

- ▶ Healthy People 2010
- ▶ 4235 Introduction
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- ▶ Statement of national health objectives
 - Designed to identify most significant preventable threats to health
 - Goals established to reduce these threats
 - Main goals
 - Improve quality and years of healthy life
 - Eliminate health disparities
- ▶ Many of these goals apply to the population of this portion of course 4235 – young adults
- ▶ Healthy People 2010 Objectives Related to Young Women and Men
- ▶ Consumption of at least 400 mcg of folic acid each day from fortified foods or dietary supplements by non-pregnant women aged 15–44 years
- ▶ Increase the proportion of persons aged 2 years and older who consume at least three daily serving of vegetables, with one being dark green or orange vegetables
- ▶ Increase the proportion of adults who are at a healthy weight
- ▶ Reduce the proportion of adults who are obese
- ▶ Healthy People 2010 Objectives Related to Young Women and Men
- ▶ Reduce the proportion of adults who engage in no leisure time physical activity
- ▶ Increase the proportion of adults who engage regularly in moderate physical activity for at least 30 minutes per day
- ▶ Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness 3 or more days per week for 20 or more minutes per occasion
- ▶ Healthy People 2010 Objectives Related to Young Women and Men
- ▶ Reduce the proportion of adults who smoke
- ▶ To increase to 99% the proportion of pregnant women who don't smoke.
- ▶ To increase to 30% the number of women smokers who quit during pregnancy
- ▶ To reduce the number of deaths from cervical cancer
- ▶ To increase the number of women > 18 having Pap tests

- ▶ Reduce the occurrence of STIs
- ▶ Increase the number of women who breastfeed their infants
- ▶ Healthy People 2010 Objectives Related to Young Women and Men
- ▶ To have 94% of women abstain from drinking during pregnancy
- ▶ To have 70% of all pregnancies intended
- ▶ To increase the number of properly spaced pregnancies
- ▶ To increase insurance coverage of birth control
- ▶ To decrease the rate of physical assault by intimate partners
- ▶ To decrease the number of deaths of young adults from MVAs
- ▶ Healthy People 2010 Objectives Related to Young Women and Men
- ▶ To decrease drug and alcohol related deaths and injuries by young adults
- ▶ To increase insurance coverage of young adults
- ▶ As we progress thru the course, starting with Female Reproduction, keep these objectives in mind