

# Healthy People 2030 Leading Health Indicators (LHIs)

## LHIs by life stage

### All ages\*

Children, adolescents, and adults who use the oral health care system (2+ years)  
Consumption of calories from added sugars by persons aged 2 years and over (2+ years)  
Drug overdose deaths  
Exposure to unhealthy air  
Homicides  
Household food insecurity and hunger  
Persons who are vaccinated annually against seasonal influenza  
Persons who know their HIV status (13+ years)  
Persons with medical insurance (<65 years)  
Suicides

\*Except where otherwise noted

### Infants

Infant deaths

### Children and adolescents

4th grade students whose reading skills are at or above the proficient achievement level for their grade  
Adolescents with major depressive episodes (MDEs) who receive treatment  
Children and adolescents with obesity  
Current use of any tobacco products among adolescents

### Adults and older adults

Adults engaging in binge drinking of alcoholic beverages during the past 30 days  
Adults who meet current minimum guidelines for aerobic physical activity and muscle-strengthening activity  
Adults who receive a colorectal cancer screening based on the most recent guidelines  
Adults with hypertension whose blood pressure is under control  
Cigarette smoking in adults  
Employment among the working-age population  
Maternal deaths  
New cases of diagnosed diabetes in the population