

Healthy People 2010 Operational Definition

7-12. Increase the proportion of older adults who have participated during the preceding year in at least one organized health promotion activity.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Not identified.
Healthy People 2000 Objective	8.8 (Educational and Community-Based Programs).
Changes since the 2000 Publication	None.
Measure	Percent (age adjusted—see Comments).
Baseline (Year)	12 (1998)
Target	90
Target-Setting Method	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of older adults aged 65 years and older who participated in an exercise class/program or attended a class/presentation on health topics in the past 12 months.
Denominator	Number of older adults aged 65 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	From the 1998 National Health Interview Survey: ➤ <i>In the past 12 months, have you taken a class or attended a presentation on health topics?</i> ➤ <i>In the past 12 months, did you participate in an exercise class or exercise program?</i>
Expected Periodicity	Periodic.
Comments	Adults 65 years and older are considered to have participated in an organized health promotion

activity if they report that had taken a class or attended a presentation on health topics, or had participated in an exercise class or program in the past year.

A program is any health class, presentation on a health-related topic, exercise class, or exercise program.

This objective was adapted from Healthy People 2000 objective 8.8, which measured the proportion of persons aged 65 years and older who participated in health promotion programs through a facility serving older adults. Objective 7-12 tracks participation without the restriction that the activity be sponsored by a senior center or similar facility.

Data are age adjusted to the 2000 standard population using the age groups 65-74 and 75 years and over. Age-adjusted percentages are weighted sums of age-specific percentages. For a discussion on age adjustment, see Part A, section 7.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.¹

See Part C for a description of NHIS and Appendix A for focus area contact information.

References

1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.