

HEALTHY PEOPLE 2020

OBJECTIVES DIRECTLY RELEVANT TO SCHOOL HEALTH, NUTRITION, AND SAFETY

Early Childhood Education

EMC-1) Increase the proportion of children who are ready for school in all five domains of healthy development: physical development, social-emotional development, approaches to learning, language and cognitive development. [developmental]

ECBP-1) Increase the proportion of preschool Early Head Start and Head Start programs that provide health education to prevent health problems in the following areas: unintentional injury; violence; tobacco use and addiction; alcohol and drug use; unhealthy dietary patterns; and inadequate physical activity, dental health, and safety. [developmental]

ECBP 1.1 All priority areas

ECBP 1.2 Unintentional injury

ECBP 1.3 Violence

ECBP 1.4 Tobacco use and addiction

ECBP 1.5 Alcohol and other drug use

ECBP 1.6 Unhealthy dietary patterns

ECBP 1.7 Inadequate physical activity

ECBP 1.8 Dental and oral health

ECBP 1.9 Safety

NWS-1) Increase the number of states with nutrition standards for foods and beverages provided to preschool-aged children in child care. Baseline: 24 States. Target: 34 States

PA-9) Increase the number of states with licensing regulations for physical activity provided in child care.

PA 9.1 Require activity programs providing large muscle or gross motor activity, development, and/or equipment. Baseline: 25 States. Target: 35 States.

PA 9.2 Require children to engage in vigorous or moderate physical activity. Baseline: 3 States. Target: 13 States

PA 9.3 Require number of minutes of physical activity per day or by length of time in care. Baseline: 1 State. Target: 11 States.

TU-13) Establish laws in States, District of Columbia, Territories, and Tribes on smoke-free indoor air that prohibit smoking in public places and worksites.

TU 13.6 Commercial daycare centers. Baseline: 38 States and DC (STATE 2009). Target: 51 States and DC

TU 13.7 Home-based daycare centers. Baseline: 37 States and DC (STATE 2009). Target: 51 States and DC

Academic Achievement

ECBP-6) Increase the proportion of the population that completes high school. Baseline: 89.0% of persons aged 18 to 24 years old had completed high school (Census 2007). Target: 97.9%

AH-5) Increase educational achievement of adolescents and young adults.

AH 5.1 Increase the proportion of students who graduate with a regular diploma 4 years after starting 9th grade. Baseline: 74.9% (Common Core of Data 2007-2008). Target: 82.4%

AH 5.2 Increase the proportion of students who are served under the Individuals with Disabilities Education Act who graduate high school with a diploma. Baseline: 59.3% of students aged 14 to 21 years old (IDEA). Target: 65.2%

- AH 5.3 Increase the proportion of students whose reading skills are at or above the proficient achievement level for their grade.
- AH 5.3.1 Fourth (4th) grade. Baseline: 33.0% (NAEP 2009). Target 36.3%
 - AH 5.3.2 Eighth (8th) grade. Baseline: 32.4% (NAEP 2009). Target: 35.6%
 - AH 5.3.3 Twelfth (12th) grade. Baseline: 35.4% (NAEP 2005). Target: 38.9%
- AH 5.4 Increase the proportion of students whose mathematics skills are at or above the proficient achievement level for their grade.
- AH 5.4.1 Fourth (4th) grade. Baseline: 39.1% (NAEP 2009). Target: 43.0%
 - AH 5.4.2 Eighth (8th) grade. Baseline: 33.9% (NAEP 2009). Target: 37.3%
 - AH 5.4.3 Twelfth (12th) grade. Baseline: 23.0% (NAEP 2005). Target: 25.3%
- AH 5.5 Increase the proportion of adolescents who consider their school work to be meaningful and important. Baseline: 26.6% (NSDUH 2008). Target: 29.3%
- AH 5.6 Decrease school absenteeism among adolescents due to illness or injury. Baseline: 14.6% of adolescents aged 12 to 17 years missed 11 or more whole school days due to illness or injury in the previous 12 months (NHIS 2008). Target: 13.1%

DH-14) Increase the proportion of children and youth with disabilities who spend at least 8 percent of their time in regular education programs. Baseline: 56.8% (IDEA 2007-2008). Target: 73.8%

Health Education

- ECBP-2) Increase the proportion of elementary, middle, and senior high schools that provide comprehensive school health education to prevent health problems in the following areas: unintentional injury; violence; suicide; tobacco use and addiction; alcohol or other drug use; unintended pregnancy, HIV/AIDS, and STD infection; unhealthy dietary patterns; and inadequate physical activity.
- ECBP 2.1 All priority areas. Baseline: 25.6% (SHPPS 2006). Target: 28.2%
 - ECBP 2.2 Unintentional injury. Baseline: 81.7% (SHPPS 2006). Target: 89.9%
 - ECBP 2.3 Violence. Baseline: 81.9% (SHPPS 2006). Target: 90.1%
 - ECBP 2.4 Suicide. Baseline: 43.9% (SHPPS 2006). Target: 48.3%
 - ECBP 2.5 Tobacco use and addiction. Baseline: 81.0% (SHPPS 2006). Target: 89.1%
 - ECBP 2.6 Alcohol and other drug use. Baseline: 81.8% (SHPPS 2006). Target: 90.0%
 - ECBP 2.7 Unintended pregnancy, HIV/AIDS. And STD infection. Baseline: 39.3% (SHPPS 2006). Target: 43.2%
 - ECBP 2.8 Unhealthy dietary patterns. Baseline: 84.3% (SHPPS 2006). Target: 92.7%
 - ECBP 2.9 Inadequate physical activity. Baseline: 79.2% (SHPPS 2006). Target: 87.1%
- ECBP -3) Increase the proportion of elementary, middle, and senior high schools that have health education goals or objectives that address the knowledge and skills articulated in the National Health Education Standards.
- ECBP 3.1 Comprehending concepts related to health promotion and disease prevention (knowledge). Baseline: 97.2% (SHPPS 2006). Target: 100%
 - ECBP 3.2 Accessing valid information and health promoting products and services (skills). Baseline: 86.1% (SHPPS). Target: 100%
 - ECBP 3.3 Advocating for personal, family, and community health (skills). Baseline: 92.1% (SHPPS 2006). Target: 100%
 - ECBP 3.4 Analyzing the influence of culture, media, technology, and other factors on health (skills). Baseline: 85.4% (SHPPS 2006). Target: 100%
 - ECBP 3.5 Practicing health-enhancing behaviors and reducing health risks (skills). Baseline: 98.9% (SHPPS 2006). Target: 100%
 - ECBP 3.6 Using goal-setting and decision-making skills to enhance health (skills). Baseline: 95.9% (SHPPS). Target: 100%
 - ECBP 3.7 Using interpersonal communication skills to enhance health (skills). Baseline: 94.2% (SHPPS). Target: 100%

ECBP-4) Increase the proportion of elementary, middle, and senior high schools that provide school health education to promote personal health and wellness in the following areas: hand washing or hand hygiene; oral health; growth and development; sun safety and skin cancer prevention; benefits of rest and sleep; ways to prevent vision and hearing loss; and the importance of health screenings and checkups.

ECBP 4.1 Hand washing or hand hygiene. Baseline: 83.4% (SHPPS 2006). Target: 91.7%

ECBP 4.2 Dental and oral health. Baseline: 64.8% (SHPPS 2006). Target: 71.3%

ECBP 4.3 Growth and development. Baseline: 76.0% (SHPPS). Target: 83.6%

ECBP 4.4 Sun safety or skin cancer prevention. Baseline: 72.4% (SHPPS 2006). Target: 79.6%

ECBP 4.5 Benefits of rest and sleep. Baseline: 90.2% (SHPPS 2006). Target: 99.2%

ECBP 4.6 Ways to prevention vision and hearing loss. Baseline: 49.4% (SHPPS 2006). Target: 54.3%

ECBP 4.7 Benefits of health screenings and checkups. Baseline: 60.6% (SHPPS 2006). Target: 66.7%

EMC-4) Increase the proportion of elementary, middle, and senior high schools that require school health education.

EMC 4.1 Increase the proportion of schools that require newly hired staff who teach required health education to have undergraduate or graduate training in health education.

EMC 4.1.1 Elementary schools. Baseline: 35.2% (SHPPS 2006). Target: 38.7%

EMC 4.1.2 Middle schools. Baseline: 58.9% (SHPPS 2006). Target: 62.8%

EMC 4.1.3 Senior high schools. Baseline: 76.8% (SHPPS 2006). Target: 84.5%

EMC 4.2 Increase the proportion of schools that require newly hired staff who teach required health instruction to be certified, licensed, or endorsed by the State in health education.

EMC 4.2.1 Elementary schools. Baseline: 32.5% (SHPPS 2006). Target: 35.8%

EMC 4.2.2 Middle schools. Baseline: 50.7% (SHPPS 2006). Target: 55.8%

EMC 4.2.3 Senior high schools. Baseline: 72.8% (SHPPS 2006). Target: 80.1%

EMC 4.3 Increase the proportion of schools that require cumulative instruction in health education that meet the US National Health Education Standards for elementary, middle, and senior high schools.

EMC 4.3.1 Elementary schools. Baseline: 7.5% (SHPPS 2006). Target: 11.5%

EMC 4.3.2 Middle schools. Baseline: 10.3% (SHPPS 2006). Target: 14.3%

EMV 4.3.3 Senior high schools. Baseline: 6.5% (SHPPS 2006). Target 10.5%

EMC 4.4 Increase the proportion of required health education classes or courses with a teacher who had professional development related to teaching personal and social skills for behavior change within the past 2 years. Baseline: 52.5% (SHPPS 2006). Target: 57.8%

ECBP-7) Increase the proportion of college and university students who receive information from their institution on each of the priority health-risk behavior areas (all priority areas, unintentional injury, violence, suicide, tobacco use and addiction, alcohol and other drug use, unintended pregnancy, HIV/AIDS, and STD infection, unhealthy dietary patterns and inadequate physical activity).

ECBP 7.1 All priority areas [developmental].

ECBP 7.2 Unintentional injury. Baseline: 27.3% (NCHA/ACHA 2009). Target: 30.0%

ECBP 7.3 Violence. Baseline: 34.3% (NCHA/ACHA 2009). Target: 37.7%

ECBP 7.4 Suicide. Baseline: 29.2% (NCHA/ACHA 2009). Target: 32.1%

ECBP 7.5 Tobacco use and addiction. Baseline: 33.4% (NCHA/ACHA 2009). Target: 36.7%

ECBP 7.6 Alcohol and other drug use. Baseline: 66.2% (NCHA/ACHA 2009). Target: 72.8%

ECBP 7.7 Unintended pregnancy. Baseline: 39.9% (NCHA/ACHA 2009). Target: 43.9%

ECBP 7.8 HIV, AIDS, and STD infection. Baseline: 52.5% (NCHA/ACHA 2009). Target: 57.8%

ECBP 7.9 Unhealthy dietary patterns. Baseline: 52.0% (NCHA/ACHA 2009). Target: 57.2%

ECBP 7.10 Inadequate physical activity. Baseline: 56.0% (NCHA/ACHA 2009). Target: 61.6%

- FP-12) Increase the proportion of adolescents who received formal instruction on reproductive health topics before they were 18 years old.
- FP 12.1 Abstinence – females. Baseline: 87.2% (NSFG 2006-2008). Target: 95.5%
 - FP 12.2 Abstinence – males. Baseline: 81.1 % (NSFG 2006-2008). Target: 89.2%
 - FP 12.3 Birth control methods – females. Baseline: 69.5% (NSFG 2006-2008). Target: 76.4%
 - FP 12.4 Birth control methods – males. Baseline: 61.9% (NSFG 2006-2008). Target: 68.1%
 - FP 12.5 HIV/AIDS Prevention – females. Baseline: 88.3% (NSFG 2006-2008). Target: 97.2%
 - FP 12.6 HIV/AIDS Prevention – males. Baseline: 89.0% (NSFG 2006-2008). Target: 97.9%
 - FP 12.7 Sexually transmitted diseases – females. Baseline: 93.2% (NSFG 2006-2008). Target: 97.9%
 - FP 12.8 Sexually transmitted diseases – males. Baseline: 92.2% (NSFG 2006-2008). Target: 94.2%

Physical Education and Physical Activity

- PA-4) Increase the proportion of the Nation’s public and private schools that require daily physical education for all students.
- PA 4.1 Elementary schools. Baseline: 3.8% (SHPPS 2006). Target: 4.2%
 - PA 4.2 Middle and junior high schools. Baseline: 7.9% (SHPPS 2006). Target: 8.6%
 - PA 4.3 Senior high schools. Baseline: 2.1% (SHPPS 2006). Target: 2.3%
- PA-5) Increase the proportion of adolescents who participate in daily school physical education.
Baseline: 33.3% (YRBS 2009). Target: 36.6%
- PA-6) Increase regularly scheduled school recess in the U.S.
- PA 6.1 increase the number of states that require regularly scheduled elementary school recess.
Baseline: 7 states (SHPPS 2006). Target: 17 States
 - PA 6.2 Increase the proportion of school districts that require regularly scheduled elementary school recess. Baseline: 57.1% (SHPPS 2006). Target: 62.8%
- PA-7) Increase the proportion of school districts that require or recommend elementary school recess for an appropriate period of time. Baseline: 61.5% (SHPPS 2006). Target: 67.7%
- PA-8) Increase the proportion of children and adolescents who do not exceed recommended limits for screen time.
- IVP-27) Increase the proportion of public and private schools that require students to wear appropriate protective gear when engaged in school-sponsored physical activities.
- IVP 27.1 Physical education. Baseline: 76.8% (SHPPS 2006). Target: 84.5%
 - IVP 27.2 Intramural activities and physical activity clubs. Baseline: 85.5% (SHPPS 2006). Target: 94.4%

Safe Learning Environments

- AH-7) Reduce the proportion of adolescents who have been offered, sold, or given an illegal drug on school property. Baseline: 22.7% of students in grades 9–12 were offered, sold, or given an illegal drug on school property during the past 12 months (YRBS 2009). Target: 20.4%
- AH-8) Increase the proportion of adolescents whose parents consider them to be safe at school.
Baseline: 86.4% of parents of adolescents aged 12 to 17 years (NSCH 2007). Target: 95%
- AH-9) Increase the proportion of middle and high schools that prohibit harassment based on a student’s sexual orientation or gender identity [developmental].
- AH-10) Decrease the proportion of public schools with a serious violent incident.
Baseline: 17.2% (SSOCS 2007–08). Target: 15.5%
- IVP-34) Reduce physical fighting among adolescents. Baseline: 31.5% (YRBS 2009). Target: 28.4%
- IVP-35) Reduce bullying among adolescents. Baseline: 19.9% (YRBS 2009). Target: 17.9%
- IVP-36) Reduce weapon carrying by adolescents on school property. Baseline: 5.6% (YRBS 2009).
Target: 4.6%

School Physical Environment

DH-9) Reduce the proportion of people with disabilities who encounter barriers to participating in home, school, work, or community activities. [developmental].

EH-16) Increase the proportion of the Nation's elementary, middle, and high schools that have official school policies and engage in practices that promote a healthy and safe physical school environment.

EH 16.1 Have an indoor quality management program. Baseline: 51.4% (SHPPS 2006). Target: 54.4%

EH 16.2 Have a plan for how to address mold problems. Baseline: 67% (SHPPS 2006). Target: 74%

EH 16.3 Have a plan for how to use, label, store, and dispose of hazardous materials.

Baseline: 85.9% (SHPPS 2006). Target: 94.5%

EH 16.4 Reduce exposure to pesticides by using spot treatments and baiting rather than widespread application of pesticide. Baseline: 57.9 (SHPPS 2006). Target: 63.7%

EH 16.5 Reduce exposure to pesticides by marking areas to be treated with pesticides.

Baseline: 56.2% (SHPPS 2006). Target: 61.8%

EH 16.6 Reduce exposure to pesticides by informing students and staff prior to application of the pesticide. Baseline: 57.9% (SHPPS 2006). Target: 63.7%

EH 16.7 Inspect drinking water outlets for lead. Baseline: 55.7% (SHPPS 2006). Target: 61.3%

EH 16.8 Among schools with community water systems, inspect drinking water outlets for bacteria.

Baseline: 58.8% (SHPPS 2006). Target: 64.7%

EH 16.9 Among school with community water systems, inspect drinking water outlets for coliforms.

Baseline: 55.2% (SHPPS 2006). Target: 60.7%

EH-23) Reduce the number of new schools sited within 500 feet of an interstate or Federal or State highway. Baseline: 18.9% (GRASP/ATSDR 2005-2006). Target: 18.9%

TU-15) Increase tobacco-free environments in schools, including all school facilities, property, vehicles, and school events.

TU 15.1 Junior high school. Baseline: 65.4% (SHPPS 2006). Target: 100%

TU 15.2 Middle school. Baseline: 58.7% (SHPPS 2006). Target: 100%

TU 15.3 High school. Baseline: 66.1% (SHPPS 2006). Target: 100%

TU 15.4 Head Start [developmental].

Family and Community Involvement

AH-2) Increase the proportion of adolescents who participate in extracurricular and out-of-school activities. Baseline: 82.5% (NSCH 2007). Target: 90.8%

AH-3) Increase the proportion of adolescents who are connected to a parent or other positive adult caregiver.

AH-3.1 Increase the proportion of adolescents who have an adult in their lives with whom they can talk about serious problems. Baseline: 75.7% (NSDUS 2008). Target: 83.3%

AH 3.2 Increase the proportion of parents who attend events and activities in which their adolescents participate. Baseline: 82.1% (NSCH 2007). Target: 90.3%

FP-13) Increase the proportion of adolescents who talked to a parent or guardian about reproductive health topics before they were 18 years old.

PA-10) Increase the proportion of the Nation's public and private schools that provide access to their physical activity space and facilities for all persons outside of normal school hours.

Baseline: 28.8% (SHPPS). Target: 31.7%

Health Status and Services

ECBP-5) Increase the proportion of the Nation's elementary, middle, and senior high schools that have a full time registered school nurse-to-student ratio of at least 1:750.

ECBP 5.1 All elementary, middle, and senior high schools. Baseline: 40.6% (SHPPS 2006). Target: 44.7%

ECBP 5.2 Senior high schools. Baseline: 33.5% (SHPPS 2006). Target: 36.9%

ECBP 5.3 Middle schools. Baseline: 43.9% (SHPPS 2006). Target: 48.3%

ECBP 5.4 Elementary schools. Baseline: 41.4% (SHPPS 2006). Target: 45.5%

SH-3) Increase the proportion of students in grades 9 – 12 who got sufficient sleep (defined as 8 or more hours on an average school night). Baseline: 30.9% (YRBS 2009). Target: 33.2%

IID-10) Maintain vaccination coverage levels for children in kindergarten.

IID 10.1 TDaP (4 or more doses). Baseline: 95% (SIAS 2008). Target: 95%

IID 10.2 MMR (2 or more doses). Baseline: 95% (SIAS 2008). Target: 95%

IID 10.3 Polio (3 or more doses). Baseline: 95% (SIAS 2008). Target: 95%

IID 10.4 Hepatitis B (3 or more doses). Baseline: 96% (SIAS 2008). Target: 95%

IID 10.5 Varicella vaccine (2 or more doses). Baseline 94% (SIAS 2008). Target: 95%

IID-11) Increase routine vaccination coverage levels for adolescents.

IID 11.1 1 dose of tetanus-diphtheria-acellular pertussis (Tdap) booster vaccine by 13 to 15 years. Baseline: 47% (NIS Teen 2008). Target: 80%

IID 11.2 2 doses of varicella vaccine by age 13 to 15 years (excluding children who have had varicella). Baseline: 37% (NIS Teen 2008). Target: 90%

IID 11.3 1 dose Meningococcal vaccine (MCV) by age 13 to 15 years. Baseline: 44% (NIS Teen 2008). Target: 80%

IID 11.4 3 doses Human papillomavirus vaccine (HPV) for females by age 13 to 15 years. Baseline: 17% (NIS Teen). Target: 80%

IID-12) Increase the percentage of children and adults who are vaccinated annually against seasonal influenza.

IID 12.3 Children 5 – 12 years. Baseline: 26% (NHIS 2008). Target: 80%

IID 12.4 Children aged 13-17. Baseline: 10% (NIS Teen 2008). Target: 80%

RD-5) Reduce the number of school or work days missed by persons with asthma due to asthma.

RD 5.1 Reduce the number of students with asthma ages 5 – 17 who miss school days due to asthma. Baseline: 58.7% (NHIS 2008). Target: 48.7%

OH-9) Increase the proportion of school-based health centers with an oral health component.

OH 9.1 Increase the proportion of school-based health centers with an oral health component that includes dental sealants. Baseline: 24.1% (NASBHC 3007-3008). Target: 26.5%

OH 9.2 Increase the proportion of school-based health centers with an oral health component that includes dental care. Baseline: 10.1% (NASBHC 2007-2008). Target: 11.1%

OH 9.3 Increase the proportion of school-based health centers with an oral health component that includes topical fluoride. Baseline: 29.2% (NASBHC 2007-2008). Target: 32.1%

Nutrition Services

AH-6) Increase the proportion of schools with a school breakfast program.

Baseline: 68.6% (SHPPS 2006). Target: 75.5%

NWS-2) Increase the proportion of schools that offer nutritious foods and beverages outside of school meals.

NWS 2.1 Increase the proportion of schools that do not sell or offer calorically sweetened beverages to students. Baseline: 9.3% (SHPPS 2006). Target: 21.3%

NWS 2.2 Increase the proportion of school districts that require schools to make fruits or vegetables available whenever other food is offered or sold. Baseline: 6.6% (SHPPS 2006). Target: 18.6%

Staff wellness

ECBP-8) Increase the proportion of worksites that offer an employee health promotion program to their employees [developmental].

ECBP-9) Increase the proportion of employees who participate in employer-sponsored health promotion activities [developmental].

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