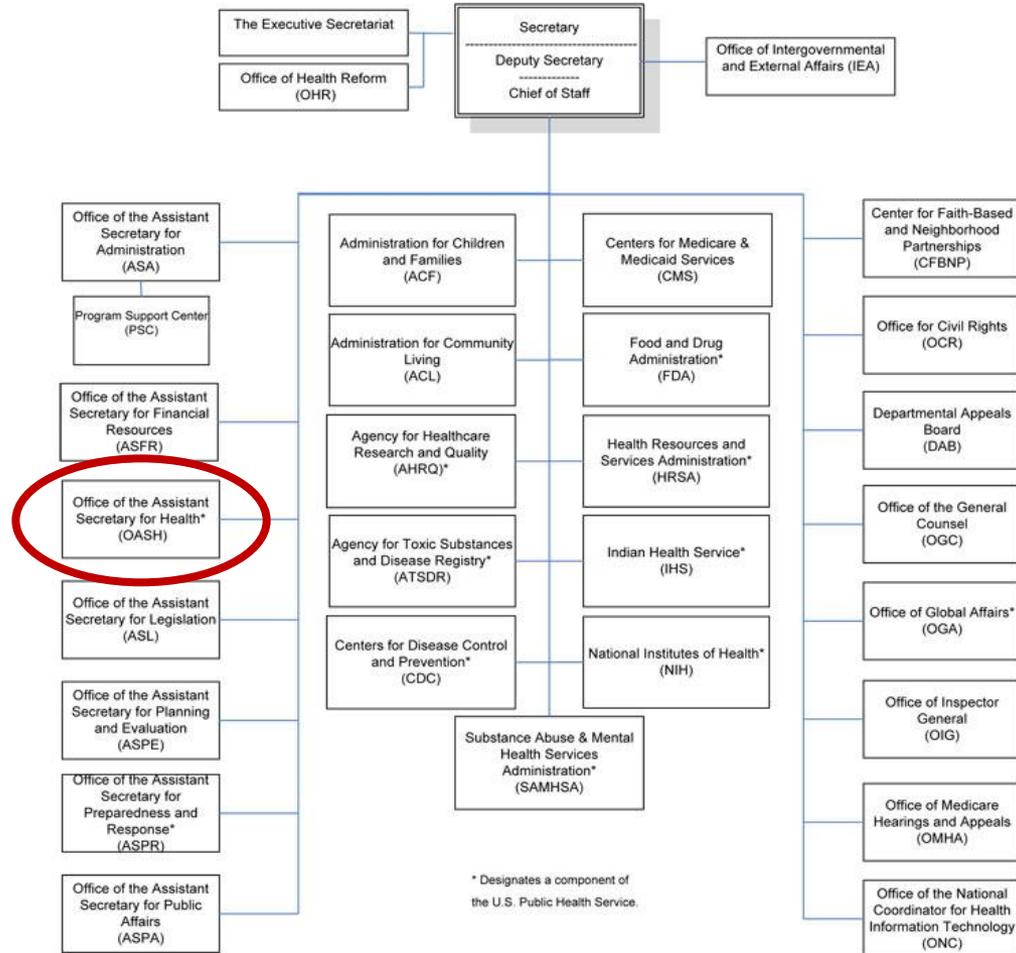




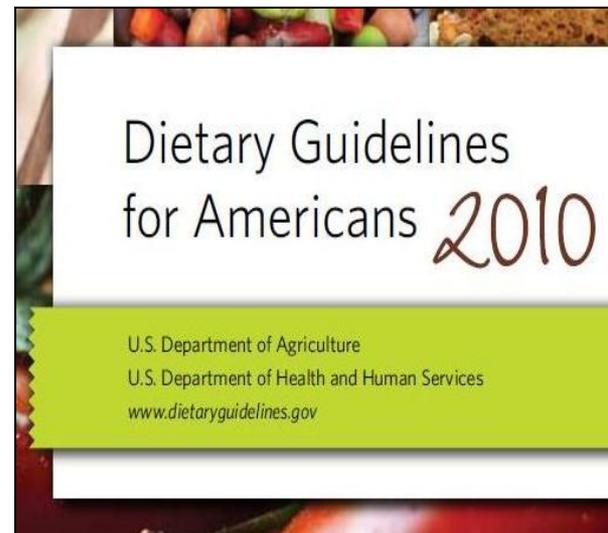
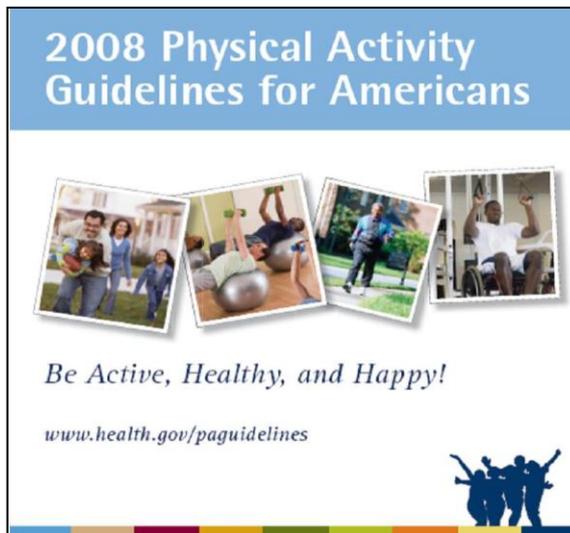
Healthy People2020: Overview

- Office of Disease Prevention and Health Promotion
- Healthy People 2020
 - Historical Background
 - Vision and Mission
 - Development Process
 - Social Determinants
 - Web Site
- Leading Health Indicators
- Connecting with Healthy People

U.S. Department of Health and Human Services



Office of Disease Prevention and Health Promotion





Key Features of Healthy People

- Creates a comprehensive, **strategic framework** that unites health promotion and disease prevention issues under a single umbrella.
- Provides science-based **objectives and targets**
- Tracks **data-driven outcomes** to monitor progress over time to motivate, guide, and focus action.
- Engages a network of multidisciplinary, multisectoral **stakeholders at all levels.**
- Guides national **research, program planning, and policy** efforts that drive action to promote health and prevent disease.

Fourth Decade

- **Healthy People:** Surgeon General's Report on Health Promotion and Disease Prevention (1979)
- **Healthy People 1990:** Promoting Health / Preventing Disease - Objectives for the Nation
- **Healthy People 2000:** National Health Promotion and Disease Prevention Objectives
- **Healthy People 2010:** Objectives for Improving Health
- **Healthy People 2020:** Healthy People in Healthy Communities



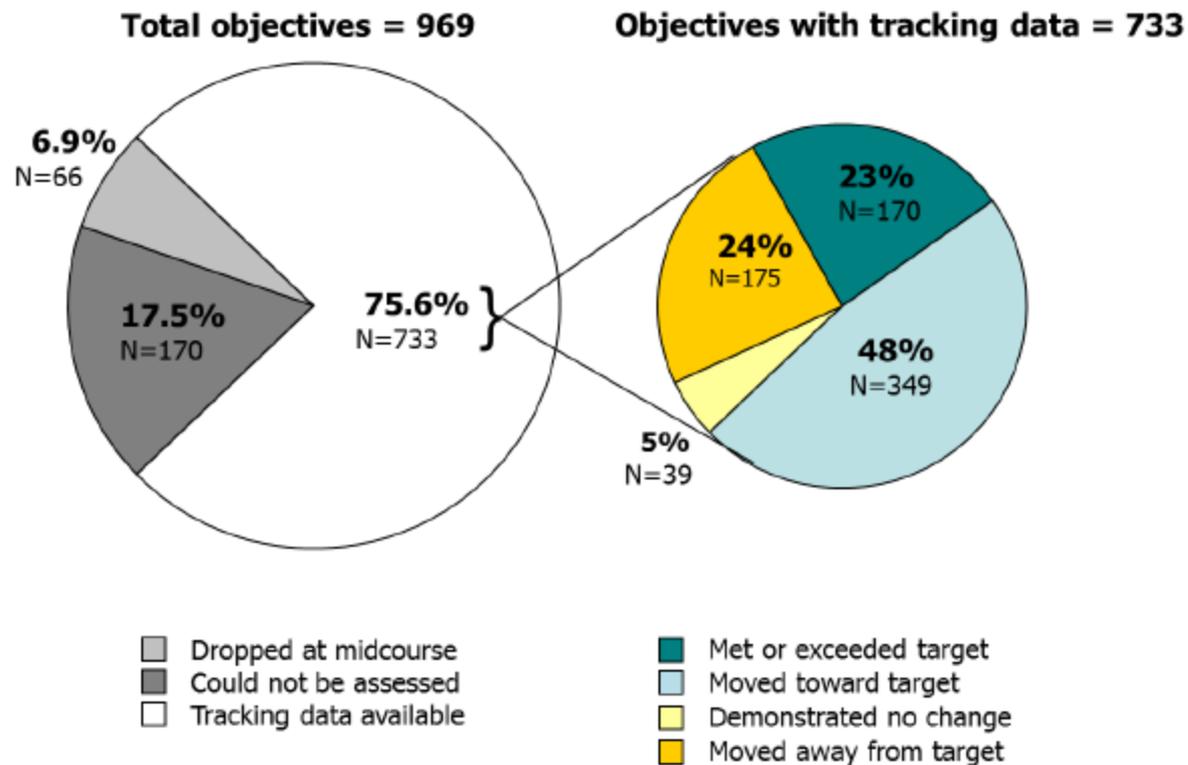
Evolution of Healthy People

Target Year	1990	2000	2010	2020
				
Overarching Goals	<ul style="list-style-type: none"> • Decrease mortality: infants–adults • Increase independence among older adults 	<ul style="list-style-type: none"> • Increase span of healthy life • Reduce health disparities • Achieve access to preventive services for all 	<ul style="list-style-type: none"> • Increase quality and years of healthy life • Eliminate health disparities 	<ul style="list-style-type: none"> • 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



Final Review for 2010

Figure ES-1. Healthy People 2010 Objectives: Status at the Final Review and Summary of Progress toward Target Attainment





Healthy People 2020

Vision

a society in which all people live long, healthy lives

Overview

- national 10-year goals
- 1,200 specific objectives
- stakeholder-driven since 1979
- ecological and determinants approach





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





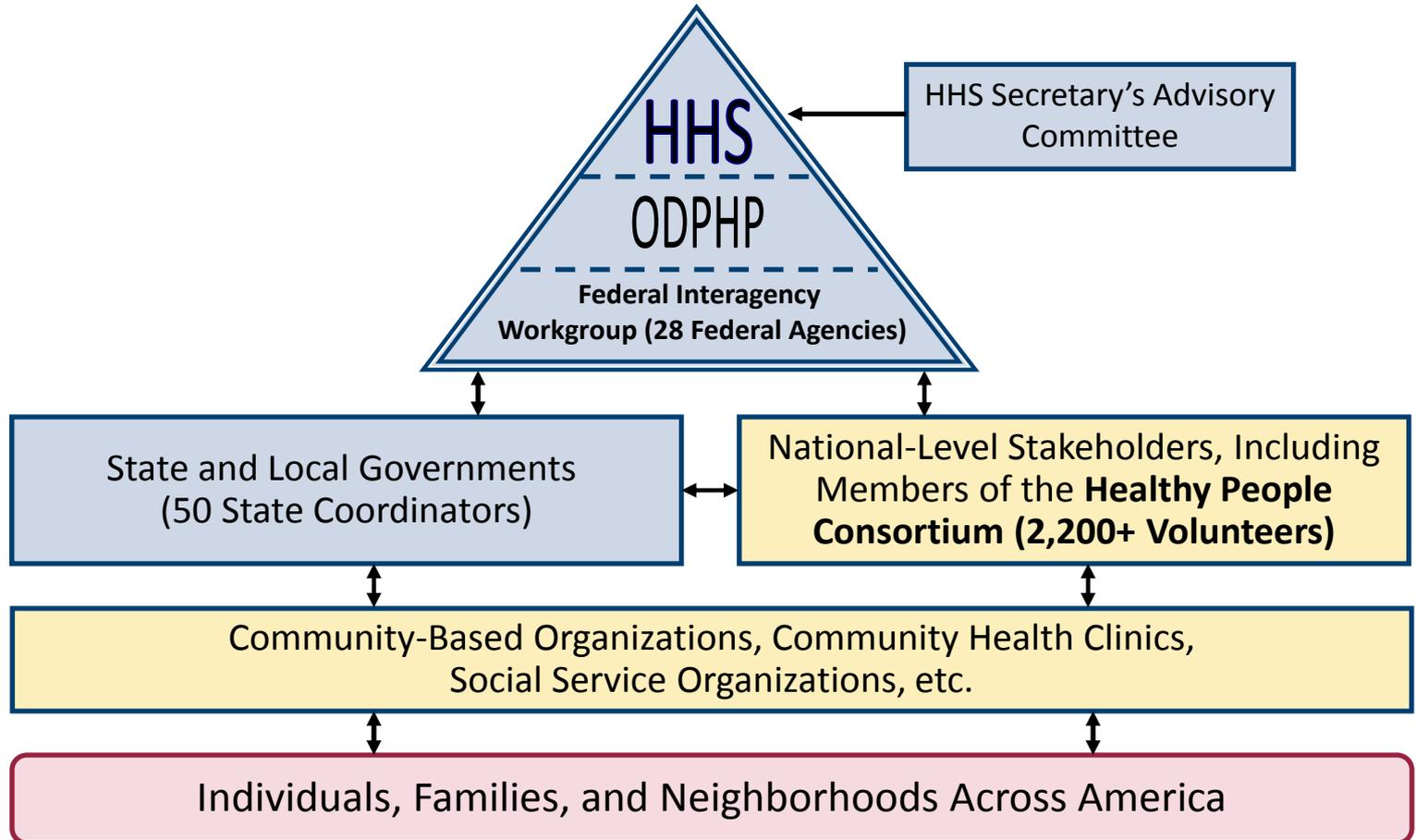
Mission - Continued

- 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





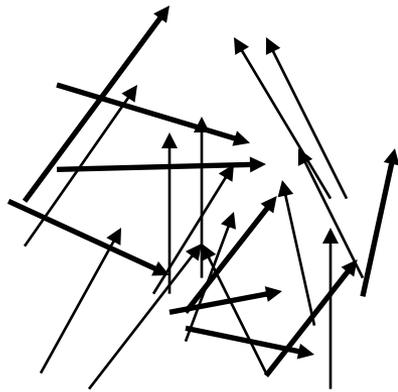
Federally Led, Stakeholder-Driven Process



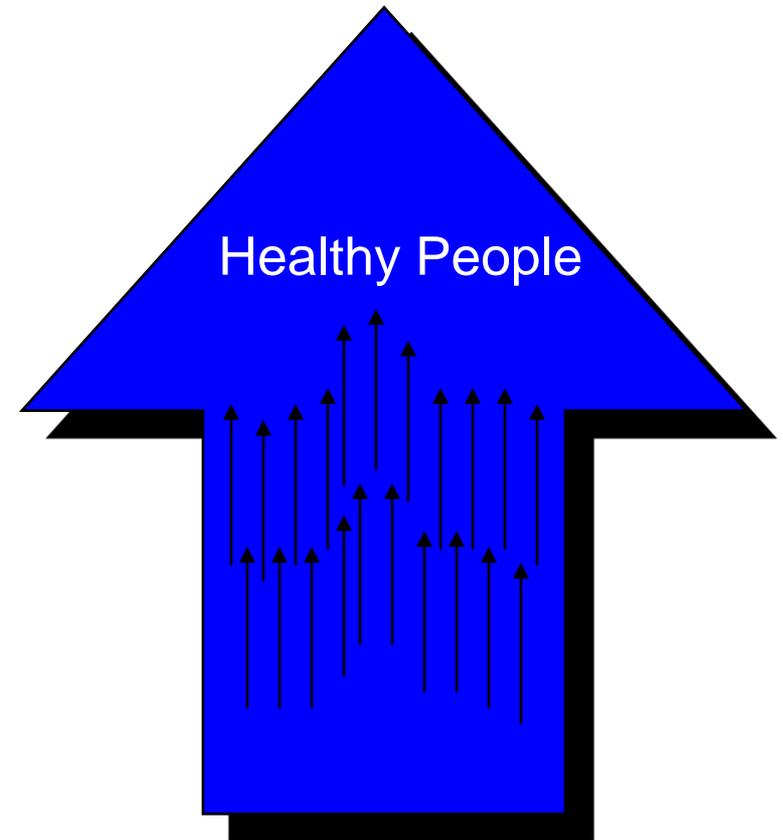


Healthy People: Aligns Strategic Public Health Goals and Efforts Across the Nation

**Non-Aligned Effort
Random Acts of Innovation**



Aligned Effort





Topic Areas New to HP2020

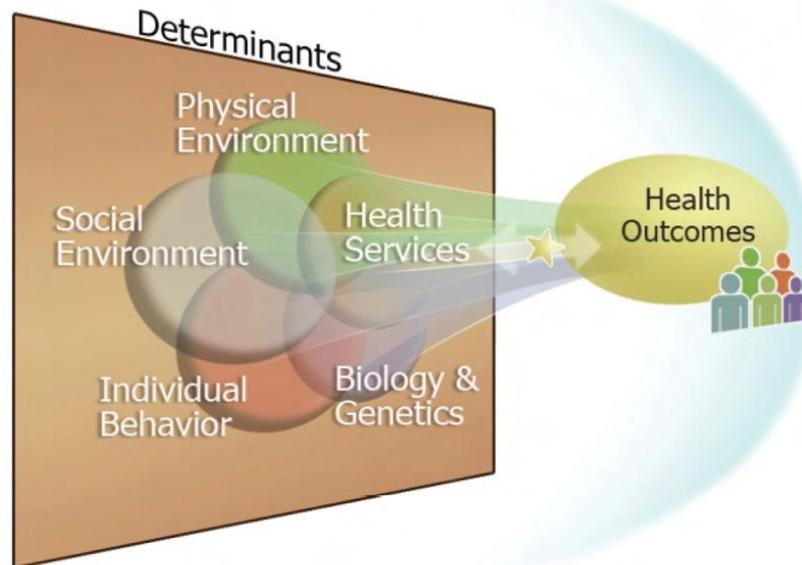
- *Life stages*
 - Adolescent Health
 - Early and Middle Childhood
 - Older Adults
- Blood Disorders and Blood Safety
- Dementia, including Alzheimer's Disease
- Genomics
- Global Health
- Healthcare Associated Infections
- Lesbian, Gay, Bisexual, and Transgender Health
- Preparedness
- Quality of Life and Well-Being
- Sleep Health
- Social Determinants of Health

Framework: Social Determinants



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.

Federal Interagency Workgroup

- 30 agencies and offices
- 10 federal departments
- subject-matter experts



Website



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Closer Look: Health Disparities

Compare the Top 10 Causes of Death across Populations

Race/Ethnicity:

Age Range:

Get Your Results

Get the Latest Healthy People News & Events

Healthy People 2020 Brochure: Updated with LHIs! [PDF - 948 KB]

HHS Prevention Strategies

Healthy People supports prevention efforts across the U.S. Department of Health and Human Services (HHS) to create a healthier Nation.

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Each Topic Area includes an overview, objectives and data, and evidence-based resources.

A Access to Health Services Adolescent Health <i>New</i> Arthritis, Osteoporosis, and Chronic Back Conditions	G Genomics <i>New</i> Global Health <i>New</i>	N Nutrition and Weight Status
B Blood Disorders and Blood Safety <i>New</i>	H Health Communication and Health Information Technology Healthcare-Associated Infections <i>New</i> Health-Related Quality of Life & Well-Being <i>New</i>	O Occupational Safety and Health Older Adults <i>New</i> Oral Health
		P

Topic Areas



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B Blood Disorders and Blood Safety <i>New</i>	H Health Communication and Health Information Technology Healthcare-Associated Infections <i>New</i> Health-Related Quality of Life & Well-Being <i>New</i>	O Occupational Safety and Health Older Adults <i>New</i> Oral Health
		P

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Nutrition and Weight Status

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Goal

Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.

Overview

The Nutrition and Weight Status objectives for Healthy People 2020 reflect strong science supporting the health benefits of eating a healthful diet and maintaining a healthy body weight. The objectives also emphasize that efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings such as schools, worksites, health care organizations, and communities.



The goal of promoting healthful diets and healthy weight encompasses increasing household food security and eliminating hunger.

Americans with a healthful diet:

- Consume a variety of nutrient-dense foods within and across the food groups, especially whole grains, fruits, vegetables, low-fat or fat-free milk or milk products, and lean meats and other protein sources.
- Limit the intake of saturated and *trans* fats, cholesterol, added sugars, sodium (salt), and alcohol.
- Limit caloric intake to meet caloric needs.¹

Topic Area - Example



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Nutrition and Weight Status

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Objectives



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Nutrition and Weight Status

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Healthier Food Access

NWS-1	Increase the number of States with nutrition standards for foods and beverages provided to preschool-aged children in child care	View Details ▼
NWS-2	Increase the proportion of schools that offer nutritious foods and beverages outside of school meals	
NWS-2.1	Increase the proportion of schools that do not sell or offer calorically sweetened beverages to students	View Details ▼
NWS-2.2	Increase the proportion of school districts that require schools to make fruits or vegetables available whenever other food is offered or sold	View Details ▼
NWS-3	Increase the number of States that have State-level policies that incentivize food retail outlets to provide foods that are encouraged by the Dietary Guidelines	View Details ▼
NWS-4	(Developmental) Increase the proportion of Americans who have access to a food retail outlet that sells a variety of foods that are encouraged by the <i>Dietary Guidelines for Americans</i>	View Details ▼

Objectives



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Healthier Food Access

NWS-1	Increase the number of States with nutrition standards that limit the number of sugar-sweetened beverages provided to preschool-aged children in child care	View Details ▼
NWS-2	Increase the proportion of schools that offer nutritious beverages outside of school meals	
NWS-2.1	Increase the proportion of schools that limit the availability of sugar-sweetened beverages to students	View Details ▼
NWS-2.2	Increase the proportion of school districts that require schools to make fruits or vegetables available whenever other food is offered or sold	View Details ▼
NWS-3	Increase the number of States that have State-level policies that incentivize food retail outlets to provide foods that are encouraged by the Dietary Guidelines	View Details ▼
NWS-4	(Developmental) Increase the proportion of Americans who have access to a food retail outlet that sells a variety of foods that are encouraged by the <i>Dietary Guidelines for Americans</i>	View Details ▼



Objectives

Weight Status

NWS-8 Increase the proportion of adults who are at a healthy weight [View Details](#) ▼

NWS-9 Reduce the proportion of adults who are obese **LHI** [View Details](#) ▼

NWS-10 Reduce the proportion of children and adolescents who are considered obese

NWS-10.1 Children aged 2 to 5 years [View Details](#) ▼

NWS-10.2 Children aged 6 to 11 years [View Details](#) ▼

NWS-10.3 Adolescents aged 12 to 19 years [View Details](#) ▼

NWS-10.4 Children and adolescents aged 2 to 19 years **LHI** [View Details](#) ▼

NWS-11 (Developmental) Prevent inappropriate weight gain in youth and adults

NWS-11.1 Children aged 2 to 5 years [View Details](#) ▼

NWS-11.2 Children aged 6 to 11 years [View Details](#) ▼

NWS-11.3 Adolescents aged 12 to 19 years [View Details](#) ▼

NWS-11.4 Children and adolescents aged 2 to 19 years [View Details](#) ▼

NWS-11.5 Adults aged 20 years and older [View Details](#) ▼

Food Insecurity

NWS-12 Eliminate very low food security among children [View Details](#) ▼

Objectives

Weight Status

NWS-8 Increase the proportion of adults who are at a healthy weight

[View Details](#) ▼

NWS-9 Reduce the proportion of adults who are obese **LHI**

[View Details](#) ▼

NWS-10 Reduce the proportion of children and adolescents who are considered obese

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NWS-10.2 Children aged 6 to 11 years

[View Details](#) ▼

NWS-10.3 Adolescents aged 12 to 19 years

[View Details](#) ▼

NWS-10.4 Children and adolescents aged 2 to 19 years **LHI**

[View Details](#) ▼

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[View Details](#) ▼

NWS-11.2 Children aged 6 to 11 years

[View Details](#) ▼

NWS-11.3 Adolescents aged 12 to 19 years

[View Details](#) ▼

NWS-11.4 Children and adolescents aged 2 to 19 years

[View Details](#) ▼

NWS-11.5 Adults aged 20 years and older

[View Details](#) ▼

Food Insecurity

NWS-12 Eliminate very low food security among children

[View Details](#) ▼



Objective - Example



Weight Status

NWS-8 Increase the proportion of adults who are at a healthy weight [View Details](#) ▼

NWS-9 Reduce the proportion of adults who are obese **LHI** [Close Details](#) ▼

Baseline:	34.0 percent of persons aged 20 years and over were obese in 2005–08 (age adjusted to the year 2000 standard population)
Target:	30.6 percent
Target-Setting Method:	10 percent improvement
Data Source:	National Health and Nutrition Examination Survey (NHANES), CDC, NCHS

More Information:



[Data from the HHS Health Indicators Warehouse](#)



The HP2010 objective with the same definition was 19-2. [View on DATA2010](#)



[Search PubMed for Literature Relating to this Objective](#)

[Close Details](#) ▲

NWS-10 Reduce the proportion of children and adolescents who are considered obese

NWS-10.1 Children aged 2 to 5 years [View Details](#) ▼

NWS-10.2 Children aged 6 to 11 years [View Details](#) ▼

NWS-10.3 Adolescents aged 12 to 19 years [View Details](#) ▼

NWS-10.4 Children and adolescents aged 2 to 19 years **LHI** [View Details](#) ▼

NWS-11 (Developmental) Prevent inappropriate weight gain in youth and adults

Objective - Example



Weight Status

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[View Details](#) ▼

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[Close Details](#) ▼

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[Search PubMed for Literature Relating to this Objective](#)

[Close Details](#) ▲

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NWS-10.1 Children aged 2 to 5 years

[View Details](#) ▼

NWS-10.2 Children aged 6 to 11 years

[View Details](#) ▼

NWS-10.3 Adolescents aged 12 to 19 years

[View Details](#) ▼

NWS-10.4 Children and adolescents aged 2 to 19 years **LHI**

[View Details](#) ▼

NWS-11 (Developmental) Prevent inappropriate weight gain in youth and adults



Objective - Example

NWS-9: Reduce the proportion of adults who are obese

- **Baseline**

34.0 percent of persons aged 20 years and over were obese in 2005-08 (age adjusted to the year 2000 standard population)

- **Target**

30.6 percent

- **Target-Setting Method**

10 percent improvement

- **Data Source**

National Health and Nutrition Examination Survey (NHANES), CDC, NCHS



Objective - Example



Weight Status

NWS-8 Increase the proportion of adults who are at a healthy weight

[View Details](#) ▼

NWS-9 Reduce the proportion of adults who are obese **LHI**

[Close Details](#) ▼

Baseline:	34.0 percent of persons aged 20 years and over were obese in 2005–08 (age adjusted to the year 2000 standard population)
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More Information:



[Data from the HHS Health Indicators Warehouse](#)



The HP2010 objective with the same definition was 19-2. [View on DATA2010](#)



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[Close Details](#) ▲

NWS-10 Reduce the proportion of children and adolescents who are considered obese

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[View Details](#) ▼

NWS-10.2 Children aged 6 to 11 years

[View Details](#) ▼

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NWS-10.4 Children and adolescents aged 2 to 19 years **LHI**

[View Details](#) ▼

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Objective - Example



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[Close Details](#) ▲

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NWS-10.4 Children and adolescents aged 2 to 19 years **LHI** [View Details](#) ▼

NWS-11 (Developmental) Prevent inappropriate weight gain in youth and adults

Objective - More Information



[Data from the HHS Health Indicators Warehouse](#)



The HP2010 objective with the same definition was 19-2. [View on DATA2010](#)



[Search PubMed for Literature Relating to this Objective](#)





Objective - Criteria for Inclusion

- important and understandable to a broad audience
- prevention-oriented and achievable through various interventions
- drives action
- useful and reflects issues of national importance
- measurable and addresses a range of issues
- builds on past iterations of Healthy People
- supported with best available scientific evidence
- addresses population disparities

Implementation for 2020



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Implementing Healthy People 2020

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

Healthy People is based on a simple but powerful model:

- 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.



Use the MAP-IT framework to help:

- Mobilize partners.
- Assess the needs of your community.
- Create and implement a plan to reach Healthy People 2020 objectives.
- Track your community's progress.

Implementation Examples:
MAP-IT at Work

- ▶ [Local School Board](#)
- ▶ [Workplace Wellness Committee](#)

Are You Leading the Leading Health Indicators?

Healthy People 2020 is looking for real stories from organizations implementing innovative programs to target specific [Leading Health Indicators](#).





Leading Health Indicators

- Small set of health issues that are recognized as major influences on public health
- 26 indicators organized under 12 topics
- align with Healthy People 2020 objectives
- selected to communicate high-priority health issues
- practical framework for public health professionals





Leading Health Indicator Topics

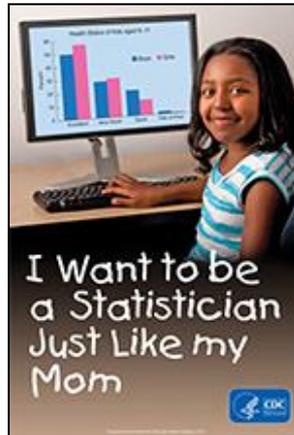
- Access to Health Services
- Clinical Preventive Services
- Environmental Quality
- Injury and Violence
- Maternal, Infant, and Child Health
- Mental Health
- Nutrition, Physical Activity, and Obesity
- Oral Health
- Reproductive and Sexual Health
- Social Determinants
- Substance Abuse
- Tobacco





National Center for Health Statistics

- within Centers for Disease Control and Prevention
- key partner for Healthy People
- rigorously analyzes data to assure high quality



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Welcome to the Healthy People Consortium!

The Consortium is a diverse, motivated group of **agencies and organizations** nationwide that are committed to achieving Healthy People 2020 goals and objectives.

Consortium members range from colleges and universities to private businesses and religious organizations. Any agency or organization that supports Healthy People 2020 goals and objectives is welcome to join. [See a full list of Consortium organizations.](#)



New from Our Partners

[APHA's Guidance Document to the Navigation and Use of the Healthy People 2020 Web site \[PDF - 196 KB\]](#). The Health Communication Working Group of the APHA Public Health Education and Health Promotion section developed this resource to assist public health professionals become better acquainted with Healthy People 2020.