

Alabama Department of
Public Health



Healthy Alabama



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INTRODUCTION

The Alabama Department of Public Health began development of a Healthy Alabama 2010 Objectives document by establishing a Healthy Alabama 2010 Steering Committee. The committee, which is comprised of staff from ADPH and the University of Alabama at Birmingham School of Public Health, subdivided into four working groups based upon the four major focus areas into which the national, draft Healthy People 2010 Objectives were sorted.

With support and assistance from other ADPH staff and representatives from other state agencies and organizations, the working groups selected objectives most representative of the health needs of Alabamians. Other criteria used for selecting objectives included statewide data availability and regular data collection practices.

Health needs identified as being of concern but which did not meet the inclusion criteria have been included in a developmental section. These health issues will be considered for inclusion as objectives in the mid-course review depending on the availability of data.

The Healthy Alabama 2010 Objectives draft document was then mailed to more than 30 organizations for review. Individuals representing these organizations convened with the Healthy Alabama 2010 Steering Committee to voice comments concerning the draft.

Afterwards, the Steering Committee reviewed the comments from the larger meeting and modified the draft accordingly. A final meeting was held with representatives from the diverse organizations and the Healthy Alabama 2010 Steering Committee before distribution of the final publication.



The Alabama Department of Public Health continues to work toward providing quality health care for Alabamians. Positive programs introduced in the late 1990s include the Children's Health Insurance Program which provides health care to lower income children statewide; breast and cervical cancer screenings for low-income women; and improved access to childhood immunizations. In addition, this year we held the department's first Minority Health Conference to address the health needs of Alabama citizens by focusing our attempts to eliminate racial disparity in many health outcomes.

Based on the strides achieved from Healthy Alabama 2000, we have developed a set of objectives which demonstrate a reduction in racial disparities in health outcomes and an improvement of the overall health status of Alabamians. The overall goal for the Healthy Alabama 2010 Objectives is to increase the life expectancy and quality of life for Alabamians. The disparity in life expectancy between Alabama and the remainder of the nation has actually grown wider in the past decade.

A number of factors that can adversely affect longevity include poverty, low levels of educational attainment, higher rates of tobacco usage, higher rates of obesity, more people living a sedentary lifestyle and lower utilization of preventative health care measures. These factors result in higher death rates from chronic conditions such as heart disease, stroke and diabetes.

The state's infant mortality rate decreased in the 1990s, but at a slower pace than that for the nation as a whole. The same is true for our homicide mortality rate. These issues involve younger victims and adversely impact on life expectancy. Another disturbing trend is the number of young people who use tobacco products despite anti-tobacco efforts including stepped up enforcement of laws prohibiting tobacco sales to minors.

We look forward to meeting the challenges ahead and take pride in the accomplishments made in improving the health care of Alabama citizens. Our hope is to surpass the achievements of the past decade.

– Donald E. Williamson, M.D.
State Health Officer

HEALTHY ALABAMA 2010 OBJECTIVES

LIFE EXPECTANCY

Increase life expectancy of Alabamians to 76.8 years of age.

	AL Baseline	AL Target	US Baseline	US Target
Total population	74.0 (1998)	76.8	75.8 (1995)	77.3
Whites	75.3 (1998)	78.0	76.5 (1995)	78.0
African Americans	70.2 (1998)	74.0	69.6 (1995)	71.1

QUALITY OF LIFE

Reduce to 15 percent or less the proportion of adults aged 18 and older who are limited in any activities due to any impairment or health problem.

	AL Baseline	AL Target	US Baseline	US Target
Adults 18 and older	21 (1997)	15	N/A	N/A

1. PROMOTE HEALTHY BEHAVIORS

PHYSICAL ACTIVITY AND FITNESS

Adult Physical Activity

1.1 Increase to 25 percent or more the proportion of adults aged 18 and older who engage regularly, preferably daily, in sustained physical activity for at least 30 minutes per day.

	AL Baseline	AL Target	US Baseline	US Target
Adults 18 and older	17 (1997)	25	23 (1995)	30

Adolescent Physical Activity

1.2 Increase to 60 percent or more the proportion of students in grades 9-12 who engage in moderate physical activity for at least 20 minutes a day for three days per week.

	AL Baseline	AL Target	US Baseline	US Target
Students grades 9-12	55 (1997)	60	N/A	N/A

NUTRITION

Weight Status

1.3 Reduce to 20 percent or less the prevalence of being overweight (defined as a body mass index at or above 27.8 for men and 27.3 for women) among adults aged 18 and older.

	AL Baseline	AL Target	US Baseline	US Target
Adults 18 and older	35 (1997)	20	N/A	N/A

Dietary Guidelines

1.4 Increase to 40 percent or more the proportion of adults aged 18 years or older who meet the dietary recommendations of a minimum average daily goal of at least five servings of vegetables and fruits.

	AL Baseline	AL Target	US Baseline	US Target
Adults 18 and older	17 (1997)	40	N/A	N/A

TOBACCO USE

Adult Tobacco Usage

1.5 Reduce to 13 percent or less the proportion of adults aged 18 and older who smoke cigarettes and reduce to 3 percent or less the proportion of adults aged 18 and older who used smokeless tobacco.

	AL Baseline	AL Target	US Baseline	US Target
Adults 18 and older				
Cigarette smoking	25 (1997)	13	25 (1995)	13
Smokeless tobacco	5 (1997)	3	N/A	N/A

Adolescent Tobacco Usage

1.6 Reduce to 25 percent or less the proportion of students in grades 9-12 who smoke cigarettes and reduce to 5 percent or less proportion of students in grades 9-12 who used smokeless tobacco products in the past 30 days.

	AL Baseline	AL Target	US Baseline	US Target
Students grades 9-12				
Cigarette smoking	36 (1997)	25	36 (1997)	21
Smokeless tobacco	9 (1997)	5	9 (1997)	2

2. PROMOTE HEALTHY AND SAFE COMMUNITIES

ENVIRONMENTAL HEALTH

Blood Lead Levels

2.1 Reduce to 4 percent or less the prevalence of blood lead levels exceeding 10 µg/dl in children aged 1-5 years.

	AL Baseline	AL Target	US Baseline	US Target
1- 5-year-old children	9 (1995)	4	4 (1991-94)	0
1- 2-year-old children	12 (1995)	5	6 (1991-94)	0

FOOD SAFETY

Foodborne Illness

2.2 Reduce by 50 percent or more the incidence per 100,000 people of foodborne illness caused by certain microorganisms.

	AL Baseline	AL Target	US Baseline	US Target
<i>Salmonella</i> spp.	11.1 (1997)	5.5	13.8 (1997)	6.9
<i>Campylobacter jejuni</i>	5.6 (1997)	2.8	23.0 (1997)	11.5
<i>E. coli</i> O157:H7	0.35 (1997)	0.17	2.0 (1997)	1.0
<i>Listeria monocytogenes</i>	0.2 (1997)	0.1	N/A	N/A
<i>Vibrio vulnificus</i>	0.1 (1997)	0 deaths	N/A	0 deaths
<i>Shigella</i> spp.	12.8 (1997)	6.4	N/A	N/A

INJURY/VIOLENCE PREVENTION

Motor-vehicle Crash

2.3 Reduce motor-vehicle crash death rates to at least 26.0 per 100,000 people.

	AL Baseline	AL Target	US Baseline	US Target
Total population	30.5 (1997)	26.0	15.8 (1996)	11.4
African American	25.6 (1997)	21.8	16.6 (1995)	12.0
American Indian/Alaska Native	0 (1997)	0	33.1 (1995)	23.8
Hispanic	45.8 (1997)	38.9	17.7 (1995)	12.7
White	30.9 (1997)	26.3	16.4 (1995)	11.8
Aged 15-19	42.5 (1997)	36.1	27.9 (1996)	20.1
Aged 20-24	46.0 (1997)	39.1	29.7 (1996)	21.4
Aged 70 and older	43.6 (1997)	37.1	23.1 (1996)	16.6

Safety Belts and Child Restraints

2.4 Increase to 90 percent or more use of safety belts and child restraints by motor vehicle occupants at any point of time.

	AL Baseline	AL Target	US Baseline	US Target
Safety Belt	52 (1997)	90	69 (1997)	93
Child Restraint	57 (1997)	90	69 (1997)	93

Homicides

2.5 Reduce the homicide rate to at least 11.3 per 100,000 people.

	AL Baseline	AL Target	US Baseline	US Target
Total Population	12.9 (1997)	11.3	9.2 (1995)	7.2
African-American males aged 15-34	103.8 (1997)	62.0	114.6 (1995)	72.4
African-American females aged 15-34	17.5 (1997)	8.8	18.5 (1995)	16.0
American Indian/Alaska Native	6.6 (1997)	6.1	11.5 (1995)	11.3
Asian/Pacific Islander	3.6 (1997)	3.3	5.4 (1995)	N/A
Hispanic males, aged 15-34	37.1 (1997)	34.1	N/A	42.5
White	5.8 (1997)	4.6	4.9 (1995)	N/A
Infants aged <1	13.5 (1997)	6.8	8.8 (1995)	N/A
Children aged 1-4	2.5 (1997)	2.3	2.9 (1995)	N/A

ORAL HEALTH

Untreated Dental Decay

2.6 Reduce untreated cavities in the primary and permanent teeth (mixed dentition) so that the percentage of children with decayed teeth not filled is no more than:

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Children aged 2-4 years	N/A	12	16 (1988-94)	12
Children aged 6-8 years	38 (1991)	22	29 (1988-94)	22
Adolescents aged 15 years	38 (1991)	15	20 (1988-94)	15

Water Fluoridation

2.7 Increase to 86 percent or more the proportion of the population served by community water systems with optimally fluoridated public water.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total population	81 (1992)	86	62 (1992)	85

3. IMPROVE SYSTEMS FOR PERSONAL AND PUBLIC HEALTH

ACCESS TO QUALITY HEALTH SERVICES

Uninsured Adults

3.1 Reduce to 10 percent or less the proportion of adults aged 18 and older without health care coverage.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 18 and older	16 (1998)	10	N/A	N/A

FAMILY PLANNING, MATERNAL, INFANT AND CHILD HEALTH

Infant Mortality

3.2 Reduce the infant mortality rate to at least 7.9 per 1,000 live births.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
All infants	10.2 (1998)	7.9	7.6 (1995)	5.0
African-American infants	15.6 (1998)	10.9	14.6 (1995)	N/A
White infants	7.6 (1998)	6.1	6.3 (1995)	N/A

Adolescent Pregnancies

3.3 Reduce the pregnancy rate to at least 18.7 per 1,000 females aged 17 and younger.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
All females aged 10-17	24.9 (1998)	18.7	N/A	N/A
African-American females	38.7 (1998)	27.1	N/A	N/A
White females	18.3 (1998)	14.6	N/A	N/A

Low Birthweight

3.4 Reduce to 8.4 percent or less the percentage of live-born babies who have low birth-weight.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
All infants	9.3 (1998)	8.4	7.3 (1995)	5
African-Americans infants	13.3 (1998)	12.0	13.1 (1995)	9
White infants	7.3 (1998)	6.6	6.2 (1995)	N/A
Hispanic infants	6.0 (1998)	5.4	6.3 (1995)	N/A

High School Completion

3.5 Increase to 90 percent or more public high school completion.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Public high school students	63 (1998)	90	86 (1995)	90

Unintended Births

3.6 Increase to 60 percent or more the proportion of pregnancies among women aged 15-44 which are planned (i.e., intended).

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Planned pregnancies	52 (1998)	60	49 (1995)	70

Repeat Birth to Teens

3.7 Reduce to 9.4 percent or less the proportion of repeat pregnancies among females aged 10-17.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Repeat pregnancies	11.4 (1998)	9.4	N/A	N/A

Prenatal Care

3.8 Increase to 90 percent or more the proportion of all live-born infants whose mothers receive adequate prenatal care.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total population	77 (1998)	90	N/A	N/A
African Americans	62 (1998)	78	N/A	N/A
Hispanics	56 (1998)	73	N/A	N/A
Whites	84 (1998)	92	N/A	N/A

4. PREVENT AND REDUCE DISEASES AND DISORDERS

Arthritis

4.1 Reduce to 25 percent or less the proportion of adults aged 18 and older with arthritis who experience a limitation in activity due to arthritis.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 18 and older	33 (1997)	25	18 (1990)	15

Cancer

4.2. Reduce cancer death rates per 100,000 people as follows:

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
All cancers	139.6 (1997)	127.5	130.0 (1995)	103.0
Lung cancer	44.3 (1997)	40.0	38.3 (1995)	33.0
Female breast cancer	19.0 (1997)	15.0	21.0 (1995)	16.6
Uterine cervix cancer	2.6 (1997)	1.0	2.5 (1995)	1.0
Prostate cancer	17.8 (1997)	16.0	15.5 (1995)	17.1
Colorectal cancer	11.2 (1997)	8.5	12.8 (1995)	8.8
Skin cancer	2.6 (1997)	1.8	N/A	N/A
Oral cavity & pharynx cancer	2.1 (1997)	1.8	N/A	N/A

SCREENING

4.3 Increase the percentage of adults aged 18 and older who receive screening tests as follows:

Clinical breast exam and mammogram

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Ever, females aged 40 and over	78 (1998)	85	N/A	N/A
Within past 1-2 years, females aged 50 and over	67 (1998)	75	N/A	N/A

Pap test

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Ever, females aged 18 and over	94 (1998)	99	94 (1994)	95
Within preceding 3 years	84 (1998)	90	77 (1994)	85

Colorectal

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Preceding 2 years, fecal occult blood	19 (1997)	40	30 (1992)	75
Ever, proctosigmoidoscopy	42 (1997)	60	33 (1992)	50

DIABETES

Diabetes

4.4 Reduce the diabetes death rate (diabetes as underlying cause) to at least 14.5 per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total Population	15.7 (1997)	14.5	13.3 (1995)	12.0

Dilated Eye Examination

4.5 Increase to 75 percent or more the percentage of adults aged 18 and older with diabetes who have had a dilated eye exam within the past year.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 18 and older	58 (1998)	75	52 (1988-91)	73

KIDNEY DISEASE

End-stage Renal Disease

4.6 Decrease the incidence of end-stage renal disease to at least 28.9 per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total Population	37.3 (1998)	28.9	N/A	N/A
African Americans	78.3 (1998)	54.8	N/A	N/A
Whites	22.1 (1998)	17.7	N/A	N/A

HEART DISEASE AND STROKE

Cardiovascular Diseases

4.7 Reduce cardiovascular disease death rates per 100,000 people as follows:

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Coronary heart disease	94.0 (1997)	66.0	108 (1995)	51
Strokes	31.9 (1997)	24.0	27 (1995)	16

Blood Cholesterol Level

4.8 Reduce to 15 percent or less the proportion of adults aged 18 and over who have a blood cholesterol level of 240 mg/dl or greater.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 18 and older	20 (1997)	15	19 (1988-94)	13

Blood Pressure

4.9 Increase to 97 percent or more the proportion of adults aged 18 and older who have had their blood pressure measured within the preceding 2 years.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 18 and older	94 (1997)	97	84 (1994)	95

HIV

HIV Incidence

4.10 Reduce the incidence of diagnosed HIV infection in adolescents and adults to at least 8.0 cases per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total population	17.5 (1998)	8.0	N/A	N/A
African Americans	47.5 (1998)	15.0	N/A	N/A
Whites	6.9 (1998)	5.0	N/A	N/A

IMMUNIZATION AND TUBERCULOSIS

Child Immunization

4.11 Increase to 92 percent or more immunization coverage among children 19-35 months of age for measles/mumps/rubella vaccine, polio vaccine, diphtheria/tetanus/pertussis vaccine and *Haemophilus influenzae* Type b vaccine.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Children 19-35 months	82 (1998)	92	N/A	90

Influenza Vaccination

4.12 Increase to 90 percent or more influenza immunization coverage among adults aged 65 years of age or older.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 65 and older	62 (1997)	90	58 (1995)	90

Tuberculosis

4.13 Reduce the incidence of tuberculosis to at least 3.0 cases per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total Population	8.8 (1998)	3.0	8.0 (1996)	1.0

MENTAL HEALTH AND MENTAL DISORDERS

Suicides

4.14 Reduce the suicide rate to at least 10.0 per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total Population	11.7 (1997)	10.0	11.2 (1995)	9.6
African-American males	11.6 (1997)	10.0	12.4 (1995)	N/A
White males	23.0 (1997)	18.4	19.7 (1995)	N/A
African-American females	1.2 (1997)	1.0	1.9 (1995)	N/A
White females	5.4 (1997)	4.3	4.5 (1995)	N/A
All 65+	16.6 (1997)	13.3	19.3 (1995)	N/A
Youth aged 15-19	8.4 (1997)	8.0	10.5 (1995)	N/A

Depression

4.15 Reduce to 30 percent or less the proportion of adults aged 18 and older who felt depressed in the past month.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 18 and older	49 (1998)	30	N/A	N/A

RESPIRATORY DISEASES

Chronic Obstructive Pulmonary Disease

4.16 Reduce the chronic obstructive pulmonary disease death rate to at least 22.0 per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total Population	23.0 (1997)	22.0	93.0 (Men-1995) 57.0 (Women-1995)	18.0

Asthma

4.17 Reduce the asthma death rate to at least 1.0 per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total Population	1.3 (1995)	1.0	1.8 (1993-95)	1.4

Asthma Screening

4.18 Increase to 50 percent or more the percentage of children aged 7-12 who receive an asthma screening within a 3-year period.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Children aged 7-12	5 (1999)	50	N/A	N/A

SEXUALLY TRANSMITTED DISEASES

Incidence of Gonorrhea

4.19 Reduce the incidence of gonorrhea to at least 250 cases per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total population	282 (1997)	250	122 (1997)	19
African Americans aged 15-24	2841 (1997)	2000	N/A	N/A
Whites aged 15-24	140 (1997)	130	N/A	N/A

Incidence of Primary and Secondary Syphilis

4.20 Reduce the incidence of primary and secondary syphilis to at least 1.0 case per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total population	9.9 (1997)	1.0	3.2 (1997)	0.2
African Americans aged 15-24	31.1 (1997)	8.0	N/A	N/A
Whites aged 15-24	1.8 (1997)	0.5	N/A	N/A

Prevalence of *Chlamydia trachomatis*

4.21 Reduce to 3.0 percent or less the prevalence of *Chlamydia trachomatis* infections among young persons (15 to 24 years old).

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Persons aged 15-24 years	1.3 (1998)	3.0	N/A	3.0

SUBSTANCE ABUSE

Binge Drinking

4.22 Reduce to 9.0 percent or less the proportion of adults aged 18 and older having five or more drinks on an occasion, one or more times in the past month.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Adults 18 and older	11.2 (1998)	9.0	N/A	N/A

Alcohol-related Motor-vehicle Crash Deaths

4.23 Decrease alcohol-related motor-vehicle crash deaths to at least 6.0 per 100,000 people.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Total Population	10.3 (1998)	6.0	6.5 (1996)	2.9

Adolescent Marijuana Usage

4.24 Reduce to 15 percent or less the proportion of public high school students who report marijuana use during the past 30 days.

	<i>AL Baseline</i>	<i>AL Target</i>	<i>US Baseline</i>	<i>US Target</i>
Public high school students	22 (1997)	15	26 (1997)	N/A

HEALTHY ALABAMA 2010 DATA SOURCES

- **Behavioral Risk Factor Survey, Alabama Department of Public Health**
 - Quality of Life Objective
 - Objective 1.1 Physical Activity and Fitness
 - Objective 1.3 Weight Status
 - Objective 1.4 Dietary Guidelines
 - Objective 1.5 Adult Tobacco Usage
 - Objective 3.1 Uninsured Adult
 - Objective 4.1 Arthritis
 - Objective 4.3 Screening
 - Objective 4.5 Dilated Eye Examination
 - Objective 4.8 Blood Cholesterol Level
 - Objective 4.9 Blood Pressure
 - Objective 4.12 Influenza Vaccination
 - Objective 4.15 Depression
 - Objective 4.22 Binge Drinking
- **Youth Risk Behavior Survey, Alabama Department of Education**
 - Objective 1.2 Adolescent Physical Activity
 - Objective 1.6 Adolescent Tobacco Usage
 - Objective 4.24 Adolescent Marijuana Usage
- **Division of Epidemiology, Alabama Department of Public Health**
 - Objective 2.1 Blood Lead Levels
 - Objective 2.2 Foodborne Illnesses
- **Injury Prevention Division, Alabama Department of Public Health**
 - Objective 2.4 Safety Belts and Child Restraint
- **Dental Disease Prevalence in Alabama School-aged Children 1990-1991, Alabama Department of Public Health**
 - Objective 2.6 Untreated Dental Decay
- **Fluoridating Water Systems of Alabama 1999, Alabama Department of Public Health**
 - Objective 2.7 Water Fluoridation
- **Center for Health Statistics, Alabama Department of Public Health**
 - Life Expectancy Objective
 - Objective 2.3 Motor Vehicle Crashes
 - Objective 2.5 Homicides
 - Objective 3.2 Infant Mortality
- Objective 3.3 Adolescent Pregnancies
- Objective 3.4 Low Birthweight
- Objective 3.7 Repeat Births to Teens
- Objective 3.8 Prenatal Care
- Objective 4.2 Cancer
- Objective 4.4 Diabetes Death
- Objective 4.7 Cardiovascular Diseases
- Objective 4.14 Suicides
- Objective 4.16 Chronic Obstructive Lung Disease
- Objective 4.17 Asthma Deaths
- **HIV/AIDS Division, Alabama Department of Public Health**
 - Objective 4.10 HIV Incidence
- **Immunization Division, Alabama Department of Public Health**
 - Objective 4.11 Child Immunizations
- **Tuberculosis Division, Alabama Department of Public Health**
 - Objective 4.13 Tuberculosis Incidence
- **American Lung Association of Alabama**
 - Objective 4.18 Asthma Screening
- **Sexually Transmitted Diseases Division, Alabama Department of Public Health**
 - Objective 4.19 Incidence of Gonorrhea
 - Objective 4.20 Incidence of Primary and Secondary Syphilis
 - Objective 4.21 Prevalence of *Chlamydia trachomatis*
- **Alabama Kids Count 1999 Data Book, Voices for Alabama's Children**
 - Objective 3.5 High School Completion
- **PRAMS Surveillance Report, Alabama Department of Public Health**
 - Objective 3.6 Unintended Pregnancy
- **Network 8, Inc. 1997 Annual Report, HCFA Contract Number 500-97-E026**
 - Objective 4.6 End-stage Renal Disease
- Alabama Department of Public Safety**
 - Objective 4.23 Alcohol-related Motor-vehicle Crash Deaths

NATIONAL DATA

The source of all national data printed in this publication was provided by *Healthy People 2010 Objectives; Draft for Public Comment*, September 15, 1998, U.S. Department of Health and Human Services, Office of Public Health and Science.

HEALTHY ALABAMA 2010 DEVELOPMENTAL OBJECTIVES

Many important health concerns were not included in the objectives because of lack of statewide data availability and regular data collection practices. This section acknowledges the importance of these issues in improving the health of Alabama's residents, and encourages future data collection in these areas.

- Ensure that staffing ratios for direct-care staff in nursing facilities is, at a minimum, 1:5 during the day; 1:10 in the evening; and 1:15 at night.
- Encourage the development of prescription-drug-assistance programs for senior citizens in each of the regions served by area agencies on aging.
- Increase by 10 percent senior citizens' participation in the Older Americans Act disease prevention and health promotion services.
- Increase by 10 percent participation in the Older Americans Act in-home services program for frail senior citizens.
- Increase by 14 percent client enrollment in the home-based Medicaid Waiver program to prevent or delay costly institutionalized care.
- Increase by 10 percent senior citizens' participation in the Older Americans Act nutrition counseling and education program.
- Increase by 10 percent senior citizens' participation in the Older Americans Act meals program.
- Increase the proportion of adults with disabilities with sufficient emotional support and satisfaction with life.
- Reduce the number of people with disabilities in congregate care facilities, consistent with permanency planning principles.
- Increase the proportion of children and youth with disabilities who spend at least 80 percent of their time in regular education programs.
- Reduce the proportion of people with disabilities reporting environmental barriers to participation in home, school, work, or community activities.
- Increase to 100 percent the number of community first-responders (police, fire fighters) in the states who use automated external defibrillators in cases of sudden cardiac arrest.
- Increase the proportion of children and adolescents 6 to 19 years of age whose intake of meals and snacks at school from all sources contributes proportionally to overall dietary quality.
- Increase the proportion of public and private elementary schools that teach all essential education topics to their students in at least three different grades.
- Increase the proportion of elementary, middle/junior, and senior high schools that have a nurse-to-student ratio of at least 1:750.
- Increase the proportion of children in Alabama with health-care coverage.
- Increase the proportion of adolescents who receive hepatitis B immunizations.
- Increase access and availability of health care.
- Increase the proportion of persons with diabetes who have at least an annual urinary measurement of microalbumin.
- Reduce physical abuse by current or former intimate partners.
- Decrease the use of illicit drug use among all persons.

CAUSE SPECIFIC MORTALITY OBJECTIVES TECHNICAL APPENDIX

OBJECTIVE NUMBER	CAUSE OF DEATH	ICD-9 CODE (S)
2.3	Motor Vehicle Crash	E810-E825
2.5	Homicides	E960-E969
4.2	Cancer (all sites)	140-208
	Lung Cancer	162.2-162.9
	Female Breast Cancer	174
	Uterine Cervix Cancer	180
	Prostate Cancer	185
	Colorectal Cancer	153.0-154.3, 154.8, 159.0
	Skin Cancer	172-173
	Oral Cavity and Pharynx Cancer	140-149
4.4	Diabetes	250
4.7	Coronary Heart Disease	410-414, 402, 429.2
4.7	Stroke	430-438
4.14	Suicides	E950-E959
4.16	Chronic Obstructive Pulmonary Disease	490-496
4.17	Asthma	493

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