Healthy People 2020
A Foundation for Health Promotion and Disease Prevention Throughout the Nation

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Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services

August 7, 2012
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

Diagram showing the organizational structure of the U.S. Department of Health and Human Services, including various offices and agencies.
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

<table>
<thead>
<tr>
<th>Target Year</th>
<th>1990</th>
<th>2000</th>
<th>2010</th>
<th>2020</th>
</tr>
</thead>
</table>
| Overarching Goals | • Decrease mortality: infants–adults  
                        • Increase independence among older adults  
                        • Achieve access to preventive services for all | • Increase span of healthy life  
                        • Reduce health disparities | • 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 |

*39* With objectives
Final Review for 2010

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

- Total objectives = 969
- Objectives with tracking data = 733

- 75.6% (N=733)
- 17.5% (N=170)
- 6.9% (N=66)
- 23% (N=175)
- 24% (N=170)
- 48% (N=349)
- 5% (N=39)

Legend:
- Met or exceeded target
- Moved toward target
- Demonstrated no change
- Moved away from target
- Tracking data available
- Could not be assessed
- Dropped at midcourse
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

State and Local Governments (50 State Coordinators)

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

National-Level Stakeholders, Including Members of the Healthy People Consortium (2,200+ Volunteers)

Individuals, Families, and Neighborhoods Across America

HHS Secretary’s Advisory Committee

Federal Interagency Workgroup (28 Federal Agencies)
Healthy People: Aligns Strategic Public Health Goals and Efforts Across the Nation

Non-Aligned Effort
Random Acts of Innovation

Aligned Effort
Healthy People 2020
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
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
Topic Areas

HealthyPeople.gov

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

A
- Access to Health Services
- Adolescent Health
- Arthritis, Osteoporosis, and Chronic Back Conditions

B
- Blood Disorders and Blood Safety

G
- Genomics
- Global Health

H
- Health Communication and Health Information Technology
- Healthcare-Associated Infections
- Health-Related Quality of Life & Well-Being

N
- Nutrition and Weight Status

O
- Occupational Safety and Health
- Older Adults
- Oral Health

P
Topic Areas

HealthyPeople.gov

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Access to Health Services
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Arthritis, Osteoporosis, and Chronic Back Conditions

B
Blood Disorders and Blood Safety

G
Genomics
Global Health

H
Health Communication and Health Information Technology
Healthcare-Associated Infections
Health-Related Quality of Life & Well-Being

Nutrition and Weight Status

O
Occupational Safety and Health
Older Adults
Oral Health

P
**Nutrition and Weight Status**

**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 evidence 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.
Goal
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- Limit caloric intake to meet caloric needs

1. Healthy People 2020
Objectives

HealthyPeople.gov

Home > 2020 Topics & Objectives > Nutrition and Weight Status

Nutrition and Weight Status

Download all Nutrition and Weight Status Objectives [PDF — 31 KB]

Expand All Objectives +

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

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

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

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

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 Dietary Guidelines for Americans
Objectives

Nutrition and Weight Status

Overview | Objectives | Interventions & Resources

Download all Nutrition and Weight Status Objectives [PDF — 31 pages]

Expand All Objectives

Healthier Food Access

NWS-1 Increase the number of States with nutrition standards for food and beverages provided to preschool-aged children in child care

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NWS-2.1 Increase the proportion of schools that offer nutrition standards for food and beverages to students

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

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

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 Dietary Guidelines for Americans
## Objectives

### Weight Status

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<tr>
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<td>NWS-9</td>
<td>Reduce the proportion of adults who are obese (LHI)</td>
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<td>NWS-10</td>
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<td>Children and adolescents aged 2 to 19 years (LHI)</td>
</tr>
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<td>NWS-11</td>
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<td>NWG-11.5</td>
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### Food Insecurity

| NWS-12  | Eliminate very low food security among children |

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[Healthy People 2020](#)
## Objectives

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# Objective - Example

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**Baseline:**
34.0 percent of persons aged 20 years and over were obese in 2006-08 (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 NHS Health Indicators Warehouse](#)
- [Search PubMed for literature relating to this Objective](#)

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

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

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| Baseline: | 34.8 percent of persons aged 20 years and over were obese in 2006–08 (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

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**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

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### More Information:
- Data from the NHIS Health Indicators Warehouse
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### NWS-10
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### NWS-11
(Developmental) Prevent inappropriate weight gain in youth and adults
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## NWS-10
- Reduce the proportion of children and adolescents who are considered obese

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## 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

HealthyPeople.gov

Implementing Healthy People

In This Section:
- Mobilize
- Assess
- Plan
- Implement
- Track
- Planning Resources
- Funding Resources
- State Plans

Implementing Healthy People 2020

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

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
Consortium and Partners

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 Website [PDF – 156 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.