

Healthy People 2010 Leading Indicators

The Healthy People 2010 Leading Health Indicators have been included in the 2005 Iowa Health Fact Book to help correlate important indicators of health with available data sources and results.

Healthy People 2010 includes 467 objectives that will be tracked to measure progress throughout the decade. However, to help everyone more easily understand the importance of health promotion and disease prevention and to encourage wide participation in improving health, a small set of Leading Health Indicators was selected. These Leading Health Indicators reflect the major public health concerns in the United States and were chosen based on their ability to motivate action, the availability of data to measure their progress, and their relevance as broad public health issues.

Specific Healthy People 2010 objectives will be used to track progress on each of the Leading Health Indicators. The following table lists the specific objectives for each indicator, the national baseline figure and the source of the national rate. It also lists the state baseline figure and source for all except four of the objectives. We are still seeking state level information that is comparable for those four.

One objective of the Healthy People initiative was the development of a consensus set of Health Status Indicators for use at the national, state, and local level. Iowa has been tracking this set of Health Status Indicators for the past decade and will continue in the current decade. Priority in selecting these Health Status Indicators was given to measures for which data were readily available at the local, state, and national level. The Health Status Indicators predominantly reflect outcomes, while many of the Leading Health Indicators reflect behaviors. For more information on the 10 Health Status Indicators, see relevant chapters in the updated *Healthy Iowans 2010* on the Iowa Department of Public Health Website: www.idph.state.ia.us.

HEALTHY PEOPLE 2010 LEADING HEALTH INDICATORS

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

Healthy People 2010 Leading Indicators

National Indicator (Chapter-Section)	State Definition	National Target	National Baseline/ Data Source	State Prevalence Estimate/ Data Source
<u>Physical Activity</u>				
Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 minutes or more per occasion. (22-7)	YRBS ¹ respondents who reported engaging in physical activity 3 or more days per week for 20 minutes per occasion.	85%	63% 2003 YRBS	74% 2001 YRBS
Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day. (22-2)	BRFSS ² respondents who reported engaging in physical activity for more than 30 minutes, 5 or more times per week.	50%	47% 2003 BRFSS	33% 2003 BRFSS
<u>Overweight and Obesity</u>				
Reduce the proportion of children and adolescents who are overweight or obese. (19-3c)	YRBS respondents who are overweight based on weight and height.	5%	12% 2003 YRBS	10% 2001 YRBS
Reduce the proportion of adults who are obese. (19-2)	BRFSS respondents with BMI equal to or greater than 30.0.	15%	23% 2003 BRFSS	24% 2004 BRFSS
<u>Tobacco Use</u>				
Reduce cigarette smoking by adolescents. (27-2b)	YRBS respondents who reported smoking cigarettes on one or more of the past 30 days.	16%	22% 2003 YRBS	30% 2001 YRBS
Reduce cigarette smoking by adults. (27-1a)	BRFSS respondents who reported having smoked 100 cigarettes in a lifetime and currently smoke.	12%	22% 2003 BRFSS	21% 2004 BRFSS
<u>Substance Abuse</u>				
Increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days. (26-10a)	Two separate measures: YRBS respondents who reported not using any alcohol during the past 30 days; YRBS respondents who reported not using marijuana during the past 30 days.	89%	55% 78% 2003 YRBS	48% 84% 2001 YRBS

¹Youth Risk Behavior Survey²Behavioral Risk Factor Surveillance System

Healthy People 2010 Leading Indicators (continued)

National Indicator (Chapter-Section)	State Definition	National Target	National Baseline/ Data Source	State Prevalence Estimate/ Data Source
<u>Substance Abuse (continued)</u> Reduce the proportion of adults using any illicit drugs during the past 30 days. (26-10c)	Respondents from the National Household Survey who reported any illicit drug use during the past month including marijuana/hashish, cocaine, inhalants, hallucinogens, heroin, or any prescription type psychotherapeutic used non-medically.	2%	7% 2001 National Household Survey on Drug Abuse	Ages 18-25: 13% Ages 26+: 2% 2001 National Household Survey on Drug Abuse
Reduce the proportion of adults engaging in binge drinking of alcoholic beverages during the past month. (26-11c)	BRFSS respondents who reported having 5 or more alcoholic beverages on 1 or more occasions during the past month.	6%	16% 2003 BRFSS	19% 2004 BRFSS
<u>Responsible Sexual Behavior</u> Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active. (25-11)	Two separate measures: YRBS respondents who reported not ever having sexual intercourse; YRBS respondents who reported using a condom during their last sexual intercourse, among students who had sexual intercourse during the past 3 months.	95%	53% 63% 2003 YRBS	57% 59% 2001 YRBS
Increase the proportion of sexually active persons who use condoms. (13-6a)	Not available	50%	Not available	Not available
<u>Mental Health</u> Increase the proportion of adults with recognized depression who receive treatment. (18-9b)	Not available	50%	23% 1997 National Household Survey on Drug Abuse	Not available
<u>Injury and Violence</u> Reduce deaths caused by motor vehicle crashes. (15-15a)	Vital Records- V02-V04, V09.2, V12-V14, V19.0-V19.2, V19.4-V19.6, V20-V79, V80.3-V80.5, V81.0-V81.1, V82.0, V82.1m V83-V86, V87.0-V87.8, V88.0-V88.8, V89.0, V89.2	9.2/ 100,000	15.2/ 100,000 2002 Vital Statistics	15.5/100,000 2003 Vital Statistics
Reduce homicides. (15-32)	Vital Records- V85-Y09, Y35, Y87.1, Y89.0	3.0/ 100,000	6.1/100,000 2002 Vital Statistics	1.7/100,000 2003 Vital Statistics

Healthy People 2010 Leading Indicators (continued)

National Indicator (Chapter-Section)	State Definition	National Target	National Baseline/ Data Source	State Prevalence Estimate/ Data Source
<u>Environmental Quality</u>				
Reduce the proportion of persons exposed to air that does not meet U.S. Environmental Protection Agency's health based standards for ozone. (8-1a)	Not available	0%	41% 2001 Aerometric Information Retrieval System	Not available
Reduce the proportion of nonsmokers exposed to environmental tobacco smoke. (27-10)	Not available	45%	65% 1988-94 NHANES ³	Not available
<u>Immunization</u>				
Increase the proportion of young children who receive all vaccines that have been recommended for universal administration for at least 5 years. (14-24a)	Not available	80%	79% 2003 National Immunization Survey ⁴	81% 2003 National Immunization Survey
Increase the proportion of noninstitutionalized adults over age 65 who are vaccinated annually against influenza and have ever been vaccinated against pneumococcal disease. (14-27a,b)	Two separate measures: BRFSS respondents 65 and older who received a flu shot during the past 12 months; BRFSS respondents 65 and older who have ever received a pneumonia vaccination.	90% 90%	70% 64% 2003 BRFSS	74% 68% 2004 BRFSS
<u>Access to Health Care</u>				
Increase the proportion of persons under age 65 with health insurance. (1-1)	BRFSS respondents under age 65 who report having any type of health insurance.	100%	83% 2003 BRFSS	87% 2004 BRFSS
Increase the proportion of persons who have a specified source of ongoing care. (1-4a)	BRFSS respondents who report having one person as a personal doctor or physician.	96%	68% 2003 BRFSS	77% 2004 BRFSS
Increase the proportion of pregnant women who begin prenatal care in the first trimester of pregnancy. (16-6a)	Birth certificate data file-women who report receiving prenatal care during the first three months of pregnancy.	90%	83% 2002 Vital Statistics	89% 2003 Vital Statistics

³National Health and Nutrition Examination Survey

⁴NIS figures are for the 4:3:1:3:3 criterion which does not include varicella