

# Healthy people 2010



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Healthy People Introduction The goal of Healthy People is increase quality and years of healthy life and (2) eliminate the presence of health disparities” throughout the United States. (Healthy People 2010, 2008) To enable the readers to have a better understanding on Healthy People 2010, the definition of health disparities will be provided. Upon discussing the differences of health indicators of various ethnic and racial groups in the U. S., possible causes of these differences will be discussed. Prior to conclusion, recommended ways on how to improve the health of under-served population will be explained.

#### Definition of Health Disparities

Health disparities – also known as ‘ health inequality’ is defined as health inequality related to age differences; or “ the lack of equality in terms of opportunity for treatment”. (American Heritage, 2000) In U. S., the use of the term ‘ health disparities’ may refer to the “ health outcomes that are unavoidable, potentially avoidable, unfair, and unacceptable” because of lack of education, health care equipments, clean air, and water which contributes to unhealthy living condition. (Carter-Pokras & Baquet, 2002)

#### Health Indicators of Various Ethnic and Racial Groups in the U. S.

African Americans, Hispanics and other the minority groups like the Pacific Islander and Asians as compared to the White Americans are reported to frequently experience health disparities based on the ten leading health indicators such as: (1) Physical Activity; (2) Overweight and obesity; (3) tobacco use; (4) substance abuse; (5) responsible sexual behavior; (6) mental health; (7) injury and violence; (8) environmental quality; (9) immunization; and (10) access to health care. (Healthy People 2010, 2008b) (See Table I - Summary of Health Indicators in the United States on page 3)

Health Indicator

Gender

Racial Group

M

F

African American

Hispanic

Mexican American

Pacific Islanders

Asian

White

Low Rates of Physical Activity

X

X

X

Over weight and Obesity

X

X

X

Tobacco Use

X

X

X

X

Substance Abuse

X

- 
- 
- 
- 

Responsible Sexual Behavior

- X
- X

Mental Health

- X
- X
- X
- X

Injury and Violence

- X
- X

Environmental Quality

- 
- 
- X
- X
- X

Immunization

- 
- 
- X
- X

## Access to Health Care

-

-

X

X

X

Source: Healthy People 2010, 2008

## Possible Causes of These Differences

The main cause of health disparities is poverty and lack of education. Lack of education makes people unable to find job. In the absence of financial resources, millions of people will have no access to health care facilities.

## Recommended Ways on How to Improve the Health of Under-served Population

The government should not only focus on promoting Healthy People 2010. For a long-term solution, the government should effectively address the root cause of health disparity.

## Conclusion

Promotion of Healthy People 2010 is not enough to prevent health disparities in the U. S. To minimize health disparities, the government should support the educational needs of the under-served population.

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