
Appendix III. National Health Objectives Measured by the Youth Risk Behavior Surveillance System

1.3, 15.11, 17.13 Increase to at least 30 percent the proportion of people aged 6 and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day.

1.4 Increase to at least 20 percent the proportion of people aged 18 and older and to at least 75 percent the proportion of children and adolescents aged 6 through 17 who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

1.6 Increase to at least 40 percent the proportion of overweight people aged 6 and older who regularly perform physical activities that enhance and maintain muscular strength, muscular endurance, and flexibility.

1.8 Increase to at least 50 percent the proportion of children and adolescents in 1st through 12th grade who participate in daily school physical education.

1.9 Increase to at least 50 percent the proportion of school physical education class time that students spend being physically active, preferably engaged in lifetime physical activities.

3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15 percent have become regular smokers by age 20.

3.9 Reduce smokeless tobacco use by males aged 12 through 24 to a prevalence of no more than 4 percent.

4.5 Increase by at least 1 year the average age of first use of cigarettes from 11.6, alcohol from 13.1, and marijuana from 13.4 by adolescents aged 12 through 17.

4.6 Reduce the proportion of young people who have used alcohol to 12.6 percent, marijuana to 3.2 percent, and cocaine to 0.6 percent in the past month.

4.7 Reduce the proportion of high school seniors and college students engaging in recent occasions of heavy drinking of alcoholic beverages to no more than 28 percent of high school seniors and 32 percent of college students.

4.11 Reduce to no more than 3 percent the proportion of male high school seniors who use anabolic steroids.

5.4, 18.3, 19.9 Reduce the proportion of adolescents who have engaged in sexual intercourse to no more than 15 percent by age 15 and no more than 40 percent by age 17.

5.5 Increase to at least 40 percent the proportion of ever sexually active adolescents aged 17 and younger who have abstained from sexual activity for the previous 3 months.

5.6 Increase to at least 90 percent the proportion of sexually active, unmarried people aged 19 and younger who use contraception, especially combined method contraception that both effectively prevents pregnancy and provides barrier protection against disease.

6.2, 7.8 Reduce by 15 percent the incidence of injurious suicide attempts among adolescents aged 14 through 17.

7.9 Reduce by 20 percent the incidence of physical fighting among adolescents aged 14 through 17.

7.10 Reduce by 20 percent the incidence of weapon-carrying by adolescents aged 14 through 17.

9.12 Increase use of occupant protection systems, such as safety belts, inflatable safety restraints, and child safety seat, to at least 85 percent of motor vehicle occupants.

9.13 Increase use of helmets to at least 80 percent of motorcyclists and at least 50 percent of bicyclists.

18.4, 19.10 Increase to at least 50 percent the proportion of sexually active, unmarried people who used a condom at last sexual intercourse.

18.4a, 19.10a Increase to at least 60 percent the proportion of sexually active young women aged 15—19 who used (by their partners) a condom at last sexual intercourse.

18.4b, 19.10b Increase to at least 75 percent the proportion of sexually active young men aged 15—19 who used a condom at last sexual intercourse.

SOURCE: Public Health Service: Healthy people 2000: National Health Promotion and Disease Prevention Objectives. DHHS Publication No. (PHS) 91-

50212. Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion. U.S. Government Printing Office, Washington, DC, 1990.