

# Writing Goals Worksheet...Example

Priority Health Problem  
(Top Health Concern)

*physical inactivity*



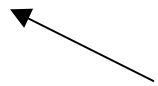
What is the desired health status if this problem is addressed?

*A physically active population*



What local health goals are similar to your goal?

No physical activity goals in the Extension or Health Department work plans.



What state health goals are similar to your goal?

State obesity-prevention plan: Increase the proportion of state residents who get at least 30 minutes of moderate activity on five or more days a week.

State MCH plan has a performance measure on percent of high school students who are overweight or at risk of overweight, but nothing specifically on physical activity.



**GOAL** (rephrase the idea in the above box making it a broad-based, positive statement):

*Increase the number of physically active people in Friendly Community.*



What national health goals are similar to your goal?

HP2010, Goal 22: Improve the health, fitness, and quality of life through daily physical activity.

# Writing Goals Worksheet...Example

**Priority Health Problem  
(Top Health Concern)**  
*Low percentage of African  
 American mothers who  
 breastfeed*



**What is the desired health status if this problem is addressed?**

*Improved infant and child health  
 Eliminate disparity in breastfeeding  
 Increase proportion of African American  
 mothers who breastfeed*

**What local health goals are similar to your goal?**

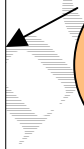
None



**What state health goals are similar to your goal?**

State MCH plan has 3 performance measures on breastfeeding - ↑ % of women who breastfeed their infants at:

- Hospital discharge
- At 6 months
- At 1 year



**GOAL** (rephrase the idea in the above box making it a broad-based, positive statement):

*Improve the health of infants, children, and women by increasing the number of African American mothers who breastfeed.*



**What national health goals are similar to your goal?**

HP2010 Major Goal: Eliminate health disparities among different segments of the population.  
 HP2010, Goal 16: Improve the health and well-being of women, infants, children, and families.  
 Strategic Plan of the U.S. Breastfeeding Committee:

- Assure access to comprehensive, current, and culturally appropriate lactation care and services for all women, children, and families.
- Ensure that breastfeeding is recognized as the normal and preferred method of feeding infants and young children.
- Ensure that all federal, state, and local laws relating to child welfare and family law recognize and support the importance and practice of breastfeeding.
- Increase protection, promotion, and support for breastfeeding mothers in the work force.