# Healthy People 2020

## Promoting Health and Preventing Disease Throughout the Nation

Carter Blakey
HHS Office of Disease Prevention and Health Promotion
September 2011

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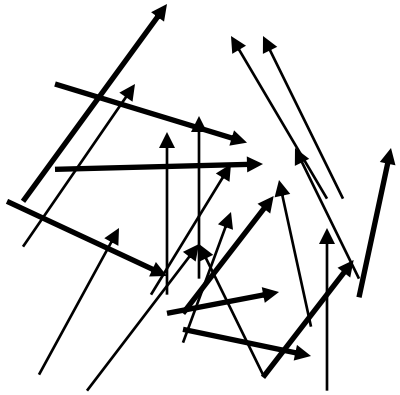
U.S. Department of Health & Human Services · USA

Office of Disease Prevention and Health Promotion

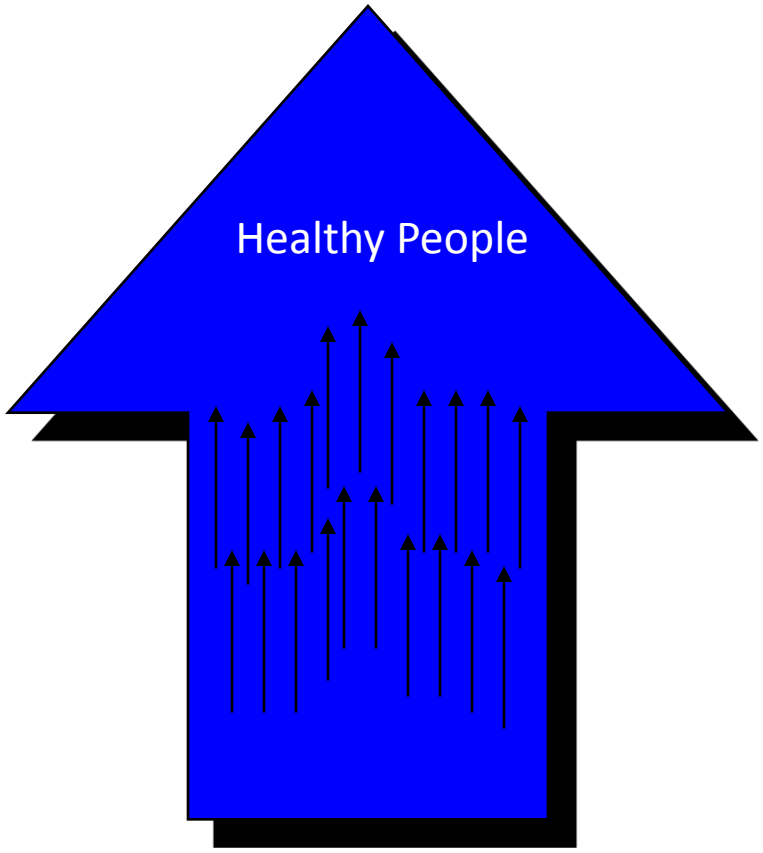
# Healthy People: Aligns Strategic Public Health Goals and Efforts Across the Nation

**Non-Aligned Effort**

**Random Acts of Innovation**



**Aligned Effort**

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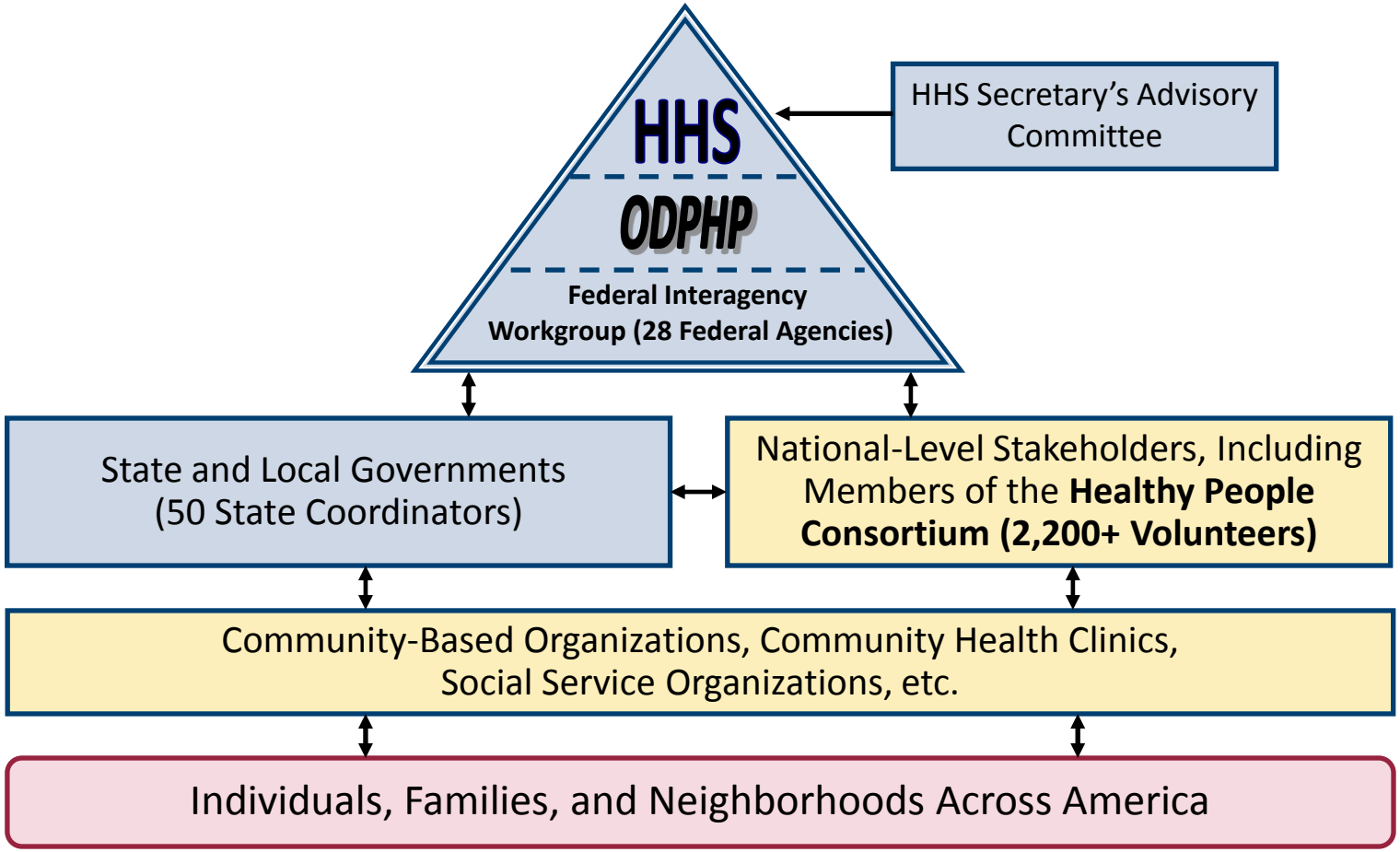
# Evolution of Healthy People

| Target Year | 1990 | 2000 | 2010 | 2020 |
|---|---|---|---|---|
| **Overarching Goals** | •Decrease mortality: infants–adults<br>•Increase independence among older adults | •Increase span of healthy life<br>•Reduce health disparities<br>•Achieve access to preventive services for all | •Increase quality and years of healthy life<br>•Eliminate health disparities | •Attain high-quality, longer lives free of preventable disease<br>•Achieve health equity; eliminate disparities<br>•Create social and physical environments that promote good health<br>•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

# Federally Led, Stakeholder-Driven Process

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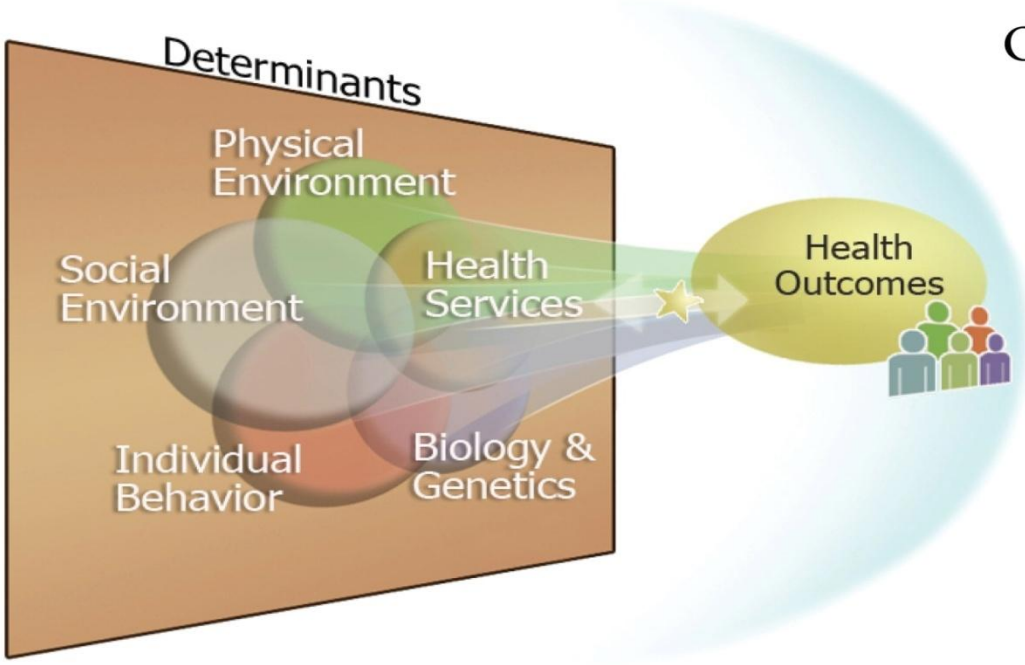
# Healthy People 2020 Framework

## 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.

# Social Determinants of Health

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# *New* Healthy People 2020 Topic Areas

- Life Stages
  - Adolescent Health
  - Early and Middle Childhood
  - Older Adults
- Blood Disorders and Blood Safety
- Dementias, including Alzheimer's Disease
- Genomics
- Global Health
- Healthcare-Associated Infections
- Preparedness
- Sleep Health
- In Development
  - Lesbian, Gay, Bisexual, and Transgender Health
  - Health-Related Quality of Life and Well-being
  - Social Determinants of Health

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# Redesigned Web Site: www.healthypeople.gov

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## Get to Know Healthy People 2020

Introducing Healthy People 2020: Find out about the history, development and launch of Healthy People 2020.

Read More

1 2 3 4 ▶

## Closer Look: Health Disparities

Compare the Top 10 Causes of Death across Populations

Race/ Ethnicity: --Select race/ethnicity--

Age Range:

Get Your Results

How to Use HealthyPeople.gov

Get the Healthy People 2020 brochure

## What's New for 2020

Don't miss these new Topic Areas, tools, and more.

## Spotlight

*Healthy People Implementation Conference: Coming in Spring 2012*

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Healthy People 2010 Archive | Healthfinder.gov

A Federal Government Web site managed by the U.S. Department of Health and Human Services

200 Independence Avenue, S.W., Washington, DC 20201

# Topic Area A-Z Listing

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

Download all Healthy People 2020 objectives [PDF - 2 MB].

Download all Healthy People 2020 objectives in spreadsheet format [XLSX - 159 KB].

If you experience problems viewing documents, please download the latest version of the Viewer or Player.

**A**

Access to Health Services
Adolescent Health *New*
Arthritis, Osteoporosis, and Chronic Back Conditions

**B**

Blood Disorders and Blood Safety *New*

**C**

Cancer
Chronic Kidney Disease

**D**

Dementias, Including Alzheimer's Disease *New*
Diabetes
Disability and Health

**E**

Early and Middle Childhood *New*
Educational and Community-Based Programs
Environmental Health

**F**

Family Planning
Food Safety

**G**

Genomics *New*
Global Health *New*

**H**

Health Communication and Health Information Technology
Healthcare-Associated Infections *New*
Health-Related Quality of Life & Well-Being *New*
Hearing and Other Sensory or Communication Disorders
Heart Disease and Stroke
HIV

**I**

Immunization and Infectious Diseases
Injury and Violence Prevention

**L**

Lesbian, Gay, Bisexual, and Transgender Health *New*

**M**

Maternal, Infant, and Child Health
Medical Product Safety
Mental Health and Mental Disorders

**N**

Nutrition and Weight Status

**O**

Occupational Safety and Health
Older Adults *New*
Oral Health

**P**

Physical Activity
Preparedness *New*
Public Health Infrastructure

**R**

Respiratory Diseases

**S**

Sexually Transmitted Diseases
Sleep Health *New*
Social Determinants of Health *New*
Substance Abuse

**T**

Tobacco Use

**V**

Vision

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# Tobacco Use Topic Area Overview

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Home > 2020 Topics & Objectives > Tobacco Use

## Tobacco Use

Print E-mail Share

Overview | Objectives | Interventions & Resources

### Goal

Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.

### Overview

Scientific knowledge about the health effects of tobacco use has increased greatly since the first Surgeon General's report on tobacco was released in 1964.[1,2,3]

Tobacco use causes:

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# Tobacco Use Objectives

## Tobacco Use

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Overview | Objectives | Interventions & Resources

Download all Tobacco Use Objectives [PDF – 40 KB]

Expand All Objectives

### Tobacco Use

**TU-1** Reduce tobacco use by adults

TU-1.1 Cigarette smoking — Close Details ▼

| | |
|---|---|
| Baseline: | 20.6 percent of adults aged 18 years and older were current cigarette smokers in 2008 (age adjusted to the year 2000 standard population) |
| Target: | 12.0 percent |
| Target-Setting Method: | Retain Healthy People 2010 target of 12 percent |
| Data Source: | National Health Interview Survey (NHIS), CDC, NCHS |
| More Information: | Data from the HHS Health Indicators Warehouse. The HP2010 objective with the same definition was 27-1a. View on DATA2010 |

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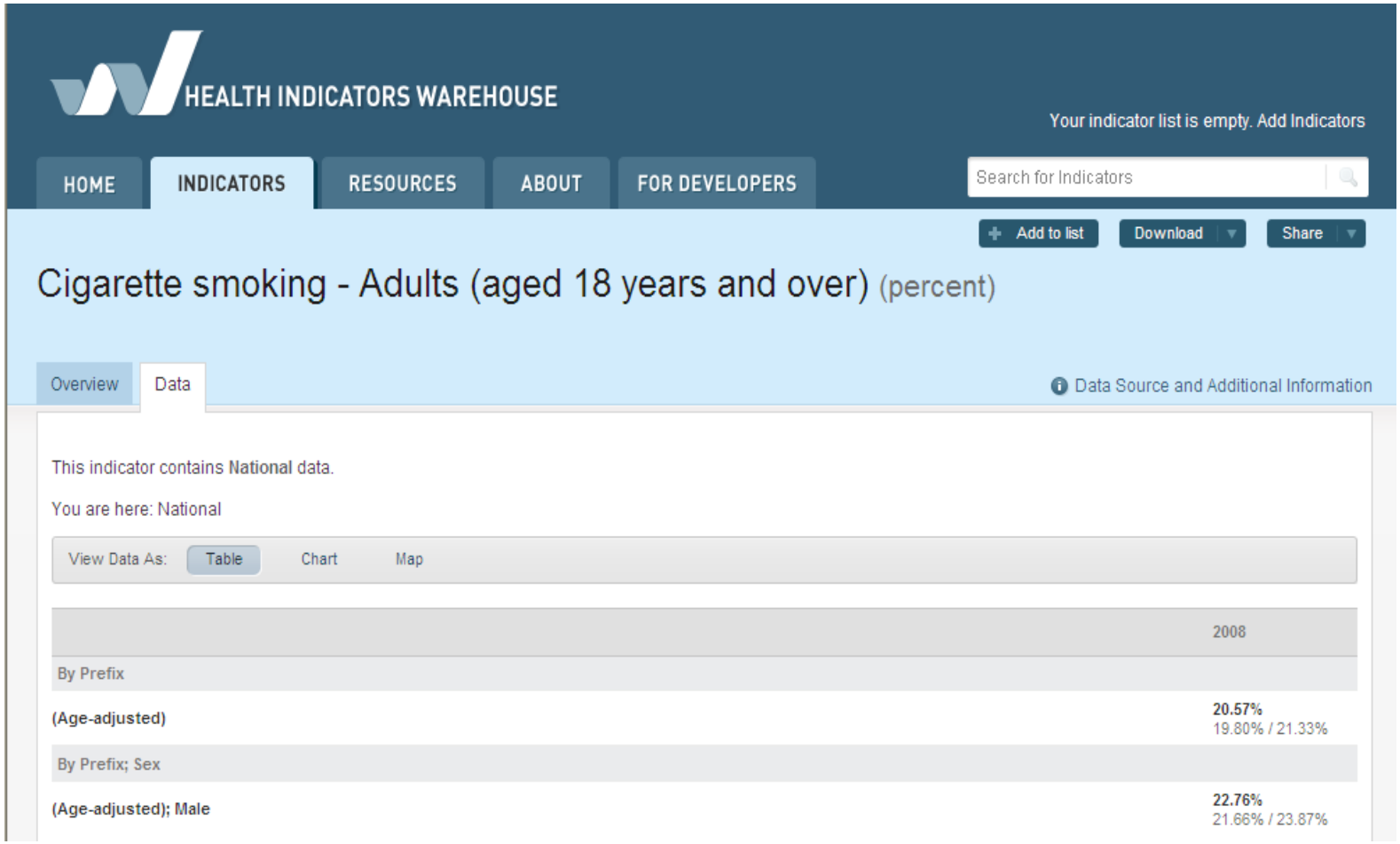
# Linking to the Health Indicators Warehouse

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# Topic Area-Specific Interventions & Resources

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Home > 2020 Topics & Objectives > Tobacco Use

## Tobacco Use

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Overview | Objectives | Interventions & Resources

**Find evidence-based information and recommendations related to tobacco use.**

Clinical Recommendations
Community Interventions
Consumer Information

### Clinical Recommendations

The following clinical recommendations come from the US Preventive Services Task Force (USPSTF).

**Counseling and Interventions to Prevent Tobacco Use and Tobacco-Caused Disease in Adults and Pregnant Women**

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# Implementing Healthy People



In This Section:

- Mobilize
- Assess
- Plan
- Implement
- Track
- Planning Resources
- Funding Resources
- State Plans

## 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:**

1. Establish national health objectives.
2. Provide data and tools to enable States, cities, communities, and individuals across the country to combine their efforts to achieve them.

### A Framework for Implementation

No two public health interventions are exactly alike. But most interventions share a similar path to success: **M**obilize, **A**ssess, **P**lan, **I**mplement, **T**rack.

Otherwise known as MAP-IT, this framework can be used to plan and evaluate public health interventions to achieve Healthy People 2020 objectives. Whether you are a seasoned public health professional or new to the field, the MAP-IT framework will help you create your own path to a healthy community and a healthier Nation.

Use these tools and resources as a reference. Each of the 5 MAP-IT sections includes questions to ask and answer, a brief overview, Healthy People 2020 tools, and links to related resources.

**Implementation Examples: MAP-IT at Work**

- Local School Board
- Workplace Wellness Committee
- County Health Coalition

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# Ways To Connect With Healthy People 2020

- Follow Healthy People on Twitter @gohealthypeople
- Connect with Healthy People on LinkedIn
- Healthy People 2020 on YouTube
- Subscribe to E-mail updates E-mail
- Join the Healthy People Consortium at www.healthypeople.gov
- Join the Healthy People listserv at www.healthypeople.gov

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# Healthy People 2020: Looking Ahead

- Web-based interactive resource to expand reach and usability (www.healthypeople.gov).
- Dynamic system to accommodate changing health needs and priorities.
- Launch of Leading Health Indicators for Healthy People 2020.
- April 10 – 11, 2012 Healthy People Implementation Conference in Washington, DC.

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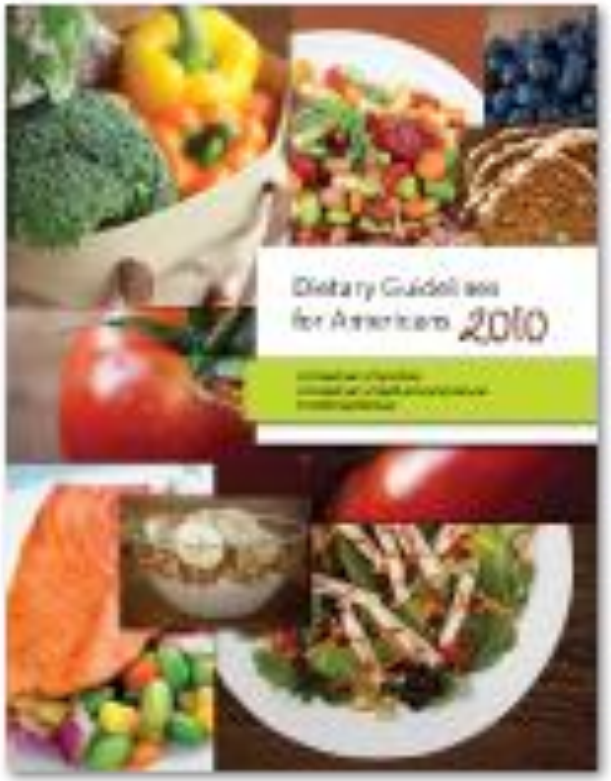
# Dietary Guidelines

- ***Dietary Guidelines for Americans, 2010***
- Released every 5 years

  jointly by HHS and USDA
- Evidence-based nutrition information based on expert review of current science.
- Provides healthy eating advice for ages 2 and over.
- They serve as the basis for Federal food and nutrition education programs.

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# Dietary Guidelines Tools

- **Community Workshops**

  *Eat Healthy * Be Active*

  6 Lessons

- Handouts
- Video Vignettes
- Hands-on activities
- Resources

Incorporate new icon

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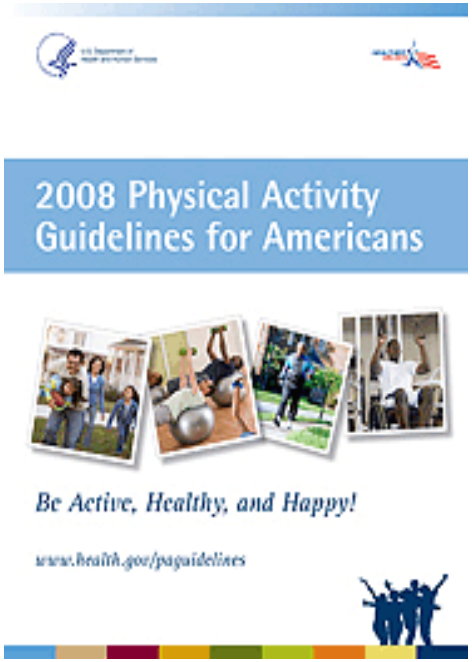
# Physical Activity Guidelines

- **Physical Activity Guidelines for Americans, 2008**
- First ever federal guidelines for physical activity developed with expert panel.
- Science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity.

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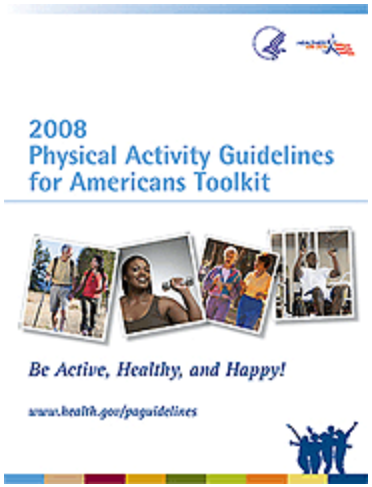
# Physical Activity Guidelines for Americans

**Be Active Your Way: A Guide for Adults ages 18 to 64 years. In the guide, you can read how you can fit physical activity into your life—your way!**



# Newly Redesigned healthfinder.gov

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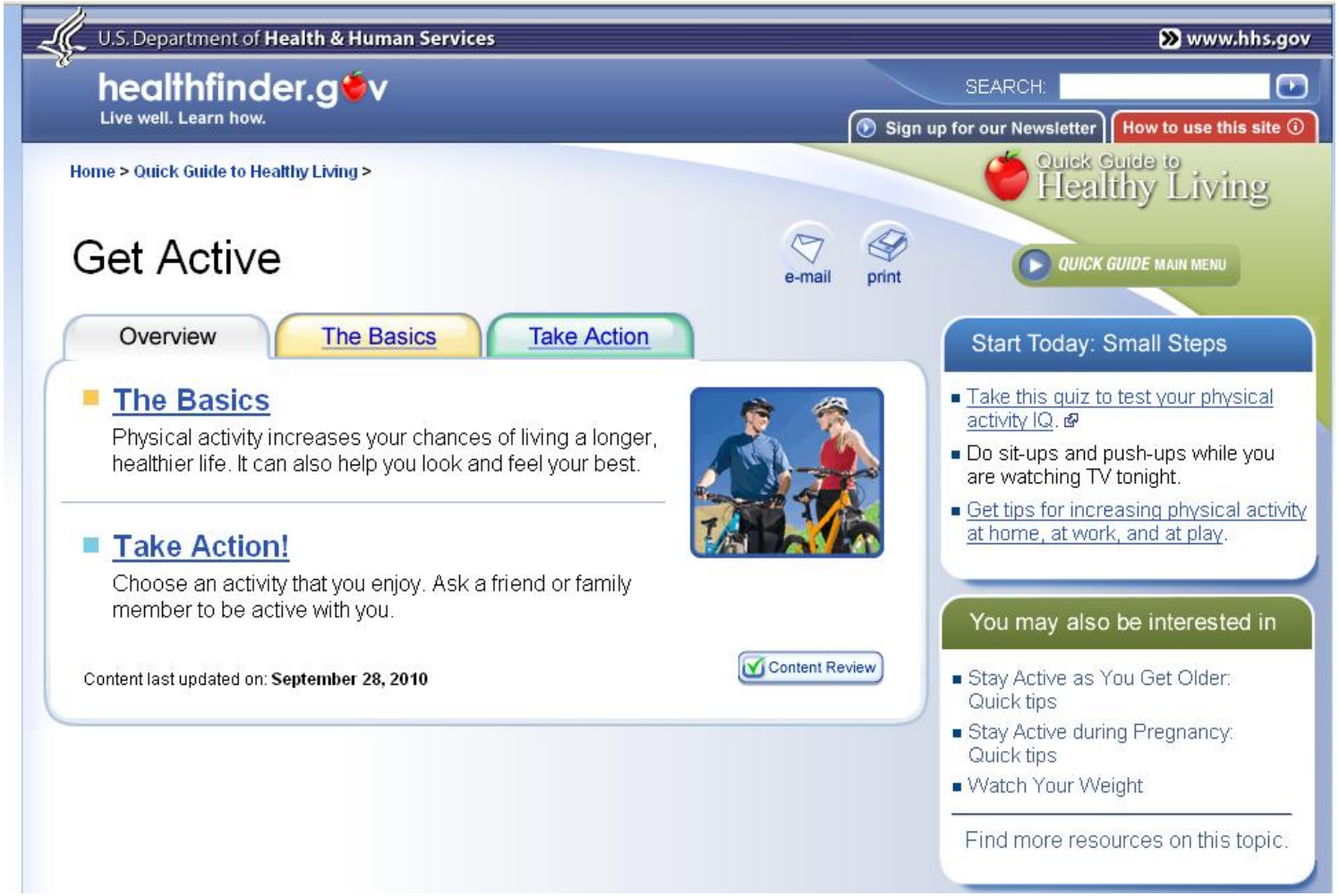
# Quick Guide to Healthy Living

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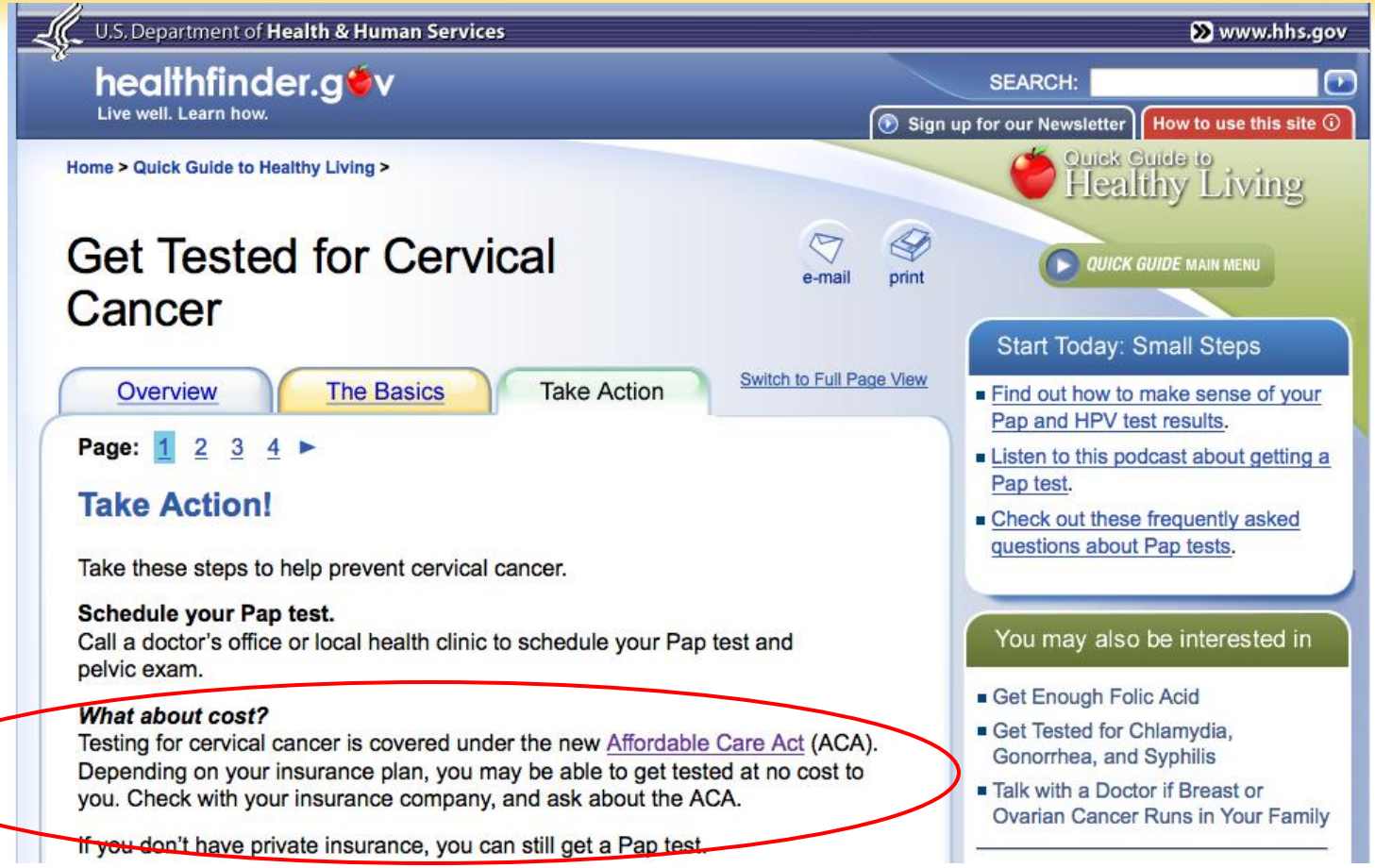
# Link to the Affordable Care Act

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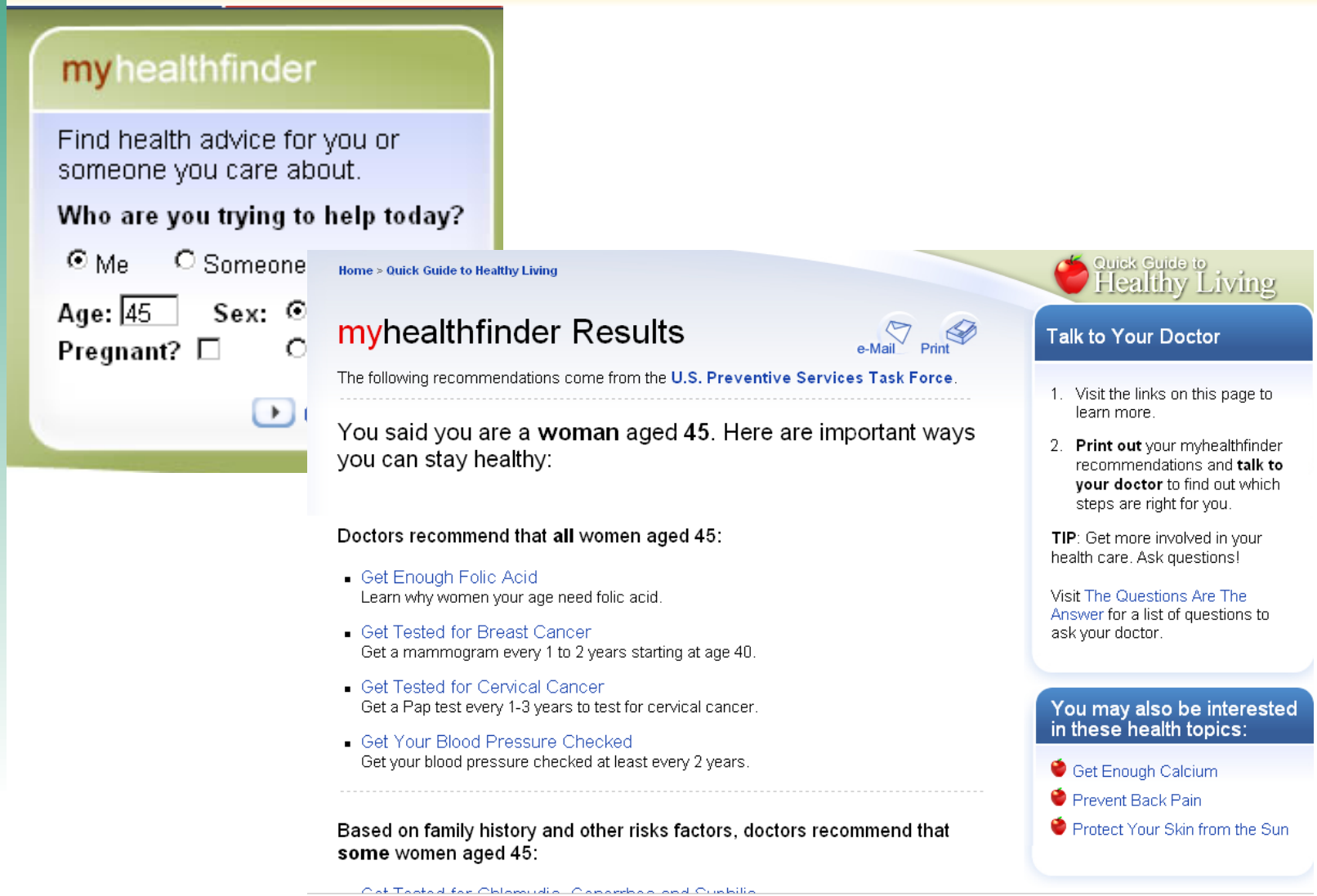
# myhealthfinder

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# myhealthfinder on HealthCare.gov

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# Questions?