

Focus Area **19 Title Nutrition and Overweight** **Goal Promote health and reduce chronic disease associated with diet and weight.**

Obj Num	Category	Objective	2010 US Target	Pop Cat	Population Description	Lead Agency	Level of Interest	Type of Interest	Modified	Data Source	UT Baseline	UT Target	UT Target Selection
19.01	Weight Status and Growth	Healthy weight in adults (age adjusted, ages 20 years and older)	0.6	main		CFHS (CVH)	UDOH	S & I	N	BRFSS	1999 49.1	0.6	SAHP2010
19.01	Weight Status and Growth	Healthy weight in adults (age adjusted, ages 20 years and older)	0.6	sub1	Hispanic	CFHS CVH	S & I	N	BRFS S	1995-99 44.1%	0.532	Same proportion increase	
19.02	Weight Status and Growth	Obesity in adults (age adjusted, ages 20 years and older)	0.15	main		CFHS (CVH)	UDOH	S & I	N	BRFSS	1999 16.3%	0.15	SAHP2010
19.03a	Weight Status and Growth	Overweight or obesity in children (ages 6 to 11 years)	0.05	main		CFHS (CVH)	UDOH	S & I	Y	UDOH	2002 25%	0.2	20% improvement
19.03b	Weight Status and Growth	Overweight or obesity in adolescents (ages 12 to 19 years)	0.05	main		CFHS (CVH)	UDOH	S & I	Y	YBRS	2001 28.7%	0.25	20% improvement
19.03c	Weight Status and Growth	Overweight or obesity in children and adolescents (ages 6 to 19 years)	0.05	main		CFHS (CVH)		NS					
19.04	Weight Status and Growth	Growth retardation in low-income children (ages under 5 years)	0.05	main		CFHS (MCH)	D/P	S&I	no	PedNSS	8.5%(99)	0.05	US target
19.05	Food and Nutrient Consumption	Fruit intake - At least two daily servings (age adjusted, ages 2 years and older)	0.75	main		CFHS (CVH)	D/P	S & I	Y	BRFSS	2001 33.1%	0.45	50% improvement
19.06	Food and Nutrient Consumption	Vegetable intake - At least three daily servings, with at least 1/3 being of dark green or deep yellow (age adjusted, ages 2 years and older)	0.5	main		CFHS (CVH)	D/P	S & I	Y	BRFSS	2001 22.2%	0.55	60% improvement
19.07	Food and Nutrient Consumption	Grain product intake - At least six daily servings, with at least three being whole grains (age adjusted, ages 2 years and older)	0.5	main		CFHS (CVH)		NS					
19.08	Food and Nutrient Consumption	Saturated fat intake - Less than 10% of calories from (age adjusted, ages 2 years and older)	0.75	main		CFHS (CVH)		NS					
19.09	Food and Nutrient Consumption	Total fat intake - No more than 30% of calories from (age adjusted, ages 2 years and older)	0.75	main		CFHS (CVH)		NS					

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19.10	Food and Nutrient Consumption	Sodium intake - 2,400 mg or less daily (age adjusted, ages 2 years and older)	0.65	main		CFHS (CVH)		NS					
19.11	Food and Nutrient Consumption	Meet calcium recommendations (age adjusted, ages 2 years and older)	0.75	main		CFHS (CVH)		NS					
19.12a	Iron Deficiency and Anemia	Iron deficiency in young children (ages 1 to 2 years)	0.05	main		CFHS (MCH)	D/P	S&I	no	PedNSS	15.5% (1999)	0.1	
19.12a	Iron Deficiency and Anemia	Iron deficiency in young children (ages 1 to 2 years)	0.05	sub1	Native American, 1 to 2 years old	CFHS (MCH)	D/P	S&I	no	PedNSS	18.3% (1999)	0.15	
19.12a	Iron Deficiency and Anemia	Iron deficiency in young children (ages 1 to 2 years)	0.05	sub2	Hispanic children, 24-35 mos.	CFHS (MCH)	D/P	S&I	no	PedNSS	17.6% (1999)	0.15	
19.12b	Iron Deficiency and Anemia	Iron deficiency in young children (ages 3 to 4 years)	0.01	main		CFHS (MCH)	D/P	S&I	no	PedNSS	10.9% (1999)	0.05	
19.12c	Iron Deficiency and Anemia	Iron deficiency in nonpregnant females (ages 12 to 49 years)	0.07	main		CFHS (MCH)	D/P						
19.13	Iron Deficiency and Anemia	Anemia in low-income pregnant females - In third trimester (ages 12 to 49 years)	0.2	main		CFHS (MCH)	D/P	S	no	PNSS	17.9%(99)		see notes
19.14	Iron Deficiency and Anemia	Iron deficiency in pregnant females	DNC	main		CFHS (MCH)	D/P	S&I	no	PNSS	6.8%(99)	0.06	base - 10%
19.15	Schools, Worksites, and Nutrition Counseling	Meals and snacks at school - Children and Adolescents (ages 6 to 19 years)	DNC	main		CFHS (CVH)	D/P	S & I	N	TBD	NA	TBDT	WBDABE
19.16	Schools, Worksites, and Nutrition Counseling	Worksite promotion of nutrition education and weight management Classes at Worksite or Health Plan Worksites with 50+ employees	0.85	main		CFHS (USCHPA)	D/P	S	N	USCHPA	TBD	TBDT	WBDABE
19.17	Schools, Worksites, and Nutrition Counseling	Physician office visits that include diet/nutrition counseling for medical conditions (age adjusted)	0.75	main		CFHS (CVH)		NS					

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19.18	Food Security	Food security (U.S. households)	0.94	main		CFHS (CVH)		NS					