Healthy People 2020

Office of Disease Prevention and Health Promotion
What is Healthy People?

- Provides a strategic framework for a **national prevention agenda** that communicates a vision for improving health and achieving health equity.

- Identifies science-based, **measurable objectives with targets** to be achieved by the end of the decade.

- Requires tracking of **data-driven outcomes** to monitor progress and to motivate, guide, and focus action.

- Offers model for international, state, and local **program planning**.
Overarching Goals

<table>
<thead>
<tr>
<th>Target Year</th>
<th>1990</th>
<th>2000</th>
<th>2010</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>• Decrease mortality:</strong> infants–adults</td>
<td>Increase span of healthy life</td>
<td>Increase quality and years of healthy life</td>
<td>Attain high-quality, longer lives free of preventable disease</td>
<td></td>
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<tr>
<td><strong>• Increase independence among older adults</strong></td>
<td><strong>Reduce health disparities</strong></td>
<td><strong>Eliminate health disparities</strong></td>
<td><strong>Achieve health equity; eliminate disparities</strong></td>
<td></td>
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<tr>
<td><strong>• Achieve access to preventive services for all</strong></td>
<td><strong>Create social and physical environments that promote good health</strong></td>
<td><strong>Promote quality of life, healthy development, healthy behaviors across life stages</strong></td>
<td></td>
<td></td>
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<table>
<thead>
<tr>
<th>LHIs</th>
<th>10 topics</th>
<th>12 topics</th>
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<tbody>
<tr>
<td>Topic Areas</td>
<td>15</td>
<td>22</td>
</tr>
<tr>
<td>Objectives</td>
<td>226</td>
<td>319</td>
</tr>
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</table>
Purpose of Healthy People

• Assess the impact of disease prevention and health promotion activities

• Identify nationwide health improvement priorities

• Increase public awareness and understanding of the determinants of health, disease, and disability and opportunities for progress

• Provide measurable objectives and goals that are applicable at the national, state, and local levels

• Engage multiple sectors 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
Uses of 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
- Model for other plans and countries
- Community health assessments
- Public health accreditation
Federally Led, Stakeholder-Driven

HHS
ODPHP

Federal Interagency Workgroup
(24 HHS Agencies/Offices)

42 Topic Area Workgroups

State and Local Governments
(50 State Coordinators)

National-Level Stakeholders, Including Members of Healthy People Consortium

Community-Based Organizations, Community Health Clinics, Social Service Organizations, etc.

Individuals, Families, and Neighborhoods Across America

Secretary’s Advisory Committee

6
Healthy People 2020 Key Elements

- 42 Topic Areas
- >1200 Science-Based Measurable Objectives
- Leading Health Indicators
  12 Topics supported by 26 Indicators
- Healthypeople.gov
  Highlights narratives, evidence-based resources, tools, data
HP2020 LHIs – 12 Topics, 26 Indicators

- Access to Health Services
- Clinical Preventive Services
- Environmental Quality
- Injury and Violence
- Maternal, Infant & Child Health
- Mental Health
- Nutrition, Physical Activity & Obesity
- Oral Health
- Reproductive & Sexual Health
- Social Determinants
- Substance Abuse
- Tobacco
Measuring the Nation’s Progress
Measuring the Nation’s Progress

- **Topic Area Progress Reviews**
  - Webinars and working sessions
- **Who’s Leading the Leading Health Indicators?**
  - Bimonthly webinars and e-bulletins
- **Midcourse Review**
  - Mid-decade progress assessment of over 1200 objectives
- **Final Review**
  - End of decade progress assessment for all objectives
• Snapshot of data used to assess:
  o Progress toward Healthy People 2020 overarching goals and objective targets
  o Disparities by demographic variables including geography (maps), where data are applicable and reliable
Healthy People 2020 Midcourse Review – Status of Objectives

Total Objectives: 1,271

- Developmental: 10.6% (n = 135)
- Measurable: 82.9% (n = 1,054)
- Archived: 6.5% (n = 82)

Measurable Objectives: 1,054

- Baseline only: 18.2% (n = 192)
- Target met or exceeded: 21.1% (n = 222)
- Improving: 19.1% (n = 201)
- Little or no detectable change: 27.3% (n = 288)
- Informational: 3.2% (n = 34)

Getting worse: 11.1% (n = 117)
Rescheduled: Webinar on Environmental Quality

The webinar on the Environmental Quality Leading Health Indicators, originally scheduled for Thursday, March 22, has been postponed until April 19, 2018.

Register Now.
HealthyPeople.gov

- Objectives and Topic Area Narratives
- DATA2020: data, trend
- National Snapshots
- Evidence-based resources
- Infographics
- Sharing Library
- Midcourse Review
- Public comment database
- Content Syndication
- Twitter: @gohealthypeople
DATA2020 allows users to explore data and technical information related to the Healthy People 2020 objectives.
C-1 Reduce the overall cancer death rate

Overall cancer deaths (age-adjusted, per 100,000 population)

2020 Baseline (year): 179.3 (2007)  
2020 Target: 161.4  
Desired Direction: ↓ Decrease desired

<table>
<thead>
<tr>
<th>POPULATIONS</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
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<tbody>
<tr>
<td>TOTAL</td>
<td>172.8</td>
<td>169.0</td>
<td>166.5</td>
<td>163.2</td>
<td>161.2</td>
<td>158.5</td>
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</table>

View data by group

Data Source:

Data:
Map of state-level data for this objective
Learn more about the methodology and measurement of this HP2020 objective
Download all data for this HP2020 objective (XLS - 1.10 MB)
Evidence-Based Resources

Search Healthy People 2020 Evidence-Based Resources

There are currently 550 EBRs contained in our database. Use the Search Box or Search Criteria below to narrow down your results.

Viewing 25 of 550 results

Sort By:

<table>
<thead>
<tr>
<th>Strength of Evidence</th>
<th>Evidence Based Resource</th>
<th>Publication Data</th>
<th>Resource Type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>'Third Wave' Cognitive and Behavioral Therapies Versus Treatment as Usual for Depression</td>
<td>2013</td>
<td>Systematic Review</td>
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<tr>
<td></td>
<td>Cochrane Review</td>
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<tr>
<td></td>
<td>Topic Area(s): Mental Health and Mental Disorders</td>
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</tr>
<tr>
<td></td>
<td>4 out of 4</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>2015–2020 Dietary Guidelines for Americans</td>
<td>2015</td>
<td>Non-Systematic Review, Systematic Review, Randomized Controlled Trial, Cohort Study, Cross-Sectional or Prevalence Study,</td>
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<tr>
<td></td>
<td>HHS/CASD, USDA/CNPP</td>
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<tr>
<td></td>
<td>Topic Area(s): Nutrition and Weight Status</td>
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</tr>
<tr>
<td></td>
<td>4 out of 4</td>
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Summarizes health disparities and displays changes in health disparities over time for measurable population-based Healthy People 2020 objectives with available data.

Whenever data are available, disparities are shown by:
- Sex
- Race/ethnicity
- Educational attainment
- Family income
Health Disparities Tool – Sample Disparities Overview (New Cases of Diabetes)

Disparities Overview by Race and Ethnicity

D-1: New cases of diabetes (age adjusted, per 1,000 population, 18–84 years)

This chart displays the range of estimates for each time point and identifies the populations with highest and lowest values.

2020 Baseline (year): 8.0 (2006–08)  2020 Target: 7.2  Desired Direction: ↓ Decrease Desired

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<tbody>
<tr>
<td>White only, not Hispanic or Latino</td>
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<tr>
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<td>American Indian or Alaska Native only</td>
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Data Source: National Health Interview Survey (NHIS), CDC/NCHS
• Use our new health disparities widget to see health disparities data related to the Leading Health Indicators

• Use the widget to browse data by:
  o Leading Health Indicator
  o Disparity type—including disability, education, income, location, race and ethnicity, and sex

• Add a version of the widget to your own website!

Healthy People Webinars

Who’s Leading the Leading Health Indicators?

Healthy People 2020 Progress Review

Healthy People 2020 Spotlight on Health

Secretary’s Advisory Committee for 2030
Partnerships and Outreach

• **Healthy People Outreach**
  - Listserv
  - Social Media

• **Healthy People 2020 Consortium**
  - Diverse group of organizations committed to promoting and implementing Healthy People 2020

• **Healthy People State Coordinators**
  - Ensure that State and Territory plans are in line with Healthy People goals and objectives
Development of Healthy People 2030
Healthy People 2030 Timeline

Phase I
Development of Framework

- Dec 2016: Secretary’s Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030 develops recommendations for HHS Secretary
- June 2017: Public Comment/Stakeholder Input

Phase II
Development of Objectives

- Dec 2018: HP FIW develops guidance and Agency Leads develop recommendations for Healthy People 2030 framework and objectives
- 2020: Launch of Healthy People 2030

2017
2018
2019
2020
Healthy People 2030 Development

Secretary’s Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030

Public Engagement

HP Federal Interagency Workgroup (FIW)
HP2020 Topic Area Workgroups
• Composed of non-federal, independent subject matter experts

• Provides recommendations to the Secretary of HHS regarding Healthy People 2030’s:
  o Framework
  o Objective development and selection
  o Leading Health Indicators
  o Implementation
Stay Involved with Healthy People!

- Attend upcoming Advisory Committee meetings
  - May 14, 2018 1:00pm – 4:00pm ET (webinar)
  - July 10, 2018 1:00pm – 4:00pm ET (webinar)
  - September 6-7, 2018 (in-person)

- Follow Healthy People on Twitter @GoHealthyPeople

- Join the listserve for updates and visit our website

- Tell a friend or colleague about Healthy People!