



U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

DATA2010—the Healthy People 2010 Database

The most recent national and selected state data for tracking the *Healthy People 2010* objectives are available on DATA2010—an interactive, online database.

Available information includes sociodemographic data for population-based objectives (i.e., race and ethnicity, gender, and socioeconomic status) and operational definitions for objectives that have baseline data.

DATA2010 is updated quarterly with new data and necessary revisions to previous data.

DATA2010 can be accessed at <http://wonder.cdc.gov>.

Be Smart. Make Healthy Choices.

The first step to good health is prevention. As an American, you are encouraged to take every opportunity to improve your own health, the health of your loved ones, and the health of your community.

Online, you can rely on healthfinder.gov to give you links to reliable health information. You can even find detailed information by age, gender, race, or ethnic origin, and by caregiver and family roles, by visiting www.healthfinder.gov/justforyou.

Accept the Challenge

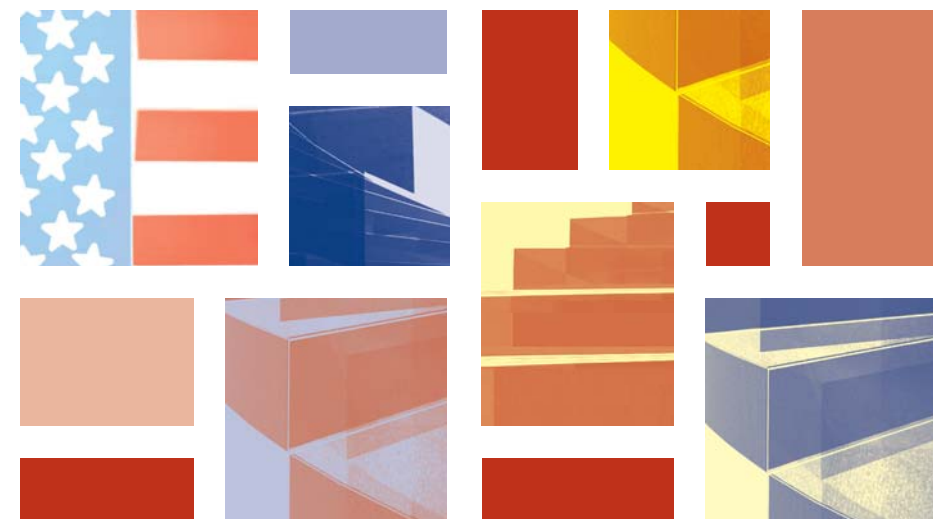
We are facing major health challenges, as indicated by the alarming statistics listed below, that reinforce the need for increased awareness and action.

- Currently, 18.2 million Americans have diabetes, and nearly one-third are unaware that they have the disease.
- More than 64% of the U.S. adult population is overweight or obese.
- More than 31 million people in the United States have diagnosed asthma. Although a lot is known about how to prevent its symptoms and consequences, many people are not applying this knowledge.
- Heart disease and stroke account for more than 40% of all deaths each year.
- Cancer is the second leading cause of death in the United States, killing more than half a million people each year.

HHS is poised to meet these challenges through initiatives like *Steps to a HealthierUS* and *Healthy People 2010*.

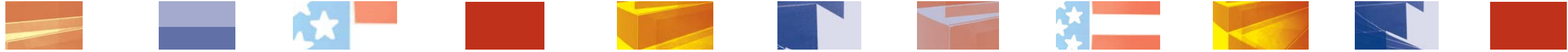
For more information about the *Healthy People 2010* and *Steps to a HealthierUS* initiatives, visit www.healthypeople.gov and www.healthierus.gov/steps or contact

U.S. Department of Health and Human Services
Office of Disease Prevention and Health Promotion
1101 Wootton Parkway, Suite LL100
Rockville, MD 20852
Voice: 240-453-8280
Fax: 240-453-8282



HEALTHY PEOPLE 2010: THE CORNERSTONE FOR PREVENTION





The 20th century brought remarkable and unprecedented improvements in the lives of the people of the United States. We saw the infant mortality rate plummet and life expectancy increase by 30 years. Now we must face the health challenges of the 21st century. These challenges are substantial, but with the objectives defined by *Healthy People 2010*, they are achievable.

Healthy People 2010 challenges all of us—individuals, communities, and professionals—to take that first step to enjoying good health and a long life. It is an important element of the new prevention initiative—*Steps to a HealthierUS*—from the U.S. Department of Health and Human Services (HHS). Launched by HHS Secretary Tommy G. Thompson, *Steps* supports President George W. Bush’s goal for Americans to live longer, healthier lives. *Steps* aims to reduce the major health burden created by obesity, diabetes, asthma, cancer, and heart disease and stroke. It addresses related lifestyle choices of poor nutrition, physical inactivity, and tobacco use, as well as youth risk-taking behavior.

What Is *Healthy People 2010*?

Developed with the best scientific knowledge available, *Healthy People 2010* is a comprehensive set of disease prevention and health promotion objectives for America. The national health objectives were designed to identify the most significant preventable threats to our health and to establish national goals to reduce those threats. *Healthy People 2010* reflects the very best in public health planning. It provides a comprehensive picture of the nation’s health at the beginning of the decade, establishes national goals and targets to be achieved by the year 2010, and monitors progress over time.

What Are the *Healthy People 2010* Goals?

Healthy People 2010 is designed to reach two important goals:

Goal 1: Increase quality and years of healthy life

The first goal of *Healthy People 2010* is to help individuals of all ages to increase life expectancy and improve their quality of life.

Goal 2: Eliminate health disparities

The second goal of *Healthy People 2010* is to help our nation eliminate health disparities among different segments of our population.

To reach these goals, *Healthy People 2010* is supported by specific objectives in 28 focus areas.

***Healthy People 2010* Focus Areas**

Access to Quality Health Services	Immunization and Infectious Diseases
Arthritis, Osteoporosis, and Chronic Back Conditions	Injury and Violence Prevention
Cancer	Maternal, Infant, and Child Health
Chronic Kidney Diseases	Medical Product Safety
Diabetes	Mental Health and Mental Disorders
Disability and Secondary Conditions	Nutrition and Overweight
Educational and Community-Based Programs	Occupational Safety and Health
Environmental Health	Oral Health
Family Planning	Physical Activity and Fitness
Food Safety	Public Health Infrastructure
Health Communication	Respiratory Diseases
Heart Disease and Stroke	Sexually Transmitted Diseases
HIV	Substance Abuse
	Tobacco Use
	Vision and Hearing

How Does *Healthy People 2010* Work?

Healthy People 2010 offers a simple but powerful idea: Give our country clear health objectives in a way that allows diverse groups to combine their efforts and work together as a team. *Healthy People 2010* is the basis for coordinated public health action on the national, state, and local levels and has been used as a teaching tool for the next generation of public health leaders. States have built on the national objectives and adapted them to address their specific needs. Individuals, groups, and organizations across America are encouraged to integrate *Healthy People 2010* into current programs, special events, publications, and meetings. Schools, colleges, and civic and faith-based organizations can create activities of their own to improve the health of everyone in their community. By selecting from among the national objectives, individuals and organizations can build an agenda for community health improvement and can monitor results over time.

How Was *Healthy People 2010* Developed?

Healthy People 2010 represents a broad collaborative effort that includes scientific expertise from the government, academia, and the private sector. National membership organizations and state health, mental health, substance abuse, and environmental agencies participated in the development process. In addition, through a series of regional and national meetings and an interactive Web site, more than 11,000 public comments on the draft objectives were received.

Healthy People 2010 builds on initiatives pursued over the past two decades that grew out of *Healthy People: The Surgeon General’s Report on Health Promotion and Disease Prevention* (1979). Both *Promoting Health/Preventing Disease: Objectives for the Nation* (1980) and *Healthy People 2000* (1990) established national objectives and served as the basis for the development of state and community plans.