

Appendix F. Steps to a Healthier United States

Objective Number	Steps Objective
5-2	Prevent diabetes.
5-3	Reduce the overall rate of diabetes that is clinically diagnosed.
5-4	Increase the proportion of persons with diabetes whose condition has been diagnosed.
5-12	Increase the proportion of adults with diabetes who have a glycosylated hemoglobin measurement at least once a year.
5-13	Increase the proportion of adults with diabetes who have an annual dilated eye examination.
5-14	Increase the proportion of adults with diabetes who have at least an annual foot examination.
5-15	Increase the proportion of adults with diabetes who have at least an annual dental examination.
7-2e	Increase the proportion of middle, junior high, and senior high schools that provide school health education to prevent health problems resulting from tobacco use and addiction.
7-2h	Increase the proportion of middle, junior high, and senior high schools that provide school health education to prevent health problems resulting from unhealthy dietary patterns.
7-2i	Increase the proportion of middle, junior high, and senior high schools that provide school health education to prevent health problems resulting from inadequate physical activity.
7-3	Increase the proportion of college and university students who receive information from their institution on each of the six priority health-risk behavior areas.
16-19a	Increase the proportion of mothers who breastfeed their babies in the early postpartum period.
16-19b	Increase the proportion of mothers who breastfeed their babies at 6 months.
16-19c	Increase the proportion of mothers who breastfeed their babies at 1 year.
19-2	Reduce the proportion of adults who are obese.
19-3a	Reduce the proportion of children aged 6 to 11 years who are overweight or obese.
19-3b	Reduce the proportion of adolescents aged 12 to 19 years who are overweight or obese.
19-5	Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit.

Objective Number	Steps Objective
19-6	Increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third of them being dark green or orange vegetables.
19-7	Increase the proportion of persons aged 2 years and older who consume at least six daily servings of grain products, with at least three of them being whole grains.
19-9	Increase the proportion of persons aged 2 years and older who consume no more than 30 percent of calories from total fat.
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.
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.
22-8a	Increase the proportion of the Nation's public and private middle and junior high schools that require daily physical education for all students.
22-8b	Increase the proportion of the Nation's public and private senior high schools that require daily physical education for all students.
22-9	Increase the proportion of adolescents who participate in daily school physical education.
24-2a	Reduce hospitalizations for asthma among children under 5 years of age.
24-2b	Reduce hospitalizations for asthma among children and adults aged 5 to 64 years.
24-2c	Reduce hospitalizations for asthma among adults aged 65 years and older.
24-3a	Reduce hospital emergency department visits for asthma among children under 5 years of age.
24-3b	Reduce hospital emergency department visits for asthma among children and adults aged 5 to 64 years.
24-3c	Reduce hospital emergency department visits for asthma among adults aged 65 years and older.
24-4	Reduce activity limitations among persons with asthma.

Objective Number	Steps Objective
24-5	Reduce the number of school or work days missed by persons with asthma due to asthma.
24-6	Increase the proportion of persons with asthma who receive formal patient education, including information about community and self-help resources, as an essential part of the management of their condition.
24-7a	Increase the proportion of persons with asthma who receive written asthma management plans from their health care provider.
24-7b	Increase the proportion of persons with asthma with prescribed inhalers who receive instruction on how to use the inhaler properly.
24-7c	Increase the proportion of persons with asthma who receive education about recognizing the early signs and symptoms of asthma episodes and how to respond appropriately, including instruction on peak flow monitoring for those who use daily therapy.
24-7d	Increase the proportion of persons with asthma who receive medication regimens that prevent the need for more than one canister of short-acting inhaled beta agonists per month for relief of symptoms.
24-7e	Increase the proportion of persons with asthma who receive follow-up medical care for long-term management of asthma after any hospitalization due to asthma.
24-7f	Increase the proportion of persons with asthma who receive assistance with assessing and reducing exposure to environmental risk factors in their home, school, and work environments.
27-1a	Reduce cigarette smoking by adults.
27-5	Increase smoking cessation attempts by adult smokers.
27-9	Reduce the proportion of children who are regularly exposed to tobacco smoke at home.
27-10	Reduce the proportion of nonsmokers exposed to environmental tobacco smoke.
27-11	Increase smoke-free and tobacco-free environments in schools, including all school facilities, property, vehicles, and school events.