

The 21 Critical Health Objectives for Adolescents & Young Adults

Mortality

- Reduce deaths

Unintentional Injury

- Reduce deaths caused by motor vehicle crashes
- Reduce deaths and injuries caused by alcohol- and drug-related motor vehicle crashes
- Increase use of safety belts
- Reduce the proportion who report that they rode with a driver who had been drinking alcohol

Violence

- Reduce homicides
- Reduce physical fighting among adolescents
- Reduce weapon carrying on school property

Mental Health & Substance Abuse

- Reduce the suicide rate
- Reduce the rate of suicide attempts that require medical attention
- Reduce the proportion of those with disabilities who are reported to be sad, unhappy, or depressed
- Increase the proportion of those with mental health problems who receive treatment
- Reduce the proportion engaging in binge drinking of alcoholic beverages
- Reduce past-month use of illicit substances (marijuana)

Reproductive Health

- Reduce pregnancies
- Reduce the number of new HIV diagnoses
- Reduce the proportion with Chlamydia trachomatis infections
- Increase the proportion who abstain from sexual intercourse or use condoms if sexually active

Prevention of Chronic Diseases

- Reduce tobacco use
- Reduce the proportion who are overweight or obese
- Increase the proportion who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion