

# What are the Leading Health Indicators?

- 10 high-priority health issues
- Measures of how healthy we are
- Opportunities for high-impact actions to improve health
- Cross-cutting influences on health



For more information about the *Healthy People 2010* Leading Health Indicators [www.healthypeople.gov/lhi](http://www.healthypeople.gov/lhi)

# The 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



LEADING  
HEALTH  
INDICATORS