

HEALTHY PEOPLE 2010 UPDATE

Healthy People 2010 is a comprehensive set of disease prevention and health promotion objectives for the Nation to achieve over the first decade of the 21st century. Created by scientists both inside and outside of government, it identifies a wide range of public health priorities and specific, measurable objectives to guide the development of programs to improve public health.

Healthy People 2010: Selected Focus Areas and Objectives For Females

Source V.1: Centers for Disease Control and Prevention, National Center for Health Statistics; Substance Abuse and Mental Health Services Administration; U.S. Department of Justice, Bureau of Justice Statistics; U.S. Environmental Protection Agency, Office of Air Quality Planning and Standards

Focus Area	Objective	Baseline	Most recent	Target
Access to Health Care	16-6. Increase the proportion of pregnant women who receive early and adequate prenatal care	74%	75% +	90%
	1-4. Increase in Persons With Specific Source of Ongoing Care (all ages)	91%	90% -	96%
Environmental Health	8-1g. Reduce the proportion of persons exposed to air that does not meet the U.S. Environmental Protection Agency's health-based standards for harmful air pollutants: Number of people exposed to any harmful air pollutants (all ages; in thousands)	69,937	58,794 +	0
Immunization and Infectious Disease	14-29a. Increase the proportion of adults who are vaccinated annually against influenza (aged 65 and older)	63%	64% +	90%
	14-29b. Increase the proportion of adults who are ever vaccinated against pneumococcal disease (aged 65 and older)	46%	59% +	90%
Injury and Violence	15-28. Reduce hip fractures among older adults (per 100,000)	1,055.8	868.0 +	416.0
	15-34. Reduce the rate of physical assault by current or former intimate partners (aged 12 and older; per 1,000)	7.2	3.3 +	3.3
Mental Health	18-1. Reduce the suicide rate (all ages; per 100,000)	4.0	4.4 -	4.8
Overweight and Obesity	19-1. Increase the proportion of adults who are at a healthy weight (aged 20 and older)	45%	37% -	60%
	19-17. Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition (aged 20 and older)	39%	35% -	75%
Physical Activity	22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate or vigorous physical activity (aged 18 and older)	29%	29% •	50%
Substance Abuse	26-3. Reduce drug-induced deaths (all ages; per 100,000)	4.4	8.1 -	1.2
	26-18b. Reduce the treatment gap for illicit drugs in the general population: Treatment for alcohol and/or drugs (aged 12 and older)	11%	11% •	16%
Tobacco Use	27-1. Reduce tobacco use by adults (aged 18 and older)	22%	18% +	12%
	27-5. Increase smoking cessation attempts by adult smokers (aged 18 and older)	42%	44% +	75%

+ Indicates improvement since baseline.

- Indicates worsening since baseline.

• Indicates no change.