

Planning better health for the future essay examples

[Psychology](#), [Success](#)



The Department of Health and Human Services initiated the creation of Healthy People 2010 in January 2000 for the purpose of promoting health and preventing diseases. It has 467 objectives categorized into 28 focus areas. (CDC/National Center for Health Statistics, 2009a) However, if budget limitations are to be considered, 10 of these areas can be the most important to focus on.

1. What are the areas?

The areas are: (1) Physical Activity and Fitness, (2) Arthritis, Osteoporosis, and Chronic Back Conditions, (3) Nutrition and Overweight, (4) Diabetes, (5) Chronic Kidney Disease, (6) Heart Disease and Stroke, (7) Oral Health, (8) Tobacco Use, (9) Environmental Health, and (10) Respiratory Diseases. (CDC/National Center for Health Statistics, 2009b)

Why did you choose these areas?

These areas are all inter-related and basically simple, practical and do not need a lot of money to work on. They also do not need a lot of tools/instruments for it to be done. For example, physical activity does not really require buying exercise machines such as brisk-walking, running, hiking, doing crunches or push-ups. Diseases mentioned on focus areas numbers 2, 3, 4, 5 and 6 are highly preventable if proper nutrition together with discipline and creativity, are practiced.

2. How would you develop a program and present it to an individual and a community?

Weekend activities are great in keeping even working professionals to take their mind off work for a while to do creative stuff. Work places can organize simple but high-impact regular physical fitness activities at work. Activities

such as fun-runs or hiking for a cause, community or beach clean-up drives may be included in local government unit's regular activities under health and wellness programs in support of the Healthy People. Legislations on tobacco use must be strengthened such as supporting No-Smoking restaurants, schools, parks, recreation facilities and other establishments and making access to tobacco more difficult, limited and/or restricted. Fast food restaurants must also be mandated to post factual calorie counts of their meals or food items and regulated or non-usage of unhealthy oils and simple sugars. Encouraging our friends and families to prepare meals at home is also an essential step to healthier living.

3. Discuss the impact of failure to achieve the goals of the chosen focus areas.

The two general goals of Healthy People 2010 are to (1) increase quality of years and healthy life and (2) eliminate health disparities. The specific goals of the chosen focus areas mainly aim to (1) reduce incidence and prevalence of overweight and obesity, tobacco use, diabetes and other preventable diseases and (2) increase physical activity across age groups and environmental quality. (CDC/National Center for Health Statistics, 2009c) If these goals failed to be achieved, there would be an overwhelming number of liabilities (sick individuals) and higher budget allocation to eradicating health problems, rendering other human needs such as education and food at a disadvantage. Sick individuals will not be able to work properly, more so in an unhealthy/polluted environment. The work output will negatively affect the economy in the long run.

References:

CDC/National Center for Health Statistics. (2009a) ' Healthy People 2010'. Centers for Disease Control and Prevention, Atlanta, Georgia. Retrieved 8 November 2011 from http://www.cdc.gov/nchs/healthy_people/hp2010.htm

_____. (2009b) ' Healthy People 2010 Focus Areas at a Glance'. Centers for Disease Control and Prevention, Atlanta, Georgia. Retrieved 8 November 2011 from http://www.cdc.gov/nchs/healthy_people/hp2010/hp2010_focus_areas.htm

_____. (2009c) ' Health People 2010 Leading Health Indicators at a Glance.' Centers for Disease Control Prevention, Atlanta, Georgia. Retrieved 8 November 2011 from http://www.cdc.gov/nchs/healthy_people/hp2010/hp2010_indicators.htm

US Department of Health and Human Services. (n. d.) 'Healthy People: What Are Its Goals?' Office of Disease Prevention and Health Promotion. Retrieved 8 November 2011 from <http://www.healthypeople.gov/2010/about/goals.htm>