78.4 in 2023
 - **For females—81.4 years** from 81.1 in 2023
 - **For males—76.5 years** from 75.8 in 2023

4.9-year gap

Visits to Physician Offices by Sex (US, 2018)

Age (years)	Total	Men	Women
all	267	224	308
<18	176	179	172
18-44	173	103	243
45-54	272	234	308
55-64	332	277	383
65-74	486	459	509
≥75	654	681	617

Source: <https://www.cdc.gov/nchs/data/hsr/2020-2021/hcarevis.pdf>; Accessed 2/18/2023



Visits to Hospital Emergency Departments by Sex (US, 2018)

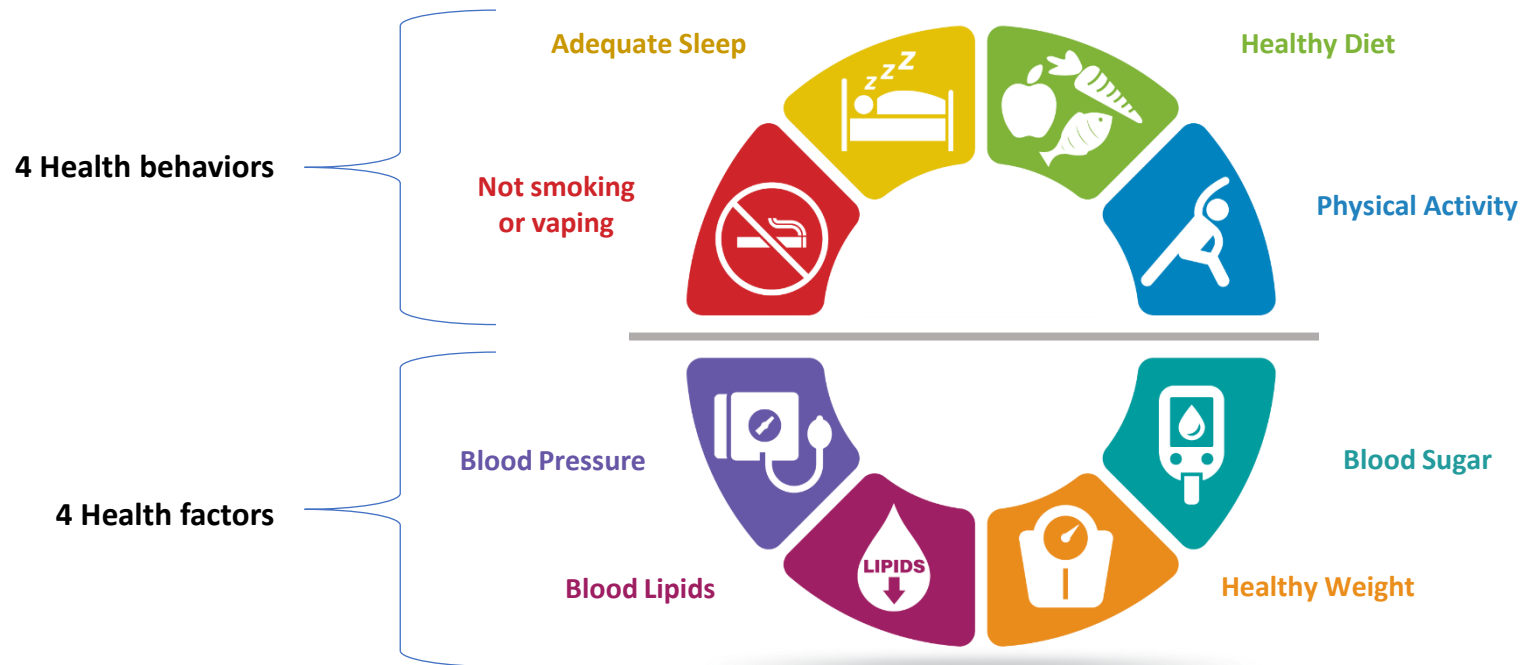
Age (years)	Total	Men	Women
all	40	37	44
<18	40	40	40
18-44	41	33	49
45-54	37	35	39
55-64	36	35	37
65-74	35	35	36
≥75	60	56	62

Source: <https://www.cdc.gov/nchs/data/hus/2020-2021/hcarevis.pdf>; Accessed 2/18/2023

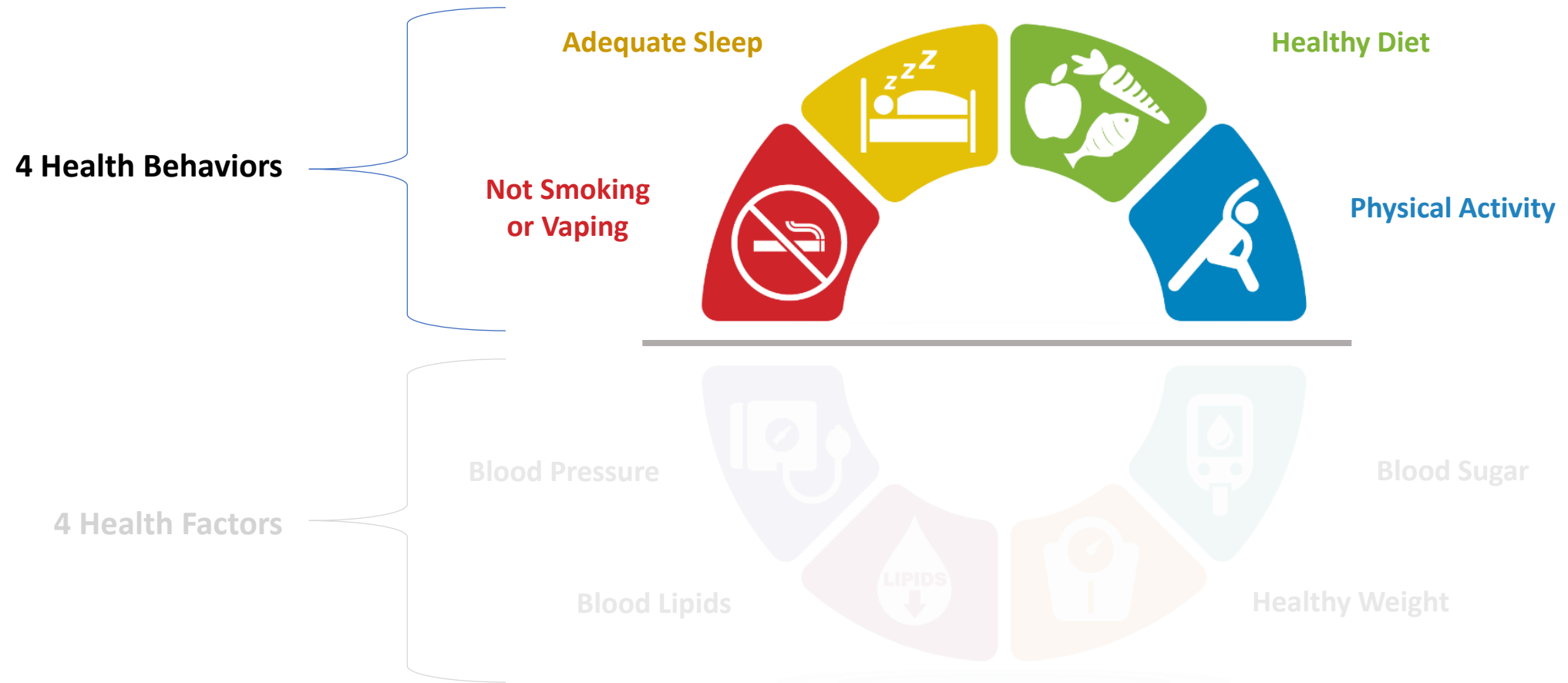


Life's Essential 8

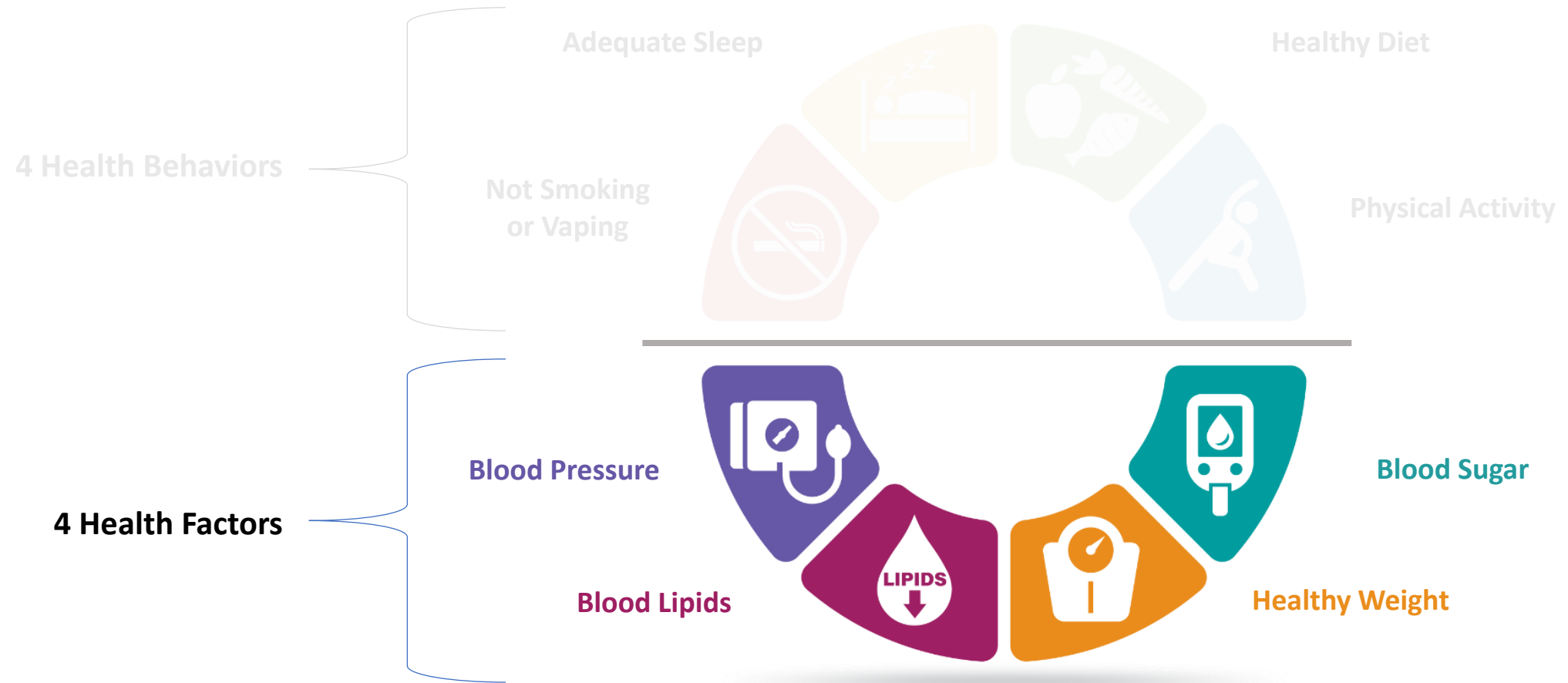
Life's Essential 8 consists of the following vital elements:



Life's Essential 8 – Habits



Life's Essential 8 – Conditions



Life's Essential 8 Score

The composite score for Life's Essential 8 (= cardiovascular health and brain health) is derived from averaging the total sum of the composite scores by the number 8.



[My Life Check Calculator](#) -





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Get started today!

Thank you!
