

TABLE 7.1 SELECTED HEALTHY PEOPLE 2020 OBJECTIVES: BEHAVIORAL RISK FACTORS

	Baseline ^a (25%)	2020 Goals (%)
Tobacco Use		
Cigarette smoking		
■ Adults (18 years and older)	24	
■ Adolescents (grades 9 through 12)	35	12
Exposure to secondhand smoke		
■ Children (5 years and younger)	27	16
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Alcohol Misuse/Risky Drinking		
Proportion of adults who exceed guidelines for low-risk drinking	72 (women), 74 (men)	50
Binge drinking		
■ Adults (18 years and older)	16.6	
■ Adolescents (12 to 17 years)	7.7	6
Deaths from alcohol-related auto crashes	5.9	2
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Physical Activity		
Regular moderate physical activity		
■ Adults (18 years and older) ^b	15	30
■ Adolescents (grades 9 through 12) ^c	27	35
Vigorous physical activity (at least 3 days per week for 20 minutes)		
■ Adults (18 years and older)	23	30
■ Adolescents (grades 9 through 12)	65	85
Diet and Overweight (Older Than Age 2)		
■ Proportion of people eating at least two servings of fruit daily	28	75
■ Proportion of people eating at least three servings of vegetables (at least one of which is dark green or orange) daily	3	50
■ Proportion of people eating at least six servings of grain products (at least three being whole grains) daily	7	50
Overweight and obesity		
■ Obesity among adults (aged 20 years and older)	23	15
■ Overweight and obesity among children and adolescents (aged 6 to 19)	11	5

^aBaseline data extracted from sources between 1988 and 1999.

^bAt least 30 minutes per day.

^cAt least 30 minutes 5 or more days per week.

Source: U.S. Department of Health and Human Services. (2011). *Healthy People 2020: Understanding and Improving Health*. Washington, DC: Author.

Each day, more than 3,000 children and teens become new smokers, and 30% of those young people will become addicted to tobacco. Some 18% of high school students smoke cigarettes and more than 8 million Americans, mostly adolescent and young adult males, report using smokeless tobacco, which is linked to oral cancer, gum disease, and tooth loss (American Cancer Society 2012; CDC 2012d). Furthermore,

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