

Healthy Alaskan 2010 Leading Health Indicators

1. **Physical Activity** – Increase the proportion of adolescents (grades 9-12) who engage in vigorous physical activity.
2. **Physical Activity** – Increase the proportion of adults who engage in regular preferably daily moderate physical activity.
3. **Overweight & Obesity** – Reduce the proportion of adolescents who are overweight (grades 9-12).
4. **Overweight & Obesity** – Reduce the proportion of adults who are obese.
5. **Tobacco Use** – Reduce cigarette smoking by adolescents (grades 9-12).
6. **Tobacco Use** – Reduce cigarette smoking by adults.
7. **Substance Abuse** – Increase the proportion of adolescents not using alcohol or illicit drugs during the past 30 days (grades 9-12).
8. **Substance Abuse** – Reduce binge drinking among adults.
9. **Mental Health** – Reduce the suicide rate.
10. **Injury Prevention** – Reduce deaths caused by unintentional injury.
11. **Injury Prevention** – Reduce deaths caused by motor vehicle crashes.
12. **Violence Prevention** – Reduce deaths from homicide.
13. **Violence Prevention** – Reduce child maltreatment.
14. **Immunization** – Increase the proportion of young children who have received all vaccines recommended for universal administration.
15. **Immunization** – Increase the proportion of elderly adults immunized against influenza and pneumococcal disease.
16. **Environmental Quality** – Increase communities access to safe water and proper sewage disposal.
17. **Environmental Quality** – Reduce the proportion of nonsmokers exposed to environmental tobacco use.
18. **Access to Health Care** – Decrease the percent of Alaskans without health insurance coverage throughout the year.
19. **Access to Health Care** – Increase the proportion of adults with a usual place to go for care if sick or needing advice about health.
20. **Maternal and Child Health** – Increase the proportion of pregnant women receiving adequate prenatal care.
21. **Maternal and Child Health** – Reduce post neonatal death rates.
22. **Responsible Sexual Behavior** – Increase the proportion of adolescents who abstain from sexual intercourse (grades 9-12).
23. **Responsible Sexual Behavior** – Increase the proportion of adolescents who use condoms (grades 9-12).
24. **Responsible Sexual Behavior** – Increase the proportion of sexually active persons who report condom use at last intercourse.