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HEALTH

Healthy People 2020 Worksheet

Go to: [www.healthypeople.gov](http://www.healthypeople.gov)

Use the tabs at the top and links on the site to answer questions. **Write in complete sentences.**

1. What is Healthy People 2020? What population types are it aimed at helping?

2. What are the goals of Health People 2020? How many topics are listed? How many objectives?

3. Pick a topic area and summarize, how does this impact your future?

4. The objectives of Health People 2020 are used in what way? Explain the framework and give examples where these objectives can be used.

5. How can you be a healthy person?

6. What are leading health indicators? Which of the ten indicators are you currently doing correctly?

7. From the home page, use the “Closer Look: Health Disparities” tool. Choose two different race/ethnicities and age groups and compare the top ten causes of death. Explain why these disparities exist.

8. Find Arizona’s 2020 plan. What are the leading health indicators Arizona is focusing on? List all. Pick one and summarize why it is important. Explain what you think could be done to meet the goal