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HEALTHY PEOPLE 2010 FINAL REVIEW



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

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HEALTHY PEOPLE 2010
FINAL REVIEW

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Foreword

In the third decade of the Healthy People initiative, Healthy People 2010 continued to provide a framework to improve the nation's health by identifying overarching goals and objectives around which the public, private organizations, and citizens alike could unite. Like its predecessors, the Healthy People 2010 framework was structured for planning and action and to set priorities for policies and programs. Healthy People 2010 also advanced the methodology by which progress toward the objectives and the reduction of disparities would be measured for a better understanding of what has been achieved and where more attention and effort must be directed.

The *Healthy People 2010 Final Review* provides analyzed data on 733 objectives—the total number of objectives with tracking data. The report shows that 23% of these objectives were met and another 48% were moving toward the Healthy People 2010 targets. In each of the Focus Areas, there were some objectives that moved toward, met, or exceeded their 2010 targets. For eight Focus Areas, more than 75% of the objectives with tracking data moved toward or achieved their targets. Further, there was substantial progress in the Heart Disease and Stroke Focus Area, for example, where the target of reducing cholesterol levels was met and progress continued on reducing smoking levels. I believe these results are reflected in the reduction in deaths from heart disease and stroke, the first and third leading causes of death in the United States.

Progress in meeting other objectives supports the Healthy People 2010 overarching goal of increasing the quality and years of healthy life. Since the launch of Healthy People 2010, life expectancy at birth and at age 65 has increased for all U.S. population groups. But the core of Healthy People 2010 is to improve the quality of life, not only the length of life. The Healthy People development process recognized the complex interrelationship between health status and the prevalence and impact of disease and disability, and used innovative analytical techniques to define and measure quality of life. The ultimate goal is to make it possible for people to live the lives they want and to do the things they need to do for themselves, their families, and their communities.

Despite the well-documented progress in many areas—as noted above, 71% of the evaluated objectives were either met or showed progress—the *Healthy People 2010 Final Review* points to areas where progress has been slow or where there is no real improvement to report. A prime example is the Nutrition and Overweight Focus Area. The *Final Review* reports that obesity rates increased across all age groups. For children aged 6–11 years, obesity rates rose 54.5%, whereas for adolescents aged 12–19 years, the obesity rate rose 63.6%. In

addition, the proportion of adults who are obese rose 47.8%. Another area showing limited progress was the Arthritis, Osteoporosis, and Chronic Back Conditions Focus Area, where less than 25% of the targets were met.

With respect to health disparities, Healthy People 2010 set a goal to eliminate health disparities identified by race and ethnicity, sex, education, income, geographic location, disability status, or sexual orientation. This goal eclipsed in ambition the Healthy People 2000 goal of reducing disparities. The *Final Review* reveals a significant lack of progress in reducing or eliminating health disparities. Over the past decade, health disparities increased for an estimated 13% of the objectives and not changed for approximately 80% of the objectives. An important achievement, however, was the development of more informative models and approaches to measuring disparities. Advances in the methodology may yet lead to better approaches in closing the health gaps.

Another advance in the information foundation for Healthy People 2010 was the development of DATA2010, an interactive database system that compiles the monitoring data for tracking all the measurable objectives. Access to timely, accurate data is essential to the Healthy People process and to assessing and implementing Healthy People 2010 goals and objectives. Although much progress has been made developing and maintaining the data sources for Healthy People, some objectives were eliminated during Midcourse Review because of lack of data, and there were some objectives that could not be measured.

Healthy People 2020 is already well underway. It builds on the strengths of Healthy People 2010 but expands its scope and outreach. Healthy People 2010 had 28 subject matter areas; Healthy People 2020 has 42. Healthy People 2010 had two overarching goals of increasing the quality of life and eliminating health disparities; the 2020 program has four, adding a focus on creating social and physical environments that promote good health and on emphasizing quality of life and good health behavior over the entire span of life. I expect the progress we saw in data sources and monitoring will be enhanced with new sources of data and with advances in information technology, new ways of making the objectives and data measuring progress even more relevant and usable to communities and individuals, as well as public and private organizations at the national, state, and local levels. From the first Healthy People, the focus has been on measurable objectives. We have seen progress, documented through the many data sources consistently and accurately. This information is crucial to guide officials, the public, and individuals in developing the policies and programs to improve the health of Americans.

Edward J. Sondik, Ph.D.
Director, National Center for Health Statistics

Preface

The *Healthy People 2010 Final Review* presents a quantitative end-of-decade assessment of progress in achieving the Healthy People 2010 objectives and goals over the course of the decade. This publication was compiled by the National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention (CDC), with considerable input from lead agencies of the Department of Health and Human Services (DHHS) for the Healthy People initiative. The Healthy People Federal Interagency Workgroup and the Office of Disease Prevention and Health Promotion served in a review capacity.

The *Healthy People 2010 Final Review* continues the series of profiles (previously referred to as Prevention Profiles) of the nation's health objectives as an integral part of the DHHS disease prevention and health promotion initiative for the decade that began in 2000.

The Healthy People 2010 initiative was unveiled in January 2000 by the Secretary of the Department of Health and Human Services, which, in November 2000, released the two-volume publication *Healthy People 2010, 2nd Edition, with Understanding and Improving Health and Objectives for Improving Health*. The *Healthy People 2010 Final Review* presents a summary of progress toward achieving the Healthy People 2010 goals of:

1. Increasing quality and years of healthy life
2. Eliminating health disparities.

The *Healthy People 2010 Final Review* provides the final tracking data used to chart progress for the 969 objectives in the 28 Healthy People 2010 Focus Areas. A Progress Chart for the Healthy People 2010 Leading Health Indicators also is presented.

The *Healthy People 2010 Final Review* incorporates the modifications to objectives from the *Healthy People 2010 Midcourse Review*, which was published in December 2006. It includes information about the status of each 2010 objective over the course of the decade and a crosswalk that illustrates how Healthy People 2010 objectives were transitioned to Healthy People 2020.

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Production was accomplished by several HPSB working teams which included: Lesley Dobrzynski, Bob Francis, Leda Gurley, David Huang, Kimberly Hurvitz, Elizabeth Jackson, Bruce Jonas, Deepthi Kandi, Insun Kim, Jeff Pearcy, Cheryl Rose, Asel Ryskulova, Makram Talih, Ritu Tuteja, and Jean Williams.

The section discussing the Healthy People 2010 goal of increasing quality and years of healthy life was written by Ritu Tuteja with substantial input from Michael Molla and technical contribution from Rebecca Hines, Richard Klein, and Makram Talih.

The section addressing the Healthy People 2010 goal of eliminating health disparities was written by David Huang and Makram Talih, with input from Rebecca Hines and Richard Klein.

Compilation of data used to assess progress of the Healthy People 2010 objectives (the "Progress Chart") was conducted by the HPSB research team, particularly Lesley Dobrzynski, Leda Gurley, David Huang, Ken Keppel, Jeff Pearcy, Asel Ryskulova, Ritu Tuteja, and Makram Talih, with substantial input from Rebecca Hines and Richard Klein.

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Cancer (Focus Area 3): David Huang

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