Many people have a heart age that is greater than their actual age because of certain reasons.

<table>
<thead>
<tr>
<th>Actual Age</th>
<th>Reasons</th>
<th>Heart Age</th>
</tr>
</thead>
</table>
| 45 year old male | • Smoker  
• High blood pressure (systolic blood pressure of 150 mm Hg)  
• Diabetic  
• Healthy weight (body mass index (BMI) of 23) | 75 years |
| 50 year old female | • Non-Smoker  
• High blood pressure (systolic blood pressure of 148 mm Hg)  
• Diabetic  
• Obese (BMI of 32) | 85 years |

Source: Framingham Heart Age Calculator, [www.cdc.gov/heartdisease/heartage.htm](http://www.cdc.gov/heartdisease/heartage.htm)