

# Appendix

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## Healthy People 2010

Healthy People 2010, referenced at various places throughout the Report Card, is the prevention agenda for the nation. It is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce these threats. Healthy People 2010 builds on initiatives pursued over the past two decades. The 1979 Surgeon General's Report, *Healthy People*, and *Healthy People 2000: National Health Promotion and Disease Prevention Objectives* both established national health objectives and served as the basis for the development of state and community plans. Like its predecessors, Healthy People 2010 was developed through a broad consultation process, built on the best scientific knowledge and designed to measure programs over time. Two examples of what national research reflects include:

- **Indicator:** Overweight and obesity are major contributors to many preventable causes of death. On average, higher body weights are associated with higher death rates. The number of overweight children, adolescents, and adults has risen over the past four decades.
- **Objective:** Reduce the proportion of children and adolescents who are overweight or obese.
- **Indicator:** Alcohol and illicit drug use are associated with many of this country's most serious problems, including violence, injury, and HIV infection. In 1998, 79% of adolescents aged 12 to 17 years reported that they did *not* use alcohol or illicit drugs in the past month.
- **Objective:** Reduce the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days.

## Glossary

- **Mean:** What is most often thought of as the average. This is the sum of all of the values divided by the number of values.
- **Median:** The number in the middle of an ordered set of numbers at which half of the values are above and the other half are below. For example, Median Family Income — half of families earn more and half earn less than the median income.
- **Population:** The group to which the results of the study are intended to apply, such as all residents of Contra Costa County. Studies of an entire population are unusual, but not impossible.
- **Sample:** The group from which we actually collect data, such as the number of survey respondents. The sample should be representative of the population, in design if not in all demographic measures.
- **Significance:** A technical assessment of how likely it is that the results observed in a sample could be found by chance, rather than because they are an effective inference to the population (requires a particular "test statistic", such as chi-square or the t-statistic).