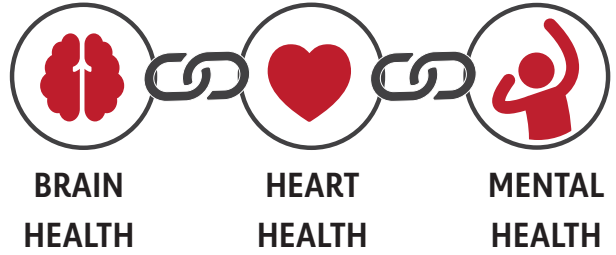


Our Mission is to be a relentless force for a world of longer, healthier lives.

Grounded in the science of heart and brain health, we're taking a holistic approach to well-being that includes mental health.

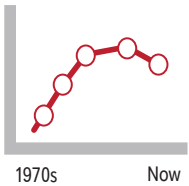


Our 2030 Impact Goal focuses on improved healthy life expectancy.

We aim to increase every person's ability to add years to their lives - not only in **quantity** but also in **quality**.

Heart, brain and mental health are important factors in a person's healthy life expectancy, and they share common risk factors as well as protective factors. Although the cause and effect relationships are not always fully understood, we know that mental and physical health need to be addressed together to improve well-being.

Emerging healthy life expectancy trends support the need to expand our focus.



In past decades, healthy life expectancy was increasing thanks to better disease prevention and control, advances in medical treatment and some improved lifestyle behaviors.

Recent trends show more people living in poor health, beginning at a younger age, with increasing levels of disability impacted by behavioral and environmental risk factors. People are getting sicker sooner and dying younger.



Poor mental health is one of the leading causes of disability in the U.S.¹

Rates of mental health disorders are rising. These trends pose significant challenges to achieving longer, healthier lives with improved healthy life expectancy. We are broadening our scope as a person's mental health is closely linked to their physical health, and both should be addressed for well-being.

Debilitating outcomes associated with poor mental health:^{2,3}

- Difficulty concentrating
- Feeling Worthless
- Relationship Strain
- Reduced Earning
- Increased Disability
- Suicidal Ideation

Other Health Conditions linked with poor mental health:

- Heart Disease
4, 5, 6
- Diabetes
7, 8, 9, 10
- Obesity
11, 12
- Tobacco Use
13, 14, 15

1 in 5 U.S. adults has a mental health disorder.¹⁶

The economic burden of major depressive disorder alone

is estimated to be **\$210 billion** in the U.S., with 50% of this cost shouldered by employers.¹⁷ The human and financial tolls associated with poor mental health can no longer be ignored.

Like chronic diseases, mental health disorders are treatable, and effective interventions are available. Comprehensive interventions should address the environment, policies, stigma, access to care, and individual support services.

To expand and improve overall well-being, our organization serves as a catalyst for mental health support by convening a diverse group of committed stakeholders. Together, we are combining our strengths and pooling our collaborative efforts to improve the healthy life expectancy of all people.



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