

## Leading Health Indicators - Summary Tables

The following pages include summary tables of the objectives included in the leading health indicators. Not all chapter objectives are included. Refer to each chapter for a complete listing of chapter objectives. Also included with the tables in this report are specific notations and abbreviations. Please refer below for their definitions.

### **DELETED**

At the time that HK 2010 objectives and targets were set, most had data sources to track their progress. Other objectives were classified as “developmental” because no data source was available at the time to track the objectives. Although many developmental objectives now have data sources to track their progress, some still do not. If a developmental objective would not have a data source by 2006, then in most cases it was deleted. Although these objectives are still considered important, they were removed from the document since no data would be available to track their progress.

### **R for Revision**

Most objectives are the same as in the original document; however, some were revised to reflect data from new or modified data sources. For example, an objective may rely on data from a certain survey question. If that survey question was changed, the objective was altered to reflect data obtained from the new survey question.

### **N for New Objective**

A new objective has been included.

### **N/A**

For these objectives only baseline data are available, and progress is not able to be determined at this time.

### **TBD**

No reliable data currently exist for these objectives. Progress on these objectives will be tracked when a data source becomes available.

Summary of Objectives for Leading Health Indicators	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
<b>Physical Activity</b>					
1.2R. Increase to at least 35 percent the proportion of Kentuckians ages 18 and over who engage in moderate physical activity 5 or more days per week.	28.9% (2001)	≥35%	33.8% (2003)	Yes	BRFSS
1.4R. Increase to at least 24 percent the proportion of young people in grades K-12 who engage in moderate physical activity for at least 30 minutes on five or more of the previous seven days.	High School 20.3% (2001)	≥24%	21.3% (2003)	Yes	YRBSS
<b>Overweight and Obesity</b>					
2.1. Increase to at least 50 percent the prevalence of healthy weight (defined as a body mass index (BMI) greater than 19.0 and less than 25.0) among all people aged 20 and older.	35.6% (2000)	≥50.0%	32.6% (2004)	No	BRFSS
2.2. Reduce to less than 15 percent the prevalence of BMI at or above 30.0 among people aged 20 and older.	23.5% (2000)	<15.0%	26.1% (2004)	No	BRFSS
2.3. Reduce to 5 percent or less the prevalence of overweight and obesity (at or above the sex and age specific 95 <sup>th</sup> percentile of BMI from the revised NCHS/CDC growth charts) in children (aged 1-5 and 6-11) and adolescents (aged 12-19).					
Children <5 and on WIC	13.5% (2000)	≤5%	17.7% (2003)	No	PedNSS
Adolescents in High School	12.3% (2001)	≤5%	14.6% (2003)	No	YRBSS
<b>Tobacco Use</b>					
3.1. Reduce the proportion of adults (18 and older) who use tobacco products.	Cigarettes 30.8% (1998)	≤25%	27.5% (2004)	Yes	BRFSS
	Cigars 5.5% (1998)	≤4%	5.9% (2001)	No	
	Spit Tobacco 3% (1997)	≤2%	5% (2004)	No	
3.6. Reduce the proportion of young people who have smoked cigarettes within the past 30 days.	High School 37% (2000)	≤27%	28% (2004)	Yes	YTS
	Middle School 22% (2000)	≤14%	15% (2002)	Yes	
3.8. Increase to 32 percent the proportion of young people in grades 9 to 12 who have never smoked.	26% (2000)	≥32%	31% (2002)	Yes	YTS

Summary of Objectives for Leading Health Indicators	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
<b>Substance Abuse</b>					
26.11. Reduce past month use of alcohol among adolescents to no more than 30 percent.	49.3% (1997)	≤30%	45% (2003)	Yes	YRBSS
26.13. Reduce to no more than 10 percent the proportion of adolescents reporting marijuana use during the past 30 days.	28.4% (1997)	≤10%	21% (2003)	Yes	YRBSS
26.14 Reduce to no more than 4 percent the proportion of adolescents reporting use of illicit drugs other than marijuana at any time (lifetime use).	Cocaine 8.3% (1997)	≤4%	9.8% (2003)	No	YRBSS
	Inhalants 24.7% (1997)	≤4%	14.3% (2003)	Yes	
	Heroin 3.7% (2003)	≤4%	3.7% (2003)	Target Achieved	
	Meth 9.7% (2003)	≤4%	9.7% (2003)	N/A	
	Ecstasy 6.7% (2003)	≤4%	6.7% (2003)	N/A	
	Steroids 6.1% (1997)	≤4%	7.1% (2003)	No	
	Any injections 2.6% (1997)	≤4%	3.2% (2003)	Target Achieved	
26.18R. Reduce by one-fourth the proportion of Kentuckians age 18 and older who report binge drinking within the past month.	8.7% (2001)	≤6.5%	9.6% (2004)	No	BRFSS
<b>Responsible Sexual Behavior</b>					
11.6R. Reduce pregnancies among females ages 15-17 to no more than 20 per 1,000 adolescents	31.9 /1,000 (2000)	≤20/1,000	25.8/1,000 (2004)	Yes	Vital Statistics
11.7. Increase by at least 10 percent the proportion of sexually active individuals, ages 15-19, who use barrier method contraception with or without hormonal contraception to prevent sexually transmitted disease and prevent pregnancy	62.8% (2003)	≥69.1%	62.8% (2003)	N/A	YRBSS
21.4. (Developmental): Increase proportion of sexually active unmarried people age 18 and older who reported that a latex condom was used at last sexual intercourse.	TBD	TBD	TBD	TBD	BRFSS

Summary of Objectives for Leading Health Indicators	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
<b>Mental Health</b>					
23.2. Increase the number of adults with severe mental illness (SMI) who receive mental health services from Regional MH/MR Boards or their subcontractors to 30 percent.	28% (1999)	≥30%	37% (2004)	Target Achieved	DMHMRS Client Data Set
<b>Injury and Violence</b>					
7.10. Reduce deaths caused by motor vehicle crashes to no more than 12 per 100,000 and 1 per 100 million vehicle miles.	16.5/ 100,000 (2000)	≤12/ 100,000	18.8/ 100,000 (2003)	No	Vital Statistics
7.19R. Reduce homicides to less than 4.2 per 100,000 people.	4.9/ 100,000 (2000)	≤4.2/ 100,000	4.6/ 100,000 (2003)	Yes	Vital Statistics
<b>Environmental Quality</b>					
5.13. (Developmental) To reduce health effects of air pollution (DELETED)					
3.16R. Increase to 50.3 percent the proportion of manufacturing worksites that prohibit smoking indoors.	43% (2000)	≥50.3%	49.3% (2004)	Yes	Workplace Policy Survey
<b>Immunization</b>					
22.10. Achieve immunization coverage of at least 90 percent among children 19-35 months of age for the following: -4 DTaP, 3 polio, 1 MMR, 3 Hib, 3 hepatitis B -1 dose of varicella vaccine.	77.0% +5.2% (2000)	≥90%	81.2% +5.9% (2004)	Yes	National Immunization Survey
22.11. Achieve immunization coverage of 95 percent for children in licensed day care facilities and children in kindergarten for the following:	(2004)		(2004)		Annual School Survey
<b>Licensed Day Care Facilities</b>	91%	≥95%	91%	No	
Diphtheria-tetanus-pertussis (4 doses, at least 1 on or after age 4)					
Measles, mumps, rubella (2 doses for kindergarten, 1 dose for children over 16 months of age in day care)	93.9%	≥95%	93.9%	No	
<i>Haemophilus influenzae</i> type b (if under 5 years of age)	95.7%	≥95%	95.7%	Target Achieved	
Hepatitis B (3 doses)	94.6%	≥95%	94.6%	No	
Varicella	90.1%	≥95%	90.1%	No	
Polio (3 doses)	92.8%	≥95%	92.8%	No	
<b>Kindergarten</b>	96.3%	≥95%	96.3%	Target Achieved	
Diphtheria-tetanus-pertussis (4 doses, at least 1 on or after age 4)					

Summary of Objectives for Leading Health Indicators	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
Measles, mumps, rubella (2 doses for kindergarten, 1 dose for children over 16 months of age in day care)	95.6%	≥95%	95.6%	Target Achieved	
<i>Haemophilus influenzae</i> type b (if under 5 years of age)	96.3%	≥95%	96.3%	Target Achieved	
Hepatitis B (3 doses)	95.8%	≥95%	95.8%	Target Achieved	
Varicella	84.5%	≥95%	84.5%	No Target Achieved	
Polio (3 doses)	96.3%	≥95%	96.3%	Target Achieved	
22.12. Increase to the following targets the rate of immunization coverage among the following adult groups.					
<b><u>Non-institutionalized adults 65 years of age or older</u></b>					
Influenza vaccine	60.9% (2001)	≥75	64.9% (2004)	Yes	BRFSS
Pneumococcal vaccine	55.1% (2001)	≥70%	57.7% (2004)	Yes	
<b><u>Institutionalized adults in long-term care or nursing homes</u></b>					
Influenza vaccine	84.1% (2004)	≥90%	84.1% (2004)	N/A	Special surveys for long-term care
Pneumococcal vaccine	74.6% (2004)	≥90%	74.6% (2004)	N/A	
<b>Access to Health Care</b>					
10.1. Reduce to zero the proportion of children and adults without health care coverage.	Adults 14.3% (1998)	0%	14.9% (2004)	No	BRFSS
10.6. Increase to at least 90 percent the proportion of people who have a specific source of ongoing primary care.	84.4% (2001)	≥90%	82.9% (2004)	No	BRFSS
12.9. Increase to at least 90 percent the proportion of all pregnant women who begin prenatal care in the first trimester of pregnancy.	85.7% (2000)	≥90%	86.2% (2004)	Yes	Vital Statistics

R = Revised objective

N/A = Only baseline data are available. Not able to determine progress at this time.

TBD = To be determined

# **Healthy Kentuckians 2010 Mid-Decade Review**

## **Chapter Summaries**