

Selected Healthy People 2010
National Objectives:

Prevention & Early Detection

Alcohol Use:

- 26-11c: Binge drinking: Reduce to 13% adults ≥ 18 who engage in binge drinking of alcoholic beverages during the past month (2002 baseline: 24%).
- 26-13: Heavy drinking: Reduce to 50% adults ≥ 21 who exceed guidelines for low-risk drinking (1992 baseline: 72% females; 74% males).

Blood Pressure:

- 12-9: High blood pressure: Reduce to 14% adults ≥ 20 with high blood pressure (1988-1994 baseline: 26%).
- 12-10: Control: Increase to 68% adults ≥ 18 with high blood pressure whose blood pressure is under control (1988-1994 baseline: 25%).
- 12-11: Action: Increase to 98% adults ≥ 18 with high blood pressure who are taking action (e.g. losing weight, increasing physical activity, or reducing sodium intake) to help control their blood pressure (1998 baseline: 84%).
- 12-12: Screening: Increase to 95% adults ≥ 18 who have had their blood pressure measured within the past 2 years (1998 baseline: 90%).

Cancer, Breast:

- 3-13: Screening: Increase to 70% women ≥ 40 who have had a mammogram within the past 2 years to detect breast cancer (1998 baseline: 67%).

Cancer, Cervical:

- 3-11a: Screening: Increase to 97% women ≥ 18 who have ever had a Pap test to detect cervical cancer (1998 baseline: 92%).
- 3-11b: Screening: Increase to 90% women ≥ 18 who have had a Pap test within the past 3 years to detect cervical cancer (1998 baseline: 79%).

Cancer, Colorectal:

- 3-12b: Screening: Increase to 50% adults ≥ 50 who have ever had a [colonoscopy] to detect colorectal cancer (1998 baseline: 37% adults ≥ 50 ever had a sigmoidoscopy).

Cholesterol:

- 12-14: High blood cholesterol: Reduce to 17% adults ≥ 20 years with total blood cholesterol levels of 240 mg/dL or greater (1988-1994 baseline: 21%).
- 12-15: Screening: Increase to 80% adults ≥ 18 who have had their blood cholesterol checked within the past 5 years (1998 baseline: 67%).

Diabetes, Type 2:

- Screening: Screen for type 2 diabetes in adults with high blood pressure or high cholesterol (USPSTF recommendation).

Immunization:

- 14-29a: Influenza vaccination: Increase to 90% adults ≥ 65 who are vaccinated annually against influenza (1998 baseline: 64%).
- 14-29b: Pneumococcal vaccination: Increase to 90% adults ≥ 65 who have ever been vaccinated against pneumococcal disease (1998 baseline: 46%).

Osteoporosis:

- **Screening:** Screen for osteoporosis in women aged 65 and older (USPSTF recommendation).

Nutrition & Overweight:

- 19-1: **Healthy weight:** Increase to 60% adults ≥ 20 who are at a healthy weight (i.e. with a BMI between 18.5 – 24.9 kg/m²) (1988-1994 baseline: 42%).
- 19-2: **Obesity:** Reduce to 15% adults ≥ 20 who are obese, that is, with a BMI ≥ 30 kg/m² (1988-1994 baseline: 23%).
- 19-5: **Fruit intake:** Increase to 75% persons ≥ 2 who consume at least 2 daily servings of fruit (1994-96 baseline: 28%).
- 19-6: **Vegetable intake:** Increase to 50% persons ≥ 2 who consume at least 3 daily servings of vegetables, with at least 1/3 being dark green or orange vegetables (1994-96 baseline: 3%).
- 19-7: **Grain intake:** Increase to 50% persons ≥ 2 who consume at least 6 daily servings of grain products, with at least 3 being whole grains (1994-96 baseline: 7%).
- 19-8: **Saturated fat intake:** Increase to 75% persons ≥ 2 who consume less than 10% of calories from saturated fat (1994-96 baseline: 36%).
- 19-9: **Total fat intake:** Increase to 75% persons ≥ 2 who consume no more than 30% of calories from total fat (1994-96 baseline: 33%).
- 19-10: **Sodium intake:** Increase to 65% persons ≥ 2 who consume $\leq 2,400$ mg of sodium daily (1988-94 baseline: 21%).

Physical Activity:

- 22-1: **No leisure-time activity:** Reduce to 20% adults ≥ 18 who engage in no leisure-time physical activity (1997 baseline: 40%).
- 22-2: **Moderate physical activity:** Increase to 50% adults ≥ 18 who engage in moderate physical activity for at least 30 minutes per day 5 or more days per week, or vigorous physical activity for at least 20 minutes per day 3 or more days per week (1997 baseline: 32%).
- 22-3: **Vigorous physical activity:** Increase to 30% adults ≥ 18 who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness for at least 20 minutes per day 3 or more days per week (1997 baseline: 23%).
- 22-4: **Muscular strength & endurance:** Increase to 30% adults ≥ 18 who perform physical activities that enhance and maintain muscular strength and endurance 2 or more days per week (1998 baseline: 18%).
- 22-5: **Flexibility:** Increase to 43% adults ≥ 18 who did stretching exercises in the past 2 weeks to enhance and maintain flexibility (1998 baseline: 30%).

Tobacco Use:

- 27-1: **Cigarette smoking:** Reduce to 12% adults ≥ 18 who smoke cigarettes (1998 baseline: 24%).
- 27-5: **Smoking cessation:** Increase to 75% adults ≥ 18 who stopped smoking for 1 day or longer because they were trying to quit smoking (1998 baseline: 41%).
- 27-10: **Secondhand smoke exposure:** Reduce to 63% nonsmokers who are exposed to environmental tobacco smoke (1988-1994 baseline: 88%).

Sources: U.S. Preventive Services Task Force (USPSTF) Recommendations; Healthy People 2010 Midcourse Objectives, <http://www.healthypeople.gov/data/midcourse/>

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