



Healthy People 2020

Midcourse Review

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Foreword

Enhancing and protecting the health and well-being of all Americans is the core of our mission at the U.S. Department of Health and Human Services. A key part of that mission is Healthy People 2020, our 10-year plan to improve America's health with an ambitious, yet achievable set of measurable health promotion and disease prevention objectives to be met by the year 2020. Through Healthy People 2020, we measure and track a number of factors that influence health outcomes to help us ensure that all Americans have the potential to live long and healthy lives.

The *Healthy People 2020 Midcourse Review* provides a comprehensive assessment of our Nation's progress since Healthy People 2020 was launched in 2010. With 42 topic areas and more than 1,200 objectives, the scope of Healthy People 2020 is broad and far-reaching, informing health policy and programs at the local, state, and national levels. The data we collect to measure progress on these objectives is described in detail in the *Midcourse Review* and tells the story of both our successes and challenges, as we have worked toward meeting our targets during the first part of the decade.

For example, we have made progress in meeting or exceeding the 2020 targets in the topic areas of Adolescent Health; Cancer; Chronic Kidney Disease; Heart Disease and Stroke; HIV; Immunization and Infectious Diseases; Maternal, Infant, and Child Health; Occupational Safety and Health; Oral Health; and Sexually-transmitted Disease. Conversely, we still have work to do in topic areas such as Access to Health Services; Arthritis, Osteoporosis, and Chronic Back Conditions; Diabetes; Early and Middle Childhood; Family Planning; Injury and Violence Prevention; Mental Health and Mental Disorders; Older Adults; Respiratory Diseases; and Substance Abuse, in which we are moving away from, or have made little or no progress toward meeting the 2020 targets.

However, whether or not we have met our targets only tells part of the story. The *Healthy People 2020 Midcourse Review* analyzes the data by different populations—such as racial and ethnic populations, gender, income level, education level, and rural and urban settings—to identify disparities that influence health outcomes. Even when we have met or exceeded our targets, a deeper look at the data can uncover disparities that may be masked by the national average. Understanding these disparities allows us to adjust course through new or revised policies and programs, and drives communities to take action to address conditions in the environment in which people are born, live, learn, work, play, worship, and age that affect people's health status, ability to function, quality of life, and well-being.

Initiated in 1979, Healthy People is the longest running disease prevention and health promotion plan in the Nation. The objectives in Healthy People serve as national benchmarks that inform decision-making at all levels of government and across multiple sectors. By working collaboratively with our partners, we can use this snapshot of the health of the Nation to achieve our Healthy People 2020 targets by the end of the decade.

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On April 20, 2017, data in the Preface, which draws from all 42 Topic Area chapters, were revised to incorporate corrected data across several chapters in the Midcourse Review. Corrections are highlighted in yellow and appear on pages iv and v. Previous versions of the Preface should be disregarded.

Preface

Since its establishment, the Healthy People initiative has tracked public health issues to help improve the health of the nation through data-driven goals and objectives. Healthy People is unique among indicator initiatives in the Department of Health and Human Services (HHS) because it includes quantifiable objectives with targets to be achieved over the decade. Often called a “roadmap” for nationwide health promotion and disease prevention efforts, Healthy People is about understanding both where we are now and where we want to be as a nation, over a 10-year period.

The fourth and current iteration of the initiative, Healthy People 2020 (HP2020), builds on the foundation and success of previous decades and includes a number of important data features and enhancements. Building on advancements in the knowledge, evidence, and data required to set targets for health objectives, HP2020 includes 42 Topic Areas and 1,271 objectives, of which 1,054 had at least one data point at the midpoint in the decade.

To better address the challenges of tracking and disseminating the extensive data required to monitor the objectives, the HHS Healthy People website was redesigned for HP2020 to provide a more efficient, integrated, and seamless system for accessing the complete data for the objectives, along with information on the objectives and all aspects of the initiative. In previous decades, the Healthy People database was a standalone system that needed to be accessed separately from information on the objectives. With the transition to the integrated HP2020 website with regular data updates throughout the decade, the website includes not just traditional data tables and extensive technical details for each measurable objective, but also data visualization through trend charts, bar charts, and infographics as well as state- or county-level maps for selected objectives.

Healthy People has placed an increasing emphasis on addressing disparities and promoting health equity over the past three decades. The overarching goal pertaining to health disparities has progressed from “reducing health disparities” in Healthy People 2000 to “eliminating health disparities” in Healthy People 2010 to “achieving health equity, eliminating disparities, and improving the health of all groups” in HP2020. As in previous decades, extensive demographic subpopulation data crucial to assessing health disparities are included where data are available and applicable.

To monitor the comprehensive set of objectives, HP2020 relies on data from more than 200 data systems. Data from National Center for Health Statistics (NCHS) data systems, including the National Health Interview Survey, National Vital Statistics System, National Health and Nutrition Examination Survey, National Health Care Surveys, and National Survey of Family Growth are used to monitor approximately 40% of the objectives. Data timeliness and periodicity of collection are crucial elements for all data sources used in HP2020 to maintain the relevance of Healthy People to efforts to improve public health. In 2014, the latest year of data available, 45% of objectives were tracked at least every 3 years, 48% had at least 2 data points, and 81% had at least 1 data point.

The *Healthy People 2020 Midcourse Review* provides a mid-decade snapshot of progress toward the goals and objectives of HP2020. The methodology and data displays used in this publication represent an evolution from previous Healthy People publications. Several important changes include:

- New and revised summary graphics and tables to provide more user-friendly information on objective status, progress, and disparities.
- Revision of the methodologies for assessing progress toward the targets and toward eliminating health disparities to make them more transparent and accessible.
- A revised Reader’s Guide with a step-by-step explanation of the measures presented in the *Healthy People 2020 Midcourse Review* and how to interpret them.

There are 1,054 measurable objectives included in the *Healthy People 2020 Midcourse Review*, spanning 42 topic areas. Progress toward target attainment could not be assessed for the 18.2% (n = 192) that did not have follow-up data beyond the baseline or the 3.2% (n = 34) that are tracked for informational purposes (without a target). For the 828 remaining objectives (measurable objectives that are trackable), 26.8% (n = 222) had targets that were met or exceeded, 24.3% (n = 201) were improving, 34.8% (n = 288) demonstrated little or no change, and 14.1% (n = 117) were getting worse.

Preface—Continued

Health disparities were examined at midcourse for 624 measurable, population-based objectives that had data available for selected population subgroups (e.g., subgroups defined by sex, race and ethnicity, educational attainment, family income, disability status, and geographic location). In addition, approximately 60 state- or county-level maps are presented for selected objectives.

It is my hope that the findings presented in the *Healthy People 2020 Midcourse Review*, both successes and challenges, serve to help guide officials, the public, and individuals in developing policies and programs that improve the health of Americans.

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Appendices were compiled by Elizabeth Pathak (Appendix A: Technical Notes) and Cheryl Rose (Appendix B: Midcourse Review Topic Area Chapter Contributors and Appendix C: Topic Area Workgroup Coordinators).

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