



HEALTHY PEOPLE 2010

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What Is *Healthy People 2010*?

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 new century. Created by scientists both inside and outside of government, it identifies a wide range of public health priorities and specific, measurable objectives.

- Overarching Goals:**
1. Increase quality and years of healthy life
 2. Eliminate health disparities

Focus Areas

1. *Access to Quality Health Services*
2. *Arthritis, Osteoporosis, and Chronic Back Conditions*
3. *Cancer*
4. *Chronic Kidney Disease*
5. *Diabetes*
6. *Disability and Secondary Conditions*
7. *Educational and Community-Based Programs*
8. *Environmental Health*
9. *Family Planning*
10. *Food Safety*
11. *Health Communication*
12. *Heart Disease and Stroke*
13. *HIV*
14. *Immunization and Infectious Diseases*
15. *Injury and Violence Prevention*
16. *Maternal, Infant, and Child Health*
17. *Medical Product Safety*
18. *Mental Health and Mental Disorders*
19. *Nutrition and Overweight*
20. *Occupational Safety and Health*
21. *Oral Health*
22. *Physical Activity and Fitness*
23. *Public Health Infrastructure*
24. *Respiratory Diseases*
25. *Sexually Transmitted Diseases*
26. *Substance Abuse*
27. *Tobacco Use*
28. *Vision and Hearing*

What Are the Leading Health Indicators (LHIs)?

The Leading Health Indicators are 10 high-priority areas for the Nation's health. The LHIs are:

1. *Physical Activity*
2. *Overweight and Obesity*
3. *Tobacco Use*
4. *Substance Abuse*
5. *Responsible Sexual Behavior*
6. *Mental Health*
7. *Injury and Violence*
8. *Environmental Quality*
9. *Immunization*
10. *Access to Health Care*

Healthy People 2010

<http://www.healthypeople.gov>

Healthy People Information line: 1 (800) 367-4725

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