



Healthy People Entering Its Third Decade

1979 - *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention*

1980 - *Promoting Health/Preventing Disease: Objectives for the Nation*

1990 - *Healthy People 2000: National Health Promotion and Disease Prevention Objectives*

2000 - *Healthy People 2010*

2

Healthy People 2010

- Two overarching goals
- 28 focus areas
- 467 specific objectives
- 10 Leading Health Indicators

3

Overarching Goals of Healthy People 2010

- Increase quality and years of healthy life
- Eliminate health disparities

4

Ten Leading Health Indicators

- Physical Activity
- Overweight and Obesity
- Tobacco Use
- Substance Abuse
- Responsible Sexual Behavior
- Mental Health
- Injury and Violence
- Environmental Quality
- Immunization
- Access to Health Care

5

Measuring Health Disparities

- Age
- Gender
- Race and Ethnicity
- Income and Education
- Disability Status

6

Healthy People 2010

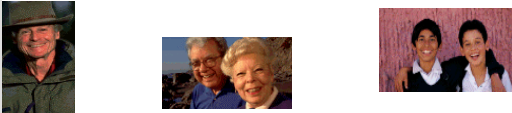
How can we take full advantage of the potential of *Healthy People 2010* to influence public health over the next 10 years?



HEALTHY RHODE ISLANDERS 2010



Rhode Island Department of Health



Healthy Rhode Islanders 2010 Process

- Objectives
- Targets
- Disparities
- Priorities
- Action Commitments
- Action
- Progress Evaluation

Healthy Rhode Islanders 2010 Process

- Internal Input
- External Input
 - Hard copy
 - Electronic
 - Public Meetings
- Leadership Organizations
- Organizational Commitments

10

Physical Activity

	Data Source	Baseline Year(s)	Baseline	Target
--	-------------	------------------	----------	--------

Increase the proportion of adults who engage regularly, preferable daily, in moderate physical activity for at least 30 minutes per day.	BRFSS	1998-2000	22%	30%
--	-------	-----------	-----	-----

Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.	YRBS	1997	62%	86%
--	------	------	-----	-----

11

Overweight and Obesity

	Data Source	Baseline Year(s)	Baseline	Target
--	-------------	------------------	----------	--------

Reduce the proportion of adults who are obese.	BRFSS	1998-2000	16%	14%
--	-------	-----------	-----	-----

Reduce the proportion of children and adolescents who are overweight or obese.	2001 RI - HIS
--	---------------	-----	-----	-----

Increase the proportion of persons aged 2 years and older who consume at least five daily servings of fruit and vegetables.	BRFSS	2000	29%	50%
---	-------	------	-----	-----

12

Tobacco Use

	Data Source	Baseline Year(s)	Baseline	Target
Reduce cigarette smoking by adults.	BRFSS	1998-2000	23%	10%
Reduce cigarette smoking by adolescents.	YRBS	1997	35%	14%

13

HEALTHY RHODE ISLANDERS 2010

Leading Health Indicators
by Race and Ethnicity

14

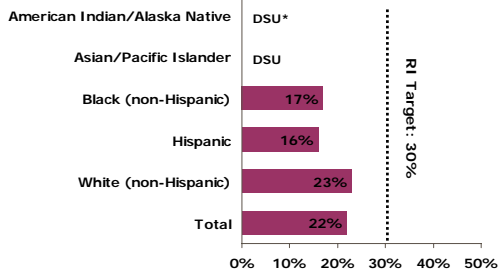
Measuring Health Disparities

- Data Considerations:
 - Need adequate data for each objective for each select population group
 - American Indian/Alaska Native
 - Asian/Pacific Islander
 - Black (non-Hispanic)
 - Hispanic
 - White (non-Hispanic)
 - Small numbers result in statistically unreliable estimates

15

PHYSICAL ACTIVITY

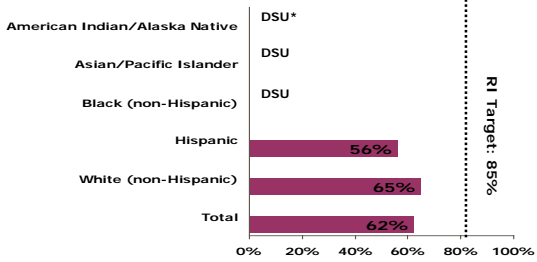
HRI Objective 1-1. Increase the proportion of adults who engage regularly, preferably daily, moderate physical activity for at least 30 minutes per day.



SOURCE: 1998-2000 Rhode Island Behavioral Risk Factor Surveillance System, RIDOH, OHS.
*Data are statistically unreliable

PHYSICAL ACTIVITY

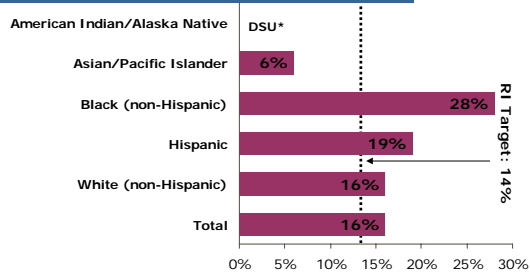
HRI Objective 1-2. Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or minutes per occasion.



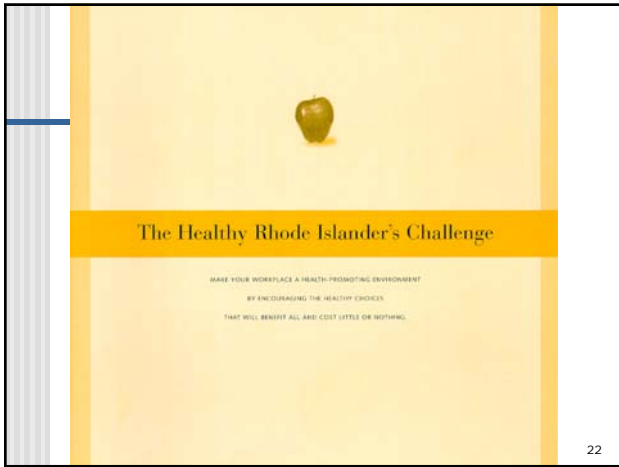
Source: 1997 Rhode Island Youth Risk Behavior Survey, OHS, RIDOH.
*Data are statistically unreliable

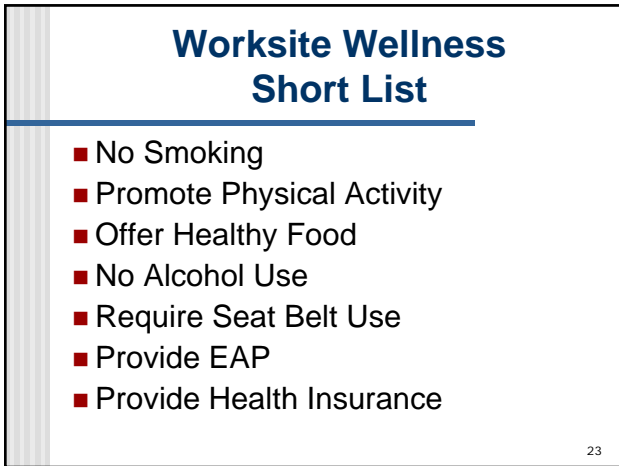
OVERWEIGHT and OBESITY

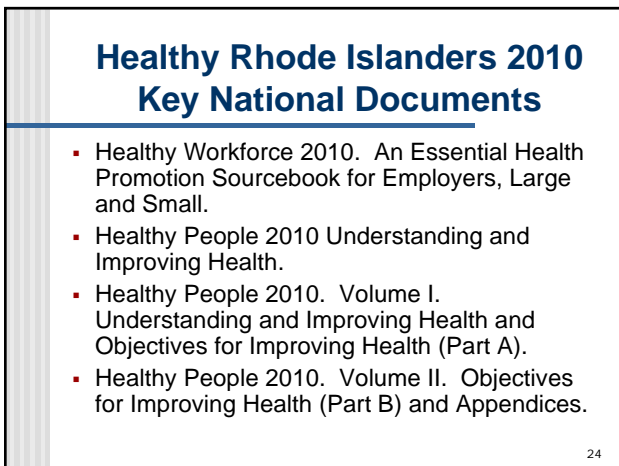
HRI Objective 2-1. Reduce proportion of adults who are obese.



SOURCE: 1998-2000 Rhode Island Behavioral Risk Factor Surveillance System, RIDOH, OHS.
*Data are statistically unreliable







Healthy Rhode Islanders 2010 Key State Documents

- The Healthy Rhode Islander's Challenge
- Healthy Rhode Islanders 2010 Leading Health Indicators By Race and Ethnicity
- Rhode Island Leading Health Indicator Baselines & Targets
- Healthy Rhode Islanders 2010 Draft Objectives and Targets
- Healthy Rhode Islanders 2000 Progress Review

25

Web Sites

Healthy People 2010
www.health.gov/healthypeople

Healthy Rhode Islanders 2010
www.health.ri.gov/chic/healthypeople/home.htm

26

