

INCREASE VIGOROUS PHYSICAL ACTIVITY

(Healthy People 2010 Objective 22-3)

Vigorous physical activity is exercise that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 minutes or more per occasion.

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

2010 U.S. Target: 30% of adults age 18 and older engaging in vigorous physical activity

Status: Increase the proportion of adults age 18 years and older who engage in vigorous physical activity by 183% to meet the national objective.

FOCUS AREA #27. TOBACCO USE

REDUCE PREVALENCE OF CIGARETTE SMOKING

(Healthy People 2010 Objective 27-1a) See below under Leading Health Indicators.

Sources: 2000, 2001 Behavioral Risk Factor Surveillance System (BRFSS) Summary Prevalence Report (CDC), based on weighted data.

YOUTH HEALTH OBJECTIVES

FOCUS AREA #22. PHYSICAL ACTIVITY AND FITNESS

INCREASE VIGOROUS PHYSICAL ACTIVITY

(Healthy People 2010 Objective 22-7) See below under Leading Health Indicators.

FOCUS AREA #26. SUBSTANCE ABUSE

REDUCE BINGE DRINKING

(Healthy People 2010 Objective 26-11a)

The objective is to reduce the proportion of high school seniors engaging in binge drinking of alcoholic beverages during the past two weeks. We are using YRBS results which report binge drinking in the past 30 days.

2001 TN: 35.6% of high school seniors reported binge drinking, which is defined as consuming 5 or more alcoholic beverages per occasion within the past 30 days

2010 U.S. Target: 11% binge drinking among high school seniors

Status: Reduce the proportion of high school seniors who engage in binge drinking by 69% to meet the national objective.