



Potential Health Measures



Healthy People
2020

This tool is intended to assist you in identifying different types of measures for your community plan. It is not meant to be a complete list, but provides types of measures many communities have used to develop and monitor health objectives.

Community Management

- Number of open city council meetings
- Number of coalition members represented in community groups
- Time it takes to respond to emergencies
- Percentage of community members who volunteer in the community
- Voter turnout rates

Demographics

- Rates of educational attainment
- Average household income
- Poverty rates
- Unemployment rates

Growth and Nutrition

- Percentage of new mothers breastfeeding for the first 6 months
- Percentage of children born with developmental disabilities
- Average daily fruit and vegetable consumption
- Enrollment rates in WIC (Women, Infants, and Children) program
- Average life expectancy

Health Behaviors

- Rates of older adults who participate in fitness programs
- Rates of overweight and obesity
- Percentage of adolescents reporting tobacco use
- Number of residents seeking substance abuse treatment
- Rates of recreation center use

Health Care Resources

- Rates of uninsured and under-insured
- Number of Medicaid/Medicare providers

Health Care Utilization

- Number of visits to the emergency department for non-urgent conditions
- Rate of preventable hospitalizations

Health of Employees

- Average number of sick days used
- Percentage of workers filing worker's compensation claims
- Number of worksite injuries and deaths

Health of Mothers and Children

- Availability of contraceptive services
- Rates of contraceptive use
- Percentage of all babies born with low birth weight
- Percentage of all births that are premature
- Percentage of women receiving recommended prenatal care
- Number of parenting teens

Morbidity

- Rates of dental caries among children
- Communicable disease rates
- Number of vaccine preventable diseases/deaths
- Percentage of population with mental illness

Mortality

- Infant mortality rates
- Leading causes of death in community
- Causes of mortality by demographic

Physical Environment

- Levels of toxins in water and air
- Number and type of environmental hazards
- Number of households with working smoke detectors
- Number of households on water and sewage treatment systems

- Number of households with fuel-efficient appliances
- Household recycling rates
- Number of households vulnerable to lead paint
- Miles of bike paths

Preventive Measures

- Rate of adults getting regular blood pressure screening
- Childhood immunization rates
- Percentage of adults getting recommended colon cancer screening
- Percentage of diabetics receiving recommended eye and foot exams
- Flu vaccination rates among older adults
- Percentage of women getting scheduled mammograms
- Rates of women getting regular Pap tests

Social Support Measures

- Number of child abuse investigations
- Availability of domestic violence services
- Rate of religious participation
- Number of law enforcement officials per household
- Number and geographic spread of Neighborhood Watch programs
- Availability of suicide prevention services
- Access to transportation services



Sources

Adapted from *Healthy People 2010 Toolkit: A Field Guide to Health Planning*. Developed by the Public Health Foundation, under contract with the Office of Disease Prevention and Health Promotion, Office of Public Health and Science, U.S. Department of Health and Human Services (pp. 91–92).

Empowerment Zone/Enterprise Community Health Benchmarking Project. Public Health Foundation, 1998–1999.

