Healthy People 2020

Promoting Health and Preventing Disease Throughout the Nation









What Is Healthy People?

- A national agenda that communicates a vision for improving health and achieving health equity.
- A set of specific, measurable objectives with targets to be achieved over the decade.
- These objectives are organized within distinct Topic Areas.

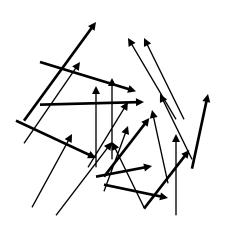


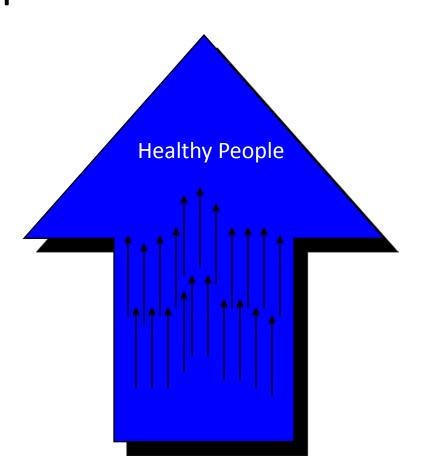


Healthy People: Aligns Strategic Public Health Goals and Efforts Across the Nation

Non-Aligned Effort Random Acts of Innovation

Aligned Effort









Key Features of Healthy People

- Creates a comprehensive, strategic framework that unites health promotion and disease prevention issues under a single umbrella.
- Requires tracking of data-driven outcomes to monitor progress and to motivate, guide, and focus action.
- Engages a network of multidisciplinary, multisectoral stakeholders at all levels.
- Guides national research, program planning, and policy efforts to promote health and prevent disease.





Healthy People and GPRA

- Collaborative effort
- Monitoring, evaluating, and reporting on collaborative efforts
- Defining and articulating outcomes
- Establish mutually reinforcing strategies
- Monitor, evaluate, report results
- Reinforce accountability





History of Healthy People











- 1979—ASH/SG Julius Richmond establishes first national prevention agenda: Healthy People: Surgeon General's Report on Health Promotion and Disease Prevention
- HP 1990—Promoting Health/Preventing Disease: Objectives for the Nation
- **HP 2000**—**Healthy People 2000:** National Health Promotion and Disease Prevention Objectives
- **HP 2010—Healthy People 2010:** *Objectives for Improving Health*
- **Healthy People 2020** Launched December 2010



Evolution of Healthy People

Target Year	1990 HEATHY PROPE THE PROPERTY OF THE PROPER	2000 HEALTHY PEOPLE	2010 HEALTHY PEOPLE 2010	2020 Healthy People 2020
Overarching Goals	 Decrease mortality: infants-adults Increase independence among older adults 	 Increase span of healthy life Reduce health disparities Achieve access to preventive services for all 	 Increase quality and years of healthy life Eliminate health disparities 	•Attain high-quality, longer lives free of preventable disease •Achieve health equity; eliminate disparities •Create social and physical environments that promote good health •Promote quality of life, healthy development, healthy behaviors across life stages
# Topic Areas	15	22	28	42*
# Objectives/ Measures	226/NA	312/NA	467/1,000	>580/1200



Healthy People 2020 Development, Framework, Topic Areas, and Objectives

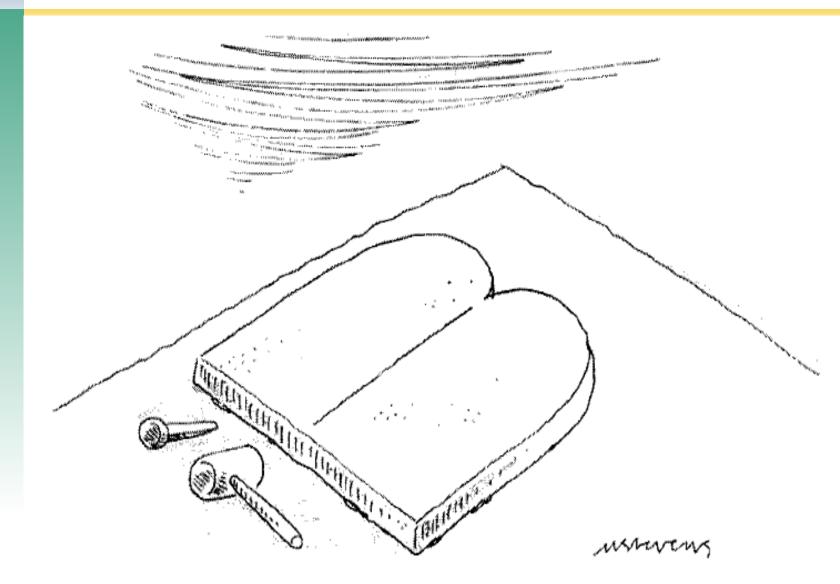








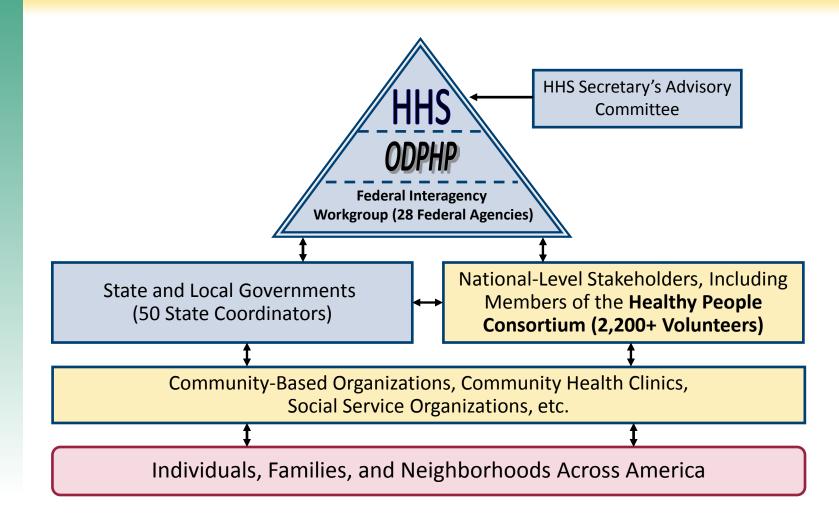
The Ten Commandments Do-It-Yourself Kit







Federally Led, Stakeholder-Driven Process



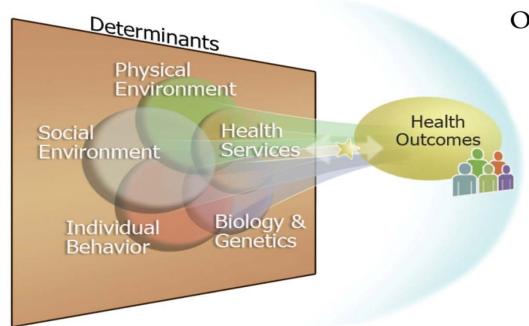




Graphic Model of Healthy People 2020

Healthy People 2020

A society in which all people live long, healthy lives



Overarching Goals:

- Attain high quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development and healthy behaviors across all life stages.





Healthy People 2020 Mission

- Identify nationwide health improvement priorities.
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress.
- Provide measurable objectives and goals that are applicable at the national, State, and local levels.
- Engage multiple stakeholders to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.
- Identify critical research, evaluation, and data collection needs.





Healthy People 2020 Objectives

- Represent quantitative values to be achieved over the decade.
- Organized within the Topic Areas.
- Managed by lead Federal agencies.
- Supported by scientific evidence.
- Address population disparities.
- Data driven and prevention oriented.





Healthy People Topic Areas

- Access to Health Services
- Arthritis, Osteoporosis, and Chronic Back Conditions
- Cancer
- Chronic Kidney Disease
- Diabetes
- Disability and Health
- Educational and Community-Based Programs
- Environmental Health
- Family Planning
- Food Safety
- Health Communications and Health Information Technology
- Hearing and Other Sensory or Communication Disorders
- Heart Disease and Stroke
- HIV

- Immunizations and Infectious Diseases
- Injury and Violence Prevention
- Maternal, Infant, and Child Health
- Medical Product Safety
- Mental Health and Mental Disorders
- Nutrition and Weight Status
- Occupational Safety and Health
- Oral Health
- Physical Activity
- Public Health Infrastructure
- Respiratory Diseases
- Sexually Transmitted Diseases
- Substance Abuse
- Tobacco Use
- Vision





New Topic Areas

- Life Stages
 - Adolescent Health
 - Early and Middle Childhood
 - Older Adults
- Blood Disorders and Blood Safety
- Dementias, including Alzheimer's Disease
- Genomics
- Global Health

- Healthcare-Associated Infections
- Preparedness
- Sleep Health
- In Development
 - Lesbian, Gay, Bisexual, and Transgender Health Issues
 - Health-Related Quality of Life
 - Social Determinants and Health





Healthy People Leading Health Indicators

Targeted health priorities illuminating individual behaviors, physical and social environmental factors, and health systems



Healthy People 2010

- -Physical activity
- -Overweight & obesity
- -Tobacco use
- -Substance abuse
- -Responsible sexual behavior
- -Mental health
- -Injury and violence
- -Environmental quality
- -Immunization
- -Access to health care



Healthy People 2020

-IOM Committee on Leading Health Indicators recommendations March 2011

-HHS Launch Fall 2011





Redesigned Web Site: www.healthypeople.gov

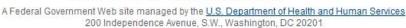




Healthy People

2020

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About Healthy People Section: Stakeholder Video





Healthy People 2020 strives to:

Mission

Identify nationwide health improvement priorities.

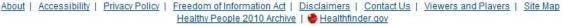


Health Disparities Data





Healthy People 2020









Leading Causes of Death





Social Determinants of Health









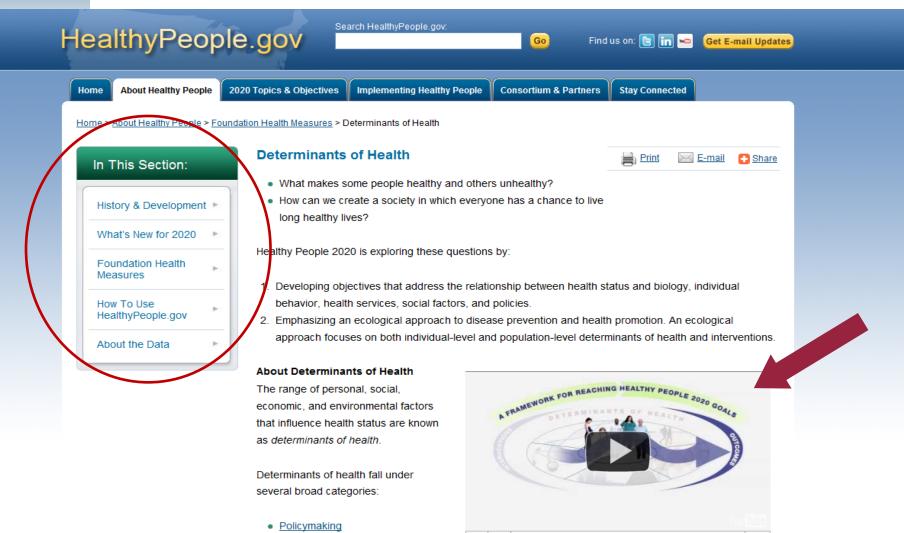
"It's got to come out, of course, but that doesn't address the deeper problem"







Determinants of Health Overview & Presentation



Social factors

Health services
Individual behavior
Biology and genetics

0:00 / 0:00





"Determinants of Health" Understanding a Broader View

Social Interactions	Physical Environment
Family, friends, co-workers, others in the community	Natural and built environments
Cultural attitudes, norms, and expectations.	Particular individual or institutional settings
Social aspects of health-related behaviors	Neighborhoods and related areas where individuals live, work, travel
Encompasses social institutions	Can support or harm health
Can be impacted by policy decisions	





Why are the Determinants of Health Important?

The rationale for focusing on determinants includes:

- The need to move beyond controlling disease to address factors that are root causes of disease.
- The importance of achieving health equity.
- Practical considerations related to national prosperity and security.





Social Determinants of Health: A New Topic Area for HP2020

- A video on Social Determinants of Health is viewable on the Healthy People 2020 website at: http://healthypeople.gov/2020/about/DOHAbout.aspx
- A new topic area narrative explaining social determinants of health will be added to the Healthy People 2020 website.
- New objectives addressing social determinants of health will be developed for Healthy People 2020.





"This is neither Heaven nor Hell. It's the private sector."







Multi-Sectoral Efforts are Needed

- Health is created through the conditions of our daily lives.
- The commitment of all is needed:
 - To implement evidence-based strategies to improve health.
 - To build the evidence base for such strategies.



Healthy People 2020 and Diabetes









Diabetes



Goal

Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for, DM.

Overview

DM occurs when the body cannot produce or respond appropriately to insulin. Insulin is a hormone that the body needs to absorb and use glucose (sugar) as fuel for the body's cells. Without a properly functioning insulin signaling system, blood glucose levels become elevated and other metabolic abnormalities occur, leading to the development of serious, disabling complications.







Topic Area A-Z Listing

Select a Topic Area from the list below to get started. Each topic area includes a topic area overview, objectives and data, and evidence-based resources.

<u>Download all Healthy People 2020 objectives [PDF - 2 MB].</u>

Download all Healthy People 2020 objectives in spreadsheet format [XLSX - 159 KB].

If you experience problems viewing documents, please download the latest version of the Viewer or Player.

Α

Access to Health Services Adolescent Health New

Arthritis, Osteoporosis, and Chronic Back Conditions

В

Blood Disorders and Blood Safety New

Cancer

Chronic Kidney Disease

D

Dementias, Including Alzheimer's Disease New

Diabetes

Disability and Health

Early and Middle Childhood New

Educational and Community-Based Programs **Environmental Health**

Healthy People

Family Planning Food Safety

Genomics New Global Health New

Н

Health Communication and Health Information Technology

Healthcare-Associated Infections New Health-Related Quality of Life &

Well-Being New

Hearing and Other Sensory or Communication Disorders Heart Disease and Stroke

HIV

Immunization and Infectious Diseases Injury and Violence Prevention

Lesbian, Gay, Bisexual, and Transgender Health New

M

Maternal, Infant, and Child Health Medical Product Safety Mental Health and Mental Disorders

Nutrition and Weight Status

0

Occupational Safety and Health Older Adults New Oral Health

Physical Activity Preparedness New Public Health Infrastructure

Respiratory Diseases

Sexually Transmitted Diseases Sleep Health New Social Determinants of Health New Substance Abuse

т

Tobacco Use

Vision



16 Diabetes Objectives Covering

- Primary prevention
- Testing and early diagnosis
- Access to care for all persons with Diabetes
- Improved quality of care





Diabetes Objectives

(Developmental) Reduce the death rate among the population with diabetes

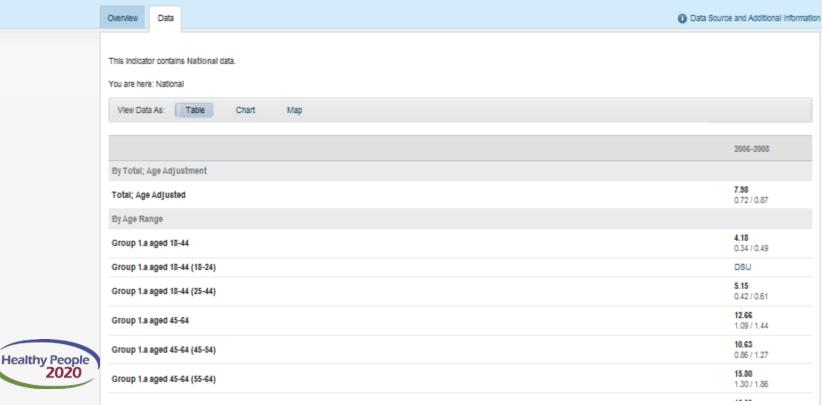




2020

Linking to the Health Indicators Warehouse







5 Topic Areas Touch on Diabetes*

- Chronic Kidney Disease
- Heart Disease and Stroke
- Nutrition and Weight Status
- Physical Activity
- Vision





Chronic Kidney Disease Objective

CKD-7 Reduce the death rate amo	View Details ▼				
CKD-8 Reduce the rate of new case	es of end-stage renal disease (ESRD)	Close Details ▼			
Baseline:	353.8 new cases of end-stage renal disease per million population were reported in 2007. 318.5 new cases per million population 10 percent improvement U.S. Renal Data System, NIH, NIDDK.				
Target:					
Target-Setting Method:					
Data Sobi					
More Information:	Data from the HHS Health Indicators Warehouse The HP2010 objective with the second 4-1. View on DATA2010	ame definition			
		Close Details ▲			
CKD-9 Reduce kidney failure due to	o diabetes				
CKD-9.1 Reduce kidney	failure due to diabetes	View Details ▼			
CKD-9.2 Reduce kidney	failure due to diabetes among persons with diabetes	View Details ▼			
CKD-10 Increase the proportion of chronic kidney disease patients receiving care from a nephrologist at least 12 months before the start of renal replacement therapy					
CKD-11 Improve vascular access fo	r hemodialysis patients				
•	portion of adult hemodialysis patients who use arteriovenous fistulas as the f vascular access	View Details ▼			
CKD-11.2 Decrease the pr	View Details ▼				



Implementation Strategies









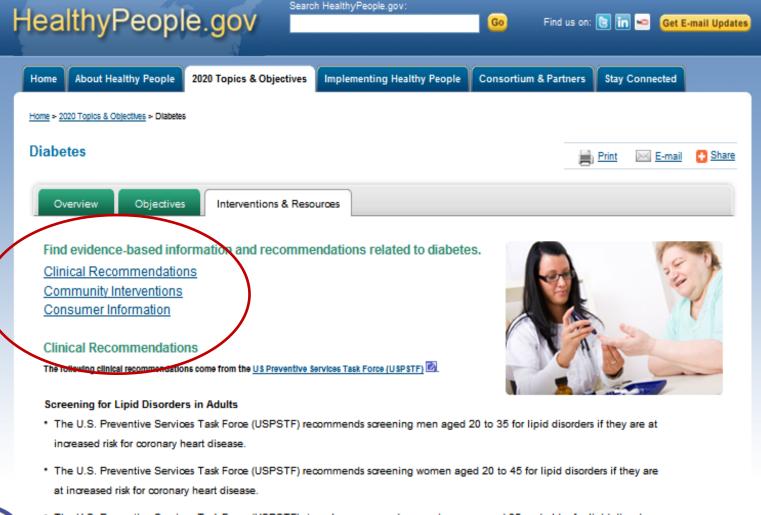
"He makes it look easy"







Topic Area-Specific Interventions & Resources





- The U.S. Preventive Services Task Force (USPSTF) strongly recommends screening men aged 35 and older for lipid disorders.
- The U.S. Preventive Services Task Force (USPSTF) strongly recommends screening women aged 45 and older for lipid disorders if they are at increased risk for coronary heart disease.



Implementing Healthy People

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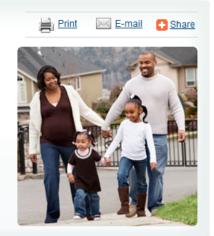
Implementing Healthy People 2020

Implementing Healthy People

MAP-IT: A Guide To Using Healthy People 2020 in Your Community

Healthy People is based on a simple but powerful model:

- 1. Establish national health objectives.
- Provide data and tools to enable States, cities, communities, and individuals across the country to combine their efforts to achieve them.



Stay Connected

A Framework for Implementation

No two public health interventions are exactly alike. But most interventions share a similar path to success: **M**obilize, **A**ssess, **P**lan, **I**mplement, **T**rack.

Implementation Examples: MAP-IT at Work

- ▶ Local School Board
- ► Workplace Wellness Committee
- County Health Coalition

Otherwise known as MAP-IT, this framework can be used to plan and evaluate public health interventions to achieve Healthy People 2020 objectives. Whether you are a seasoned public health professional or new to the field, the MAP-IT framework will help you create your own path to a healthy community and a healthier Nation.

Use these tools and resources as a reference. Each of the 5 MAP-IT sections includes questions to ask and





2020

Implementing Healthy People

Search HealthyPeople.gov: HealthyPeople.gov Go Find us on: 📔 📊 🚾 Get E-mail Updates **About Healthy People** 2020 Topics & Objectives Implementing Healthy People **Consortium & Partners Stay Connected** Home > Implementing Healthy People 2020 > Mobilize Mobilize E-mail Share In This Section: Questions To Ask and Answer: Healthy People 2020 • What is the vision and mission of the coalition? Mobilize Tools: Why do I want to bring people together? Assess • Who should be represented? Brainstorm: Potential Partners · Who are the potential partners (organizations and Plan businesses) in my community? [PDF - 83 KB] Organizing a Coalition [PDF – 70] Implement KB] Start by mobilizing key individuals and organizations into Track a coalition. Planning Resources Look for partners who have a stake in creating healthy communities and who will contribute to the process. Aim for broad representation. Funding Resources Next, identify roles for partners and assign responsibilities. State Plans This will help to keep partners engaged in the coalition. For example, partners can: Facilitate community input through meetings, events, or advisory groups. Develop and present education and training programs Implementation Examples: Lead fundraising and policy initiatives. MAP-IT at Work Provide technical assistance in planning or evaluation. ► Local School Board ▶ Workplace Wellness Field Notes: Minnesota Committee **Healthy People** Minnesota formed the Minnesota Health Improvement Partnership, a group of ► County Health Coalition

individuals representing a broad sector of both public and private

organizations, including members from local departments of health. This group



How Stakeholders Are Using Healthy People

- **Data tool** for measuring program performance
- Framework for **program planning and development**
- Goal setting and agenda building
- Teaching public health courses
- Benchmarks to compare State and local data
- Way to develop nontraditional partnerships



Get Involved









Join the Consortium





Ways To Connect With Healthy People

- Spread the word about 2020 objectives.
- Follow Healthy People on Twitter @gohealthypeople.



- Connect with Healthy People on LinkedIn. in
- Join the Healthy People listserv.
- Join the Healthy People Consortium.
- E-mail: <u>HP2020@hhs.gov</u>.





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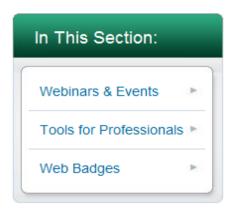
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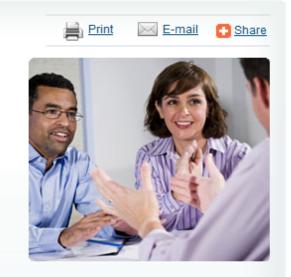


Stay Connected with Healthy People

The Office of Disease Prevention and Health Promotion (ODPHP) regularly updates this page with information on upcoming Webinars and public meetings, tools, and new media resources.

Sign up for e-mail, follow us on Twitter, connect on LinkedIn, or join the Consortium and stay up-to-date with the latest Healthy People information and events.

Explore this section to find out how to get involved and support for Healthy People 2020.



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Get the latest information on Healthy People 2020. Sign up for the Monthly Bulletin, or our periodic News You Can Use, which features new tools, events, and resources to help you implement Healthy People.





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Healthy People 2020

Healthy People 2020 is the nation's health promotion and disease prevention agenda and was developed by the U.S. Department of Health and Human Services (HHS) in partnership with the other Federal agencies and with broad, cross-cutting stakeholder input. For three decades, Healthy People has provided a comprehensive set of national 10-year health promotion and disease prevention objectives aimed at improving the health of all Americans. Join us-and stay current on all things Healthy People.

Note: Members and content published by members do not necessarily represent the views of healthypeople.gov, the Office of Disease Prevention and Health Promotion (ODPHP), or HHS. Those involved in managing and maintaining this group consist of ODPHP staff and its contractors. All belong and contribute to the HealthyPeople.gov team.

About this Group

Created: November 3, 2010 Type: Networking Group

Members: 865

Owner: Linda Harris

Managers: Kimber Wukitsch, Emily Hand, Alexandra

Bornkessel and Jessica Mark

Join Group



Jim Grizzell, MBA, MA, MCHES, ACSM-HFS Baseline Data for Quality of Worklife for Objective OSH-9...

A committee I'm on to determine objectives for university faculty and staff in the companion document Healthy Campus 2020 is looking for baseline data. We've found the QWL questionnaire (apparently used in 2000). If you know of any data available please let me know.

Occupational Safety and Health - Healthy People healthypeople.gov

Learn more about the areas of occupational health and work safety to increase the health and safety on the working...

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Gary Hanes Where do Americans get their fat?

Civil Eats » Blog Archive » Where Do Americans Get Their Calories?... civileats.com

Civil Eats promotes critical thought about sustainable agriculture and food systems as part of building economically and socially just communities. In our efforts, we support the development of a dialog among local and national...

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Preparing for the Next Decade: A 2020 Vision for Healthy People



Suggestions



5 habits of Healthy People

by TaraStilesYoga

77,790 views

Featured Video



Surgeon General: Healthy & Fit

by USGOVHHS

24,689 views



2010 HHS Year in Review

by USGOVHHS 4,459 views



Q&A with Panel at Healthy People 2020 Launch

by USGOVHHS 157 views



Determinants of Health: A Framework for Reachin...

by USGOVHHS 7,353 views



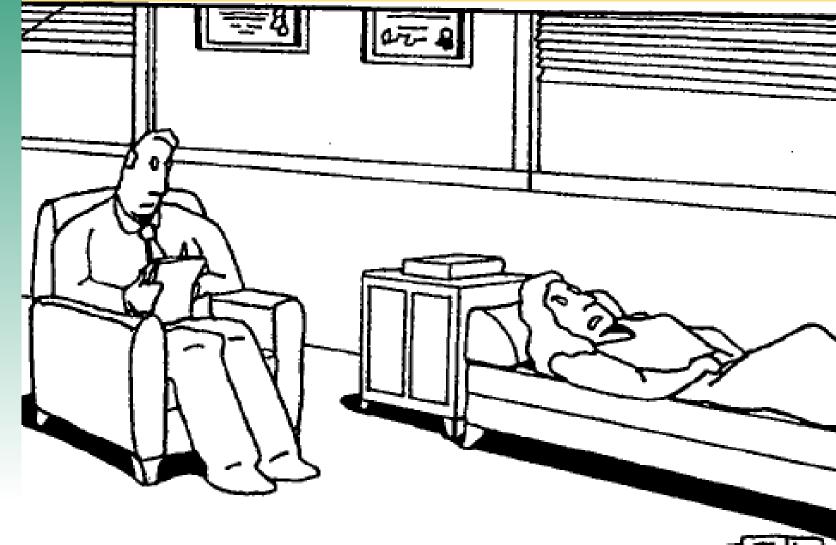
Healthy People 2020

by elianz66 756 views





"Well, I do have this recurring dream that one day I might see some results."







Healthy People 2020: Looking Ahead

- Web-based interactive resource to expand reach and usability (<u>www.healthypeople.gov</u>).
- Dynamic system to accommodate changing health needs and priorities.
- "Health in All Policies" approach.
- Launch of Leading Health Indicators for Healthy People 2020.
- Spring 2012 Healthy People Implementation Conference.

