

## **INCREASE CHOLESTEROL CHECKING**

(Healthy People 2000 Objective 15.14)

2000 TN: 71.1% of adults had their blood cholesterol checked within the past five years

2000 U.S. Target: 75% of adults to have their blood cholesterol checked within the past five years

Status: Tennessee has come close to meeting this 2000 objective. The proportion of adults having their blood cholesterol checked within the past five years needed to have increased by 5% to have achieved the national goal.

## **INCREASE CLINICAL BREAST EXAMS AND MAMMOGRAMS**

(Healthy People 2000 Objectives 16.11, 16.11d)

2000 TN: 65.9% of females age 50 and older had received a clinical breast exam and mammogram within the past two years

2000 U.S. Target: 60% of females age 50 and older had received a clinical breast exam and a mammogram within the past two years

Status: **Tennessee's 2 year mammogram prevalence is higher than the 2000 national target. Tennessee surpassed this goal.**

## **INCREASE PAP SMEAR TESTS**

(Healthy People 2000 Objective 16.12)

2000 TN: 93.6% of females age 18 and older have received a Pap smear test in their lifetime

2000 U.S. Target: 95% of females age 18 and older have received a Pap smear test in their lifetime

Status: Tennessee has virtually met this 2000 objective. The proportion of females age 18 and older who have received a Pap smear test in their lifetime needed to have increased by only 1% to have achieved the national goal.

## **INCREASE REGULAR VIGOROUS PHYSICAL ACTIVITY**

(Healthy People 2000 Objective 1.4)

Leisure-time physical activity for 20 minutes or more, 3 or more times/week, at 50% or more capacity.

2000 TN: 10.6% of adults age 18 and older engaging in regular vigorous physical activity

2000 U.S. Target: 20% of adults age 18 and older engaging in regular vigorous physical activity

Status: Tennessee has fallen very far short of reaching this 2000 objective. The proportion of adults engaging in regular vigorous physical activity needed to have increased by 89% to have achieved the national goal.