Healthy People 2010

**Introduction:** Healthy People 2010 is the national health initiative that provides a framework for prevention for the Nation. It is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce these threats. In this lesson, students will become familiar with the goals, identify some of the objectives of the program, and suggest ways in which school or community organizations can help to achieve these goals.

**Grade Level and Subject:** Ninth Grade Health

**TEKS:** 1a, 1c, 2a, 2b

**Materials:** Slide Show Guide (included), pen or pencil

**Resources:** Computers with internet access

**Websites:**
[http://www.healthypeople.gov](http://www.healthypeople.gov)

**Activity:** After previewing the website, give students a brief overview of the Healthy People 2010 program. Copy and distribute the Slide Show Guide. Instruct students to log on to the above website address. Then direct them to click on “About Healthy People.” Have students scroll down and click on “Online Slide Show.” The questions on the guide will help students focus on information relevant to them. When students complete the slide show and guide, have them share their suggestions with the class.

**Evaluation:** Monitor students for participation. Evaluate the Slide Show Guide for accuracy.
Healthy People 2010 Slide Show Guide

1. What are the two goals of the program?
   Goal #1 ________________________________________________________________
   Goal #2 ________________________________________________________________

2. List two focus areas that could be addressed by a student school or community organization?
   Focus Area ____________________________________ Focus Area _______________________

3. List one sample objective from each goal.
   Sample Obj. Goal #1 ______________________________________________________
   Sample Obj. Goal #2 ______________________________________________________

4. What is a Leading Health Indicator (LHI)? ________________________________

5. How many LHIs does the program list? _________________________________

6. What is LHI #1? _______________________________________________________

7. What percentage of adolescents gets adequate exercise? ______ What is the target for 2010? ___________

8. What is LHI #2? ______________________________________________________

9. What percentage of children/adolescents is overweight or obese? ______ Target for 2010? ___________

10. What is LHI #3? _____________________________________________________


12. What is LHI #4? _____________________________________________________

13. What percentage of adolescents is drug-free? ______ Target for 2010? ___________

14. What is LHI #5? _____________________________________________________

15. Of the 85 percent of adolescents on the chart, what percentage has been sexually active before? __________
    What is the target percentage for 2010 for non-sexually active adolescents? ____________

16. What is LHI #6? _____________________________________________________

17. What is LHI #7? _____________________________________________________

18. What are the statistics for motor vehicle deaths? __________________________
    Target for 2010? __________________________

19. What are the statistics for homicide? _____________________________________
    Target for 2010? __________________________

20. What is LHI #8? _____________________________________________________

21. What percentage of the population is exposed to ozone above the EPA standard? 
    Target for 2010? __________________________

22. What percentage of the population is exposed to environmental tobacco smoke? 
    Target for 2010? __________________________

23. What is LHI #9? _____________________________________________________

24. What percentage of children receives all of the recommended vaccines? ______ Target for 2010? __________

25. What is LHI #10? ____________________________________________________

26. What percentage of the population has health care coverage? ________ There are about 285,000,000 people 
    in the U.S. How many of them do not have health care coverage? __________
    What is the target % to be covered by 2010? __________________________

27. What can you do to help address some of these public health issues in your home, school, or community? _____