

Healthy People 2010 Objectives—Heart Disease and Stroke

Goal: Improve cardiovascular health and quality of life through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.

Number	Objective
12-1	Reduce coronary heart disease deaths.
12-2	Increase the proportion of adults aged 20 years and older who are aware of the early warning symptoms and signs of a heart attack and the importance of accessing rapid emergency care by calling 911.
12-3	Increase the proportion of eligible patients with heart attacks who receive timely artery-opening therapy from symptom onset.
12-4	Increase the proportion of persons trained in cardiopulmonary resuscitation (CPR) in the past year.
12-5	(Developmental) Increase the proportion of eligible persons with witnessed out-of-hospital cardiac arrest who receives their first therapeutic electrical shock within 6 minutes after collapse recognition.
12-6	Reduce hospitalizations of older adults with congestive heart failure as the principal diagnosis.
12-7	Reduce stroke deaths.
12-8	Increase the proportion of adults who are aware of the early warning symptoms and signs of a stroke and the importance of accessing rapid emergency care by calling 911.
12-9	Reduce the proportion of adults with high blood pressure.
12-10	Increase the proportion of adults with high blood pressure whose blood pressure is under control.
12-11	Increase the proportion of adults with high blood pressure who are taking action (for example, losing weight, increasing physical activity, or reducing sodium intake) to help control their blood pressure.
12-12	Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high.
12-13	Reduce the mean total blood cholesterol levels among adults.

- 12-14 Reduce the proportion of adults with high total blood cholesterol levels.
- 12-15 Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.
- 12-16 (Developmental) Increase the proportion of persons with coronary heart disease who have their LDL-cholesterol level treated to a goal of less than 100 mg/dL.

Related Objectives from Other Focus Areas

Number	Objective Short Description
1.	Access to Quality Health Services
1-3	Counseling about health behaviors
1-7	Core competencies in health profession training
1-10	Delay or difficulty in getting emergency care
1-11	Rapid pre-hospital emergency care
4.	Chronic Kidney Disease
4-2	Cardiovascular disease deaths in persons with chronic kidney failure
7.	Educational and Community-Based Programs
7-2	School health education
7-5	Worksite health promotion programs
7-8	Satisfaction with patient education
7-10	Community health promotion programs
7-11	Culturally appropriate and linguistically competent community health promotion programs
7-12	Older adult participation in community health promotion activities
11.	Health Communication
11-1	Households with Internet access
11-2	Health literacy
11-4	Quality of Internet health information sources
11-6	Satisfaction with health care providers' communication skills
19.	Nutrition and Overweight
19-1	Healthy weight in adults
19-2	Obesity in adults
19-3	Overweight or obesity in children and adolescents
19-5	Fruit intake
19-6	Vegetable intake
19-8	Saturated fat intake
19-9	Total fat intake
19-11	Calcium intake
19-16	Worksite promotion of nutrition education and weight management
22.	Physical Activity and Fitness
22-1	No leisure-time physical activity
22-2	Moderate physical activity
22-3	Vigorous physical activity
22-6	Moderate physical activity in adolescents
22-7	Vigorous physical activity in adolescents
22-11	Television viewing

- 22-13 Worksite physical activity and fitness
- 22-14 Community walking
- 22-15 Community bicycling

- 23. Public Health Infrastructure
 - 23-3 Use of geocoding in health data systems
 - 23-10 Continuing education for public health personnel

- 27. Tobacco Use
 - 27-1 Adult tobacco use
 - 27-2 Adolescent tobacco use
 - 27-3 Initiation of tobacco use
 - 27-4 Age at first use of tobacco
 - 27-5 Smoking cessation by adults
 - 27-10 Exposure to environmental tobacco smoke
 - 27-16 Tobacco advertising and promotion targeting adolescents and young adults
 - 27-17 Adolescent disapproval of smoking