



Resources for Action

Healthy People 2010, a broad-based collaborative effort among Federal, State, and Territorial governments, as well as hundreds of private, public, and nonprofit organizations, has set national disease prevention and health promotion objectives to be achieved by the end of this decade (www.healthypeople.gov). The effort has two overarching goals: to increase the quality and years of healthy life and to eliminate health disparities. *Healthy People 2010* features 467 science-based objectives and 10 Leading Health Indicators, which use a smaller set of issues and objectives to track progress toward meeting *Healthy People 2010* goals. More information on the Leading Health Indicators, including links to Federal Web sites with data, planning tools, scientific information, and details about various programs are available at <http://www.healthypeople.gov/lhi>.

Listed in this handout are the 10 Leading Health Indicators, with corresponding sample resources available from the Federal government. The Federal consumer health information Web site, www.healthfinder.gov, is also a good starting point for more information on these topics.

PHYSICAL ACTIVITY

President's Council on Physical Fitness and Sports
202-690-9000
<http://www.fitness.gov>

Centers for Disease Control and Prevention (CDC)
888-232-3228
<http://www.cdc.gov/nccdphp/dnpa>

OVERWEIGHT AND OBESITY

Obesity Education Initiative, National Heart, Lung, and
Blood Institute Information Center
301-592-8573
<http://www.nhlbi.nih.gov/about/oei/index.htm>

The Weight-Control Information Network
National Institutes of Health (NIH)
877-946-4627
<http://win.niddk.nih.gov/index.htm>

TOBACCO USE

Office on Smoking and Health, National Center for Chronic
Disease Prevention and Health Promotion, CDC
800-CDC-1311
<http://www.cdc.gov/tobacco>
Cancer Information Service, NIH
800-4-CANCER
<http://cis.nci.nih.gov>

SUBSTANCE ABUSE

National Clearinghouse for Alcohol and Drug Information
Substance Abuse and Mental Health Services
Administration (SAMHSA)
800-729-6686; 800-487-4889 (TDD)
<http://www.health.org>

National Institute on Drug Abuse, NIH
301-443-1124
<http://www.nida.nih.gov>

National Institute on Alcohol Abuse and Alcoholism, NIH
301-443-3860
<http://www.niaaa.nih.gov>

RESPONSIBLE SEXUAL BEHAVIOR

CDC National AIDS Hotline
800-342-AIDS (800-342-2437)
<http://www.cdc.gov/hiv/hivinfo/nah.htm>

CDC National Sexually Transmitted Diseases (STD) Hotline
800-227-8922
<http://www.cdc.gov/std>

CDC National Prevention Information Network
800-458-5231
<http://www.cdcnpin.org>

Office of Population Affairs
301-654-6190
<http://opa.osophs.dhhs.gov>

MENTAL HEALTH

Center for Mental Health Services, SAMHSA
<http://www.mentalhealth.samhsa.gov/cmhs>

National Mental Health Information Center, SAMHSA
800-789-2647
<http://www.mentalhealth.samhsa.gov>

National Institute of Mental Health Information Line, NIH
800-421-4211
<http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm>

INJURY AND VIOLENCE

National Center for Injury Prevention and Control, CDC
770-488-1506
<http://www.cdc.gov/ncipc/ncipchm.htm>

Office of Justice Programs, U.S. Department of Justice
202-307-0703
<http://www.ojp.usdoj.gov/home.htm>

National Highway Traffic Safety Administration
U.S. Department of Transportation
Auto Safety Hotline 888-DASH-2-DOT (888-327-4236)
<http://www.nhtsa.dot.gov/hotline>

ENVIRONMENTAL QUALITY

Indoor Air Quality Information Clearinghouse
U.S. Environmental Protection Agency
800-438-4318 (IAQ hotline)
800-SALUD-12; (725-8312) Spanish
<http://www.epa.gov/iaq/iaqinfo.html>

Information Resources Center (IRC)
U.S. Environmental Protection Agency
202-260-5922
<http://www.epa.gov/natlibra/hqirc/about.htm>

Agency for Toxic Substances and Disease Registry, CDC
888-442-8737
<http://www.atsdr.cdc.gov>

IMMUNIZATION

National Immunization Program/CDC
800-232-2522 (English); 800-232-0233 (Spanish)
888-CDC-FAXX (Fax-back)
<http://www.cdc.gov/nip>

ACCESS TO HEALTH CARE

Agency for Healthcare Research and Quality
Office of Healthcare Information
301-594-1364
<http://www.ahrq.gov/consumer/index.html#plans>

“Insure Kids Now” Initiative
Health Resources and Services Administration
877-KIDS NOW (877-543-7669)
<http://www.insurekidsnow.gov>

Maternal and Child Health Bureau
Health Resources and Services Administration
1-888-ASK-HRSA (HRSA Information Center)
<http://www.mchb.hrsa.gov>

Office of Beneficiary Relations
Centers for Medicare & Medicaid Services
800-444-4606 (customer service center)
800-MED-ICARE (Info Line)
<http://www.medicare.gov>

For more health promotion and disease prevention information—

Search online for thousands of free Federal health documents using healthfinder® at <http://www.healthfinder.gov/>.

For health promotion and disease prevention information in Spanish—

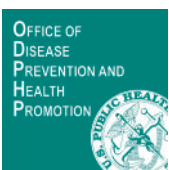
Visit <http://www.healthfinder.gov/espanol/>.

For print resources—

Write to the ODPHP Communication Support Center (OCSC), P.O. Box 37366, Washington, DC 20013-7366, for

- Federal Health Information Centers and Clearinghouses
- Toll-Free Numbers for Health Information
- Resources for Action in Spanish.

For more information about *Healthy People 2010*, visit <http://www.healthypeople.gov> or call 800-367-4725.



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