

2010 February

Healthy People 2010

Public Health National Goals

- Increase Quality & Years of Healthy Life
- Eliminate Health Disparities



Egrets rising at sunrise, Yolo Bypass Wildlife Area. © Dave Feliz.

Every 10 years, the U.S. Department of Health and Human Services (HHS) revises its science-based national Healthy People objectives for promoting health and preventing disease. Healthy People 2010 (HP2010) provides a framework for communities in the U.S. to identify, evaluate, and address unmet health needs and expand achievements in public health and disease prevention.

The primary goals of HP2010 are to:

- 1) Increase quality and years of healthy life and
- 2) Eliminate health disparities.

Leading health priority areas defined by HP2010 are: physical activity, overweight and obesity, tobacco use, substance abuse, responsible sexual behavior, mental health, injury and violence, environmental quality, immunization, and access to health care.

New Healthy People 2020 objectives are anticipated this year and, according to HHS, will reflect assessments of major risks to health and wellness, changing public health priorities, and emerging issues related to public health preparedness and disease prevention.

American Heart Month • National Cancer Prevention Month • National Children's Dental Health Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day Chinese New Year (Tiger)	15 County Holiday President's Day	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6

Measuring Public Health

Progress towards Healthy People 2010 objectives is measured through assessment of a variety of health indicators. Infant death rates, sexually-transmitted disease rates, and childhood immunization rates are all examples of the types of health indicators used to measure the health of a community and to identify health disparities.

The Yolo County Health Department measures public health progress in our community through analysis of health data by socioeconomic status, geography, age group, gender, and race/ethnicity. Not all communities in our county experience the same levels of progress toward national Healthy People objectives. A key goal of public health is to identify and eliminate such health disparities between communities.



Williams. Courtesy Yolo County Visitors Bureau

Yolo County Progress

Yolo County has met several of the established objectives for HP 2010. Achieved objectives include: higher breastfeeding initiation rate,^{22,77} reduced coronary heart disease death rate,³⁶ reduced infant death rate,⁷⁸ reduced low birth weight rate,⁷⁹ and reduced teen birth rate,⁷⁹ among others.

Yolo County has not attained HP2010 objectives for reducing rates for the following health indicators: motor vehicle accident death rate,³⁶ lung cancer death rate,³⁶ colorectal cancer death rate,³⁶ stroke death rate,³⁶ and liver disease/cirrhosis death rate³⁶. The county has also not met goals related to improving timeliness and adequacy of prenatal care.⁷⁹

Progress has been measured in most or all of these indicators over the past decade in Yolo County, with the notable exception of indicators having to do with obesity and overweight.³⁸ Should obesity/overweight trends continue, chronic disease mortality health indicators (e.g., diabetes, coronary heart disease) may well begin to worsen in the coming decade.

- Learn more about HP2010
- Learn about HP2020
- California County Health Status Profiles

www.healthypeople.gov
 www.healthypeople.gov/hp2020
 www.cdph.ca.gov/programs/ohir/Pages/CHSP.aspx