



Health Protection Goals and Objectives

March 2007

Healthy People in Every Stage of Life—All people, and especially those at greater risk of health disparities, will achieve their optimal lifespan with the best possible quality of health in every stage of life.

Healthy People in Healthy Places—The places where people live, work, learn, and play will protect and promote their health and safety, especially those at greater risk of health disparities.

People Prepared for Emerging Health Threats—People in all communities will be protected from infectious, occupational, environmental, and terrorist threats.

Healthy People in a Healthy World—People around the world will live safer, healthier and longer lives through health promotion, health protection, and health diplomacy.

See www.cdc.gov/goals for more information on the Health Protection Goals.

“Nothing motivates us more than making a difference and achieving an impact on health. By focusing on these four sets of goals, we will be more effective as an agency and will be better able to protect people’s health through health promotion; prevention of injury, disability, and disease; and preparedness—and be able to show that we have done this through measurable improvements in health and reductions in health disparities. . . .”

—Julie Louise Gerberding, MD, MPH
Director, Centers for Disease Control and Prevention
Administrator, Agency for Toxic Substances and Disease Registry

Overarching Goal 1: Healthy People in Every Stage of Life

Start Strong: Increase the number of infants and toddlers that have a strong start for healthy and safe lives. (Infants and Toddlers, ages 0-3 years)

Objectives:

1. Promote healthy pregnancy and birth outcomes.
2. Promote social and physical environments that support the health, safety, and development of infants and toddlers.
3. Promote optimal development among infants and toddlers.
4. Increase early identification, tracking, and follow up of infants and toddlers with special health care and developmental needs.
5. Prevent infectious diseases and their consequences among infants and toddlers.
6. Prevent injury and violence and their consequences among infants and toddlers.
7. Promote access to and receipt of quality, comprehensive, pediatric health services, including dental services, by infants and toddlers.

Grow Safe and Strong: Increase the number of children who grow up healthy, safe, and ready to learn. (Children, ages 4-11 years)

Objectives:

8. Promote social and physical environments that are accessible; that support health, safety, and development; and that promote healthy behaviors for children.
9. Promote social, emotional, and mental well being for children.
10. Prevent infectious diseases and their consequences for children.
11. Prevent injury and violence and their consequences for children.
12. Promote the early identification, tracking, prevention, and follow-up treatment of chronic disease and health conditions in children.
13. Promote the early identification, tracking, and follow up of children with, or at risk for, developmental delays, disorders, or disabilities.
14. Promote access to and receipt of quality, comprehensive, pediatric health services, including dental and mental health services, by children.
15. Improve behaviors that promote children's health and well-being in future life stages.

Achieve Healthy Independence: Increase the number of adolescents who are prepared to be healthy, safe, independent, and productive members of society. (Adolescents, ages 12-19 years)

Objectives:

16. Promote social and physical environments that are accessible; that support health, safety, and development; and that promote healthy behaviors among adolescents.
17. Promote access to and receipt of recommended quality, effective, evidence-based preventive and healthcare services, including dental and mental health care, among adolescents.
18. Promote social, emotional, and mental well-being for adolescents.
19. Prevent injury, violence, and suicide and their consequences among adolescents.

20. Prevent HIV, STDs, and unintended pregnancies and their consequences among adolescents.
21. Promote healthy activity and nutrition behaviors and prevent overweight and its consequences among adolescents.
22. Prevent substance use and its consequences, including tobacco, alcohol and other substance use, among adolescents.

Live a Healthy, Productive, and Satisfying Life: Increase the number of adults who are healthy and able to participate fully in life activities and enter their later years with optimum health. (Adults, ages 20-49 years)

Objectives:

23. Promote social and physical environments that are accessible; that support health, safety, and quality of life; and that promote healthy behaviors among adults.
24. Promote access to and receipt of recommended quality, effective, evidence-based preventive and healthcare services, including dental and mental health care, among adults.
25. Promote social, emotional, and mental well-being for adults.
26. Promote reproductive and sexual health among adults.
27. Prevent chronic diseases and their consequences among adults.
28. Prevent infectious diseases and their consequences among adults.
29. Prevent injury, violence, suicide, and their consequences among adults.
30. Improve behaviors among adults that promote health and well-being.

Live Better Longer: Increase the number of older adults who live longer, high-quality, productive, and independent lives. (Older Adults and Seniors, ages 50 and over)

Objectives:

31. Promote social and physical environments that are accessible; that support health, safety and quality of life; and that promote healthy behaviors among older adults.
32. Promote access to and receipt of recommended quality, effective, evidence-based preventive and healthcare services, including dental and mental health care, among older adults.
33. Promote independence, optimal physical, emotional, mental, sexual health, and social functioning among older adults.
34. Prevent chronic diseases and their consequences among older adults.
35. Prevent infectious diseases and their consequences among older adults.
36. Prevent injury, violence, and suicide and their consequences among older adults.
37. Improve behaviors among older adults that promote health and well-being.

Overarching Goal 2: Healthy People in Healthy Places

Healthy Communities: Increase the number of communities that protect and promote health and safety and prevent illness and injury.

Objectives:

38. Promote safe and high-quality air, water, food, and waste disposal, and safety from toxic, infectious, and other hazards, in communities.
39. Support the design and development of built environments that promote physical and mental health by encouraging healthy behaviors, quality of life, and social connectedness.
40. Support a robust, sustainable capacity to provide access to and ensure receipt of essential public health, health promotion, health education, and medical services.
41. Understand and reduce the negative health consequences of climate change.
42. Prevent injuries and violence and their consequences in communities.
43. Improve the social determinants of health among communities with excess burden and risk.

Healthy Homes: Protect and promote health through safe and healthy home environments.

Objectives:

44. Promote homes that are healthy, safe, and accessible.
45. Promote adoption of behaviors that keep people healthy and safe in their homes.
46. Promote the availability of healthy, safe, and accessible homes.

Healthy Schools: Increase the number of schools that protect and promote the health, safety, and development of all students, and protect and promote the health and safety of all staff. (e.g., healthy food vending, physical activity programs)

Objectives:

47. Improve the health and safety of students and school staff by implementing comprehensive and coordinated instruction, programs, policies, and services that involve families and the community.
48. Promote safe, healthy, and accessible physical environments in schools.
49. Promote supportive social, psychological, and emotional environments in schools.

Healthy Workplaces: Promote and protect the health and safety of people who work by preventing workplace-related fatalities, illnesses, injuries, and personal health risks.

Objectives:

50. Prevent work-related deaths, injuries, and illnesses.
51. Improve adoption of comprehensive workplace programs, policies, and practices that protect employees from work-related risks and promote safe and healthful lifestyles for workers and their families.

Healthy Healthcare Settings: Increase the number of healthcare settings that provide safe, effective, and satisfying patient care.

Objectives:

52. Promote delivery of quality prevention and screening services in healthcare settings.
53. Promote compliance with evidence-based guidelines for preventing, identifying, and managing disease in healthcare settings.
54. Prevent adverse events in patients and healthcare workers in healthcare settings.
55. Promote health, safety, and accessibility in healthcare settings.
56. Promote patient-centered clinical care and prevention services in healthcare settings.

Healthy Institutions: Increase the number of institutions that provide safe, healthy, and equitable environments for their residents, clients, or inmates.

Objectives:

57. Promote institutional settings that are designed, constructed, and modified to be hazard free and promote health.
58. Promote delivery of health promotion programs in institutions.
59. Prevent infectious diseases and their consequences among people in institutional settings.
60. Prevent chronic diseases and their consequences among people in institutions.
61. Prevent injuries and violence, and their consequences, among people in institutions.
62. Promote continuity of patient care across institutional public health, medical systems, and community health systems.

Healthy Travel and Recreation: Increase the numbers of environments that enhance health and prevent illness and injury during travel and recreation.

Objectives:

63. Reduce injury risks associated with travel, transportation, and recreation.
64. Reduce exposure to infectious and environmental hazards associated with travel, transportation, and recreation.
65. Promote healthy, safe, and accessible environments for travel, transportation, and recreation.

Overarching Goal 3: People Prepared for Emerging Health Threats

Objectives:

66. Integrate and enhance the existing surveillance systems at the local, state, national, and international levels to detect, monitor, report, and evaluate public health threats.
67. Support and strengthen human and technological epidemiologic resources to prevent, investigate, mitigate, and control current, emerging, and new public health threats and to conduct research and development that lead to interventions for such threats.
68. Enhance and sustain nationwide and international laboratory capacity to gather, ship, screen, and test samples for public health threats and to conduct research and development that lead to interventions for such threats.
69. Assure an integrated, sustainable, nationwide response and recovery capacity to limit morbidity and mortality from public health threats.
70. Expand and strengthen integrated, sustained, national foundational and surge capacities capable of reaching all individuals with effective assistance to address public health threats.

Overarching Goal 4: Healthy People in a Healthy World

Health Promotion: Global health will improve by sharing knowledge, tools, and other resources with people and partners around the world.

Objectives:

71. Prevent and control infectious diseases and their consequences globally.
72. Prevent infant and child morbidity and mortality globally.
73. Prevent noncommunicable diseases and their consequences globally.
74. Prevent injuries and their consequences globally.
75. Promote safe, healthy, and accessible physical environments globally.

Healthy Global Health Protection: Americans at home and abroad will be protected from health threats through a transnational prevention, detection, and response.

Objective:

76. Prepare for, prevent, detect, respond to, and contain health threats globally.

Health Diplomacy: CDC and the United States Government will be a trusted and effective resource for health development and health protection around the globe.

Objective:

77. Support achievement of international and national goals for the acceleration of control, and the eradication and elimination of diseases.
78. Develop sustainable public health capacity among partner organizations and governments globally.
79. Prevent maternal morbidity and mortality globally.
80. Improve response to natural and manmade disasters, including complex humanitarian emergencies globally.