

This section of the report presents leading health indicators and the measures developed by CDC to identify and track them along with targets for 2010 and current status in 2001 in Tennessee.

LEADING HEALTH INDICATORS

PHYSICAL ACTIVITY

MODERATE PHYSICAL ACTIVITY IN ADULTS

(Healthy People 2010 Objective 22-2)

2010 U.S. Target: Increase to 30% the proportion of adults who engage in moderate physical activity for at least 30 minutes per day.

2000 TN: 14.5% of adults age 18 years and older engages in moderate physical activity for at least 30 minutes on 5 or more days per week.

Status: Tennessee must increase the proportion of adults who engage in moderate physical activity by 107% to achieve the national goal.

VIGOROUS PHYSICAL ACTIVITY IN ADOLESCENTS

(Healthy People 2010 Objective 22-7)

2010 U.S. Target: Increase to 85% the proportion of adolescents who engage in vigorous physical activity promoting cardiorespiratory fitness on 3 or more days per week for 20 or more minutes per occasion

2001 TN: 61.2% of students in grades 9 through 12 engages in vigorous physical activity on 3 or more days per week for 20 or more minutes per occasion

Status: Tennessee must increase the proportion of adolescents who engage in vigorous physical activity by 39% to achieve the national goal.

OVERWEIGHT AND OBESITY

OBESITY IN ADULTS

(Healthy People 2010 Objective 19-2)

2010 U.S. Target: Reduce to 15% the proportion of adults who are obese

2001 TN: 23.4% of adults age 18 years and older were reported as obese (defined as BMI of 30 or more)

Status: Tennessee must reduce the proportion of adults who are obese by 36% to achieve the national goal.