

prevention, and the importance of community relationships and resources.* Throughout this book, developmentally appropriate health promotion strategies are discussed. Key examples of child health promotion themes essential for all age groups include promoting development, nutrition, and oral health. Bright Futures recommendations for preventative health care during infancy, early childhood and adolescents are found in [Chapters 9, 11, 14, and 15](#).

Box 1-2

Healthy People 2020

Goals

Increase quality and length of healthy life

Eliminate health disparities

Leading Health Indicators

Physical activity

Overweight and obesity

Tobacco use

Substance abuse

Responsible sexual behavior

Mental health

Injury and violence

Environmental quality

Immunization

Access to health care

From US Department of Health and Human Services, Office of Disease Prevention and Health Promotion: *Healthy People 2020*, 2013, <http://www.healthypeople.gov/>.