

## Healthy People 2010

Healthy People 2010 provides a framework for prevention through a statement of 467 national health objectives designed to:

- Identify most significant preventable health threats
- Establish national goals to reduce these threats.

Healthy People was initiated in 1979 through the Surgeon General's report. And is managed by the Office of Disease Prevention and Health Promotion in the U.S. Department of Health and Human Services.

Like its predecessors, Healthy People 2010 was developed through a broad consultation process, built on the best scientific knowledge and designed to measure programs over time.

For more information, visit [www.healthypeople.gov](http://www.healthypeople.gov)



*Creating environments that build physical activity into daily life*

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## Healthy People 2010 Goals and Objectives Related to Comprehensive Planning



Goals from Healthy People 2010 can offer direction and support for comprehensive plans, policies, and ordinances.



## Goal 6

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**Promote the health of people with disabilities, prevent secondary conditions, and eliminate disparities between people with and without disabilities in the U.S. population.**

- 6-12. Reduce the proportion of people with disabilities reporting environmental barriers to participation in home, school, work,

## Goal 8

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**Promote health for all through a healthy environment.**

### Outdoor Air Quality

- 8-1. Reduce the proportion of persons exposed to air that does not meet the U.S. Environmental Protection Agency's health-based standards for harmful air pollutants.
- 8-2. Increase use of alternative modes of transportation to reduce motor vehicle emissions and improve the Nation's air quality.
- 8-4. Reduce air toxic emissions to decrease the risk of adverse health effects caused by airborne toxics.

### Water Quality

- 8-5. Increase the proportion of persons served by community water systems who receive a supply of drinking water that meets the regulations of the Safe Drinking Water Act.
- 8-5. Reduce waterborne disease outbreaks arising from water intended for drinking among persons served by community water systems.
- 8-6. Increase the proportion of assessed rivers, lakes, and estuaries that are safe for fishing and recreational purposes.
- 8-9. Reduce the number of beach closings that result from the presence of harmful bacteria.

## Goal 8

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**Promote health for all through a healthy environment.**

### Toxics and Waste

- 8-12. Minimize the risks to human health and the environment posed by hazardous sites.
- 8-13. Reduce pesticide exposures that result in visits to a health care facility.
- 8-14. Reduce the amount of toxic pollutants released, disposed of, treated, or used for energy recovery.
- 8-15. Increase recycling of municipal solid waste.

### Healthy Homes and Healthy Communities

- 8-19. Increase the number of new homes constructed to be radon resistant.
- 8-22. Increase the proportion of persons living in pre-1950s housing that has been tested for the presence of lead-based paint.
- 8-23. Reduce the proportion of occupied housing units that are substandard.

## Goal 15

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**Reduce injuries, disabilities, and deaths due to unintentional injuries and violence.**

### Unintentional Injury Prevention

- 15-15. Reduce deaths caused by motor vehicle crashes.
- 15-16. Reduce pedestrian deaths on public roads.
- 15-17. Reduce nonfatal injuries caused by motor vehicle crashes.
- 15-18. Reduce nonfatal pedestrian injuries on public roads.
- 15-23. Increase use of helmets by bicyclists.
- 15.24. Increase the number of States and the District of Columbia with laws requiring bicycle helmets for bicycle riders.

## Goal 22

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**Improve health, fitness, and quality of life through daily physical activity.**

### Physical Activity in Adults

- 22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.
- 22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.
- 22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

### Physical Activity in Children and Adolescents

- 22-6. Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days.
- 22-7. 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.

### Access

- 22-14. Increase the proportion of trips made by walking.
- 22-15. Increase the proportion of trips made by bicycling.

## Goal 24

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**Promote respiratory health through better prevention, detection, treatment, and education efforts.**

### Asthma

- 24-1. Reduce asthma deaths.

The selected goals from Healthy People 2010 may be used to provide direction and support for your comprehensive plans, policies and ordinances. There are 467 objectives in this publication; there may be others beyond this list you would find helpful at [www.healthypeople.gov](http://www.healthypeople.gov).