Selected National Health Objectives Organized by Focus Area With Relevance to the Health Education Role of the School Nurse

Access to Health Services

1. Increase the proportion of persons with health insurance.
2. Increase the proportion of insured persons with coverage or clinical preventive services.
3. Reduce the proportion of individuals who experience difficulties or delays in obtaining necessary medical care, dental care, or prescription medicines.
4. Increase the proportion of persons who receive appropriate evidence-based clinical preventive services.

Adolescent Health

1. Increase educational achievement of adolescents and young adults.
2. Increase the percentage of adolescents who participate in extracurricular and out-of-school activities.
3. Increase the percentage of adolescents who have been tested for HIV.
4. Increase the proportion of adolescents who have a wellness checkup in the past 12 months.
5. Increase the percentage of middle and high schools that prohibit harassment based on a student’s sexual orientation or gender identity.
6. Decrease the percentage of adolescents who did not go to school at least once in the past month because of safety concerns.
7. Decrease the percentage of public middle and high schools with a violent incident.
8. Increase the percentage of adolescents who are connected to a parent or other positive adult caregiver.
9. Decrease the percentage of adolescents who have been offered, sold, or given an illegal drug on school property.
10. Increase the percentage of vulnerable adolescents who are equipped with the services and skills necessary to transition into an independent and self-sufficient adulthood.
11. Decrease the proportion of adolescents and young adults who are involved with criminal activity.
12. Increase the percentage of schools with a school breakfast program.

(continued)
Blood Disorders and Blood Safety

1. Reduce hospitalization for sickle cell disease among children aged 9 years and under.
2. Increase the proportion of persons with blood disorders who receive recommended vaccinations.
3. Increase the proportion of persons with a diagnosis of hemoglobinopathies who complete high school education.

Cancer

1. Reduce the rate of sunburn.

Diabetes

1. Increase the proportion of persons with diagnosed diabetes who receive formal diabetes education.

Disability and Secondary Conditions

1. Reduce the proportion of children and adolescents with disabilities who are reported to be sad, unhappy, or depressed.
2. Increase the proportion of children and youth with disabilities who spend at least 80% of their time in regular education programs.
3. Increase the proportion of people with disabilities who report having access to health and wellness programs.
4. Reduce the proportion of people with disabilities reporting environmental barriers to participating in home, school, work, or community activities.
5. Reduce the proportion of people with disabilities who report unmet need for assistive devices, service animals, technology services, and accessible technologies they need.
6. Increase the proportion of parents or other caregivers of youth with disabilities ages 12 to 17 years who report engaging in transition planning from pediatric to adult health care.

Early and Middle Childhood

1. Decrease the percentage of children who have poor quality of sleep.
2. Increase the proportion of children who are ready for school in all five domains of healthy development.
3. Increase the proportion of elementary, middle, and senior high schools that require school health education.
4. Increase the percentage of parents that use positive parenting and communicate with their doctors or other health care professionals about positive parenting.

Educational and Community-Based Programs

1. Increase high school completion.
2. Increase the proportion of elementary, middle, and senior high schools that provide comprehensive school health education to prevent health problems in the following areas: unintentional injury; violence; suicide; tobacco use and addiction; alcohol or other drug use; unintended pregnancy, HIV/AIDS, and sexually transmitted infection; unhealthy dietary patterns; and inadequate physical activity.
3. Increase the proportion of employees who participate in employer-sponsored health promotion activities.
4. Increase the proportion of elementary, middle, and senior high schools that have health education goals or objectives that address the knowledge and skills articulated in the National Health Education Standards (high school, middle, elementary).
5. Increase the proportion of preschools and Head Start programs that provide health education to prevent health problems in the following areas: unintentional injury; violence; tobacco use and addiction; alcohol and drug use; unhealthy dietary patterns; and inadequate physical activity, dental health, and safety.

Environmental Health

1. Improve the utility, awareness, and use of existing information systems for environmental health.
2. Eliminate elevated blood lead levels in children.
3. Reduce indoor allergen levels.
4. Increase the proportion of the Nation’s elementary, middle, and high schools that have official school policies and engage in practices that promote a healthy and safe physical school environment.
5. Increase the development and use of comprehensive municipal heat wave response plans addressing high-risk populations in cities with historic or projected excessive heat events.

Family Planning

1. Reduce the proportion of pregnancies conceived within 18 months of a previous birth.
2. Increase the proportion of females at risk of unintended pregnancy who used contraception at most recent sexual intercourse.
3. Increase the proportion of sexually active males who report receiving a family planning/ reproductive health service.
4. Reduce pregnancy rates among adolescent females.
5. Increase the proportion of adolescents aged 17 years and under who have never had sexual intercourse.
6. Increase the proportion of sexually active adolescents ages 15 to 19 years who use contraception that both effectively prevents pregnancy and provides barrier protection against disease.
7. Increase the proportion of adolescents who received formal instruction on reproductive health topics before they were 18 years old.
8. Increase the proportion of adolescents who talked to a parent or guardian about reproductive health topics before they were 18 years old.
9. Increase the proportion of sexually active women who received reproductive health services in the last 12 months.
10. Increase the percentage of women in need of publicly supported contraceptive services and supplies who receive those services and supplies.

Food Safety

1. Reduce infections associated with foodborne outbreaks due to pathogens commonly transmitted through food.
2. Increase the proportion of consumers who follow key food safety practices.

Health Communication and Health IT

1. Improve the health literacy of the population.
2. Increase the proportion of online health information seekers who report easily accessing health information.

Hearing and Other Sensory or Communication Disorders (Ear, Nose, Throat, Voice, Speech, and Language)

1. Decrease otitis media in children and adolescents.
2. Increase the proportion of persons who have had a hearing examination on schedule.
3. Increase the use of ear protection devices.
4. Reduce the proportion of adolescents who have elevated hearing thresholds, or audiometric notches, in high frequencies (3, 4, or 6 kHz) in both ears, signifying noise-induced hearing loss.
5. Increase the proportion of young children with phonological disorders, language delay, or other developmental language problems who have participated in speech-language or other intervention services.

**Heart Disease and Stroke**

1. Reduce the proportion of persons in the population with hypertension.
2. Increase overall cardiovascular health in the U.S. population.

**HIV**

1. Reduce AIDS among adults and adolescents.
2. Reduce the number of new AIDS cases among adolescent and adult men who have sex with men.
3. Reduce the number of new AIDS cases among adolescents and adults who inject drugs.
4. Increase the proportion of sexually active persons who use condoms.
5. Reduce the rate of HIV transmission among adults and adolescents.

**Immunization and Infectious Diseases**

1. Reduce invasive pneumococcal infections.
2. Reduce hepatitis A.
3. Reduce meningococcal disease.
4. Reduce or eliminate cases of vaccine-preventable diseases.
5. Reduce hepatitis B.
6. Maintain vaccination coverage levels for children in kindergarten.
7. Increase routine vaccination coverage levels for adolescents.

**Injury and Violence Prevention**

1. Reduce nonfatal poisonings.
2. Reduce homicides.
3. Reduce firearm-related deaths.
4. Reduce nonfatal firearm-related injuries.
5. Reduce pedestrian deaths on public roads.
6. Reduce nonfatal pedestrian injuries on public roads.
7. Increase use of safety belts.
8. Reduce physical fighting among adolescents.
9. Reduce weapon carrying by adolescents on school property.
10. Increase age-appropriate vehicle restraint system use in children.
11. Reduce suffocation deaths.
12. Reduce morbidity and mortality for injuries.
13. Reduce nonfatal unintentional injuries.
14. Reduce drowning deaths.
15. Increase the proportion of public and private schools that require students to wear appropriate protective gear when engaged in school-sponsored physical activities.
16. Reduce nonfatal child maltreatment.
17. Reduce sexual violence.
18. Reduce sports and recreation injuries.
20. Reduce bullying among adolescents.
### Maternal, Infant, and Child Health

1. Reduce the rate of child deaths.
2. Reduce deaths of adolescents and young adults.
3. Increase the proportion of pregnant women who receive early and adequate prenatal care.
4. Increase abstinence from alcohol, cigarettes, and illicit drugs among pregnant women.
5. Increase the percentage of young children with an autism spectrum disorder (ASD) and other developmental delays who are screened, evaluated, and enrolled in early intervention services in a timely manner.

### Mental Health and Mental Disorders

1. Reduce the rate of suicide attempts by adolescents.
2. Reduce the proportion of adolescents who engage in disordered eating behaviors in an attempt to control their weight.

### Nutrition and Weight Status

1. Reduce the proportion of children and adolescents who are overweight or obese.
2. Increase the contribution of fruits to the diets of the population ages 2 years and older.
3. Increase the variety and contribution of vegetables to the diets of the population ages 2 years and older.
4. Increase the contribution of whole grains to the diets of the population ages 2 years and older.
5. Reduce consumption of saturated fat in the population ages 2 years and older.
6. Reduce consumption of sodium in the population ages 2 years and older.
7. Increase consumption of calcium in the population ages 2 years and older.
8. Increase the proportion of worksites that offer nutrition or weight management classes or counseling.
10. Reduce consumption of calories from solid fats and added sugars in the population ages 2 years and older.
11. Increase the percentage of schools that offer nutritious foods and beverages outside of school meals.

### Occupational Safety and Health

1. Increase the proportion of employees who have access to workplace programs that prevent or reduce employee stress.

### Oral Health

1. Increase the proportion of low-income children and adolescents who received any preventive dental service during the past year.
2. Reduce the proportion of children and adolescents who have dental caries in their primary or permanent teeth.
3. Reduce the proportion of children, adolescents, and adults with untreated dental decay.
4. Increase the proportion of children who have received dental sealants on their molar teeth.
5. Increase the proportion of school-based health centers with an oral health component.

### Physical Activity and Fitness

1. Increase the proportion of the Nation’s public and private schools that require daily physical education for all students.
2. Increase the proportion of adolescents who spend at least 50% of school physical education class time being physically active.
3. Increase the proportion of adolescents that meet current physical activity guidelines for aerobic physical activity and for muscle-strengthening activity.
4. Increase the proportion of children and adolescents that meet guidelines for television viewing and computer use.
5. Increase the proportion of employed adults who have access to and participate in employer-based exercise facilities and exercise programs.
6. Increase the proportion of States and school districts that require regularly scheduled elementary school recess.

**Respiratory Diseases**

1. Reduce hospital emergency department visits for asthma.
2. Reduce activity limitations among persons with current asthma.
3. Reduce the number of school days or workdays missed among persons with current asthma.
4. Increase the proportion of persons with current asthma who receive formal patient education.
5. Increase the proportion of persons with current asthma who receive appropriate asthma care according to National Asthma Education and Prevention Program (NAEPP) guidelines.
6. Increase the proportion of students in grades 9 through 12 who get sufficient sleep.

**Sexually Transmitted Diseases**

1. Reduce the proportion of females ages 15 to 44 years who have ever required treatment for pelvic inflammatory disease (PID).
2. Reduce the proportion of adolescents and young adults with *Chlamydia trachomatis* infections.
3. Reduce gonorrhea rates.
4. Reduce the proportion of women with human papillomavirus (HPV) infection.

**Substance Abuse**

1. Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol.
2. Increase the age and proportion of adolescents who remain alcohol and drug free.
3. Reduce past-month use of illicit substances.
4. Reduce the proportion of persons engaging in binge drinking of alcoholic beverages.
5. Reduce steroid use among adolescents.
6. Reduce the proportion of adolescents who use inhalants.
7. Increase the proportion of adolescents who disapprove of substance abuse.
8. Increase the proportion of adolescents who perceive great risk associated with substance abuse.
9. Reduce the past-year nonmedical use of prescription drugs.

**Tobacco Use**

1. Increase smoking cessation during pregnancy.
2. Reduce tobacco use by adolescents.
3. Reduce the initiation of tobacco use among children, adolescents, and young adults.
4. Increase smoking cessation attempts by adolescent smokers.
5. Reduce the proportion of nonsmokers exposed to secondhand smoke.
6. Increase tobacco-free environments in schools, including all school facilities, property, vehicles, and school events.
## Vision

1. Increase the proportion of preschool children ages 5 years and under who receive vision screening.
2. Reduce blindness and visual impairment in children and adolescents ages 17 years and under.
3. Reduce uncorrected visual impairment due to refractive errors.
4. Increase the use of personal protective eyewear in recreational activities and hazardous situations around the home.

This is an expanded version of Table 5.1 in the main text.