



## Making a Difference with Healthy People: Using the *Healthy People* Website to Improve Your Programs

Presented by:



The California-Nevada  
Public Health Training Center

Funded by Grant #UB6HP20202 from the Health Resources and  
Services Administration, U.S. Department of Health and Human Services

1

## California-Nevada Public Health Training Center

- **Collaboration of:**
  - California State University Fullerton, Dept. of Health Science
  - Loma Linda U., School of Public Health
  - San Diego State U., Grad. School of Public Health (lead)
  - U. of Nevada Las Vegas, School of Community Health Sciences
- **Goal:**
  - Strengthen performance in the core functions and delivery of essential services among public health workers in CA and NV
- **Website:**
  - <http://www.ca-nvpublichealthtraining.org/>

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2

## Future Trainings

**Fall Prevention!** A step-by-step guide to reducing falls in older adults - webinar (early December)

**Health Reform:** What's new and how will it affect you? (Friday)

**Clinic-to-Conference:** Sharing your success in a conference presentation (Winter)

**Health Communication Series:** Everything you need to know (January – February)

**Achieving Health Equity:** What's the difference and what to do about it (Spring)



Provider pending approval by the California Board of Registered Nursing, Provider No. CEP 5694 for [# hours] Contact Hours  
CHES/MCHES Contact Hours: [# hours]

11/28/12

Trainer:

**Michele M. Wood, PhD**

Assistant Professor  
CSU Fullerton

# Learning Objectives

## After this training you will be able to...

1. Locate the Healthy People 2020 website and describe its major features
2. Identify U.S. health priorities
3. Use Healthy People 2020 to determine appropriate criteria for writing objectives

# Topics Covered

- History of *Healthy People*
- The *Healthy People* website
- *Healthy People* topic areas
- Data sources
- Objectives

## What is Healthy People, anyway?

- A set of health objectives for our nation with a 10 year period for achievement
- Defines the nation's health agenda
- Guides health policy

The History of Healthy People

## HISTORY

## The Origins of Healthy People

- Think about health in the United States in the 20<sup>th</sup> century
  - What were the major health issues?
  - Infectious diseases

## Health Status in the US: The 20th Century

- Public health efforts in sanitation were successful
- Many infectious diseases were controlled or eliminated
- Concern over chronic diseases increased
- Average life span increased

# Increased Life Expectancy

- Increase in life expectancy
  - 20th century: \_\_ year increase in life expectancy (\_\_ to \_\_ years) for those living in industrialized countries

Bunker, J. (1994). Improving health: Measuring effects of medical care, *The Milbank Quarterly*, 72, 225–258.

# Increased Life Expectancy

- Increase in life expectancy
  - 20th century: 30 year increase in life expectancy (45 to 75 years) for those living in industrialized countries

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# Increased Life Expectancy

- Increase in life expectancy
  - 20th century: 30 year increase in life expectancy (45 to 75 years) for those living in industrialized countries
- PH measures (better nutrition, sanitation, and safer housing):
  - years of the 30-year gain
- Medical care focusing on individual patients:
  - years of the 30-year gain

Bunker, J. (1994). Improving health: Measuring effects of medical care, *The Milbank Quarterly*, 72, 225–258.

# Increased Life Expectancy

- Increase in life expectancy
  - 20th century: 30 year increase in life expectancy (45 to 75 years) for those living in industrialized countries
- PH measures (better nutrition, sanitation, and safer housing):
  - 25 years of the 30-year gain
- Medical care focusing on individual patients:
  - 5 years of the 30-year gain

Bunker, J. (1994). Improving health: Measuring effects of medical care, *The Milbank Quarterly*, 72, 225–258.

## Shifting Public Health Focus

Having triumphed over many infectious diseases, the focus of Public Health shifted


- Smallpox
- Polio
- Measles
- Rubella
- Tetanus
- Diphtheria
- Other infectious diseases

The dawn of a  
new era in  
Public Health



# The Era of Health Promotion

- **1974 - Health promotion era began**
  - Lalonde Report in Canada
  - Health Information & Health Promotion Act in US
- **4 modifiable health-damaging behaviors were identified:**
  - Tobacco use
  - Lack of physical activity
  - Poor eating habits
  - Excess alcohol consumption



Account for **55%**  
of all premature  
deaths

# Public Health in the U.S. Today

- The United States ranks:
  - 89<sup>th</sup> out of 225 countries in crude death rate
  - 50<sup>th</sup> out of 223 countries in life expectancy
- 7 of 10 deaths are due to chronic disease
- 75% of all health care costs is on people with chronic conditions
- Chronic conditions are the most common, deadly, costly, and preventable!

## Comparison of Most Common Causes of Death & Actual Causes

Most Common Causes of Death, United States, 2008*	Actual Causes of Death, United States, 2008**
1. Disease of the heart	1. Tobacco
2. Malignant neoplasms (cancers)	2. Poor diet and physical inactivity
3. Chronic lower respiratory diseases	3. Alcohol consumption
4. Cerebrovascular diseases (stroke)	4. Microbial agents
5. Accidents (unintentional injury)	5. Toxic agents
6. Alzheimer's disease	6. Motor vehicles
7. Diabetes mellitus	7. Firearms
8. Influenza and pneumonia	8. Sexual behavior
9. Nephritis, nephrotic syndrome, and nephrosis	9. Illicit drug use
10. Septicemia	

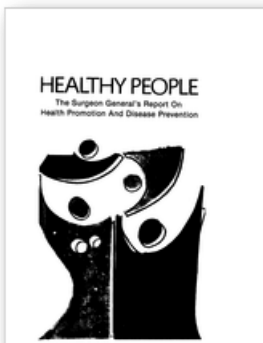
\*Minino, Xu, & Kochanek (2010)

\*\*Mokdad, Marks, Stroup, & Greberding (2004, 2005)

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19

## The First Healthy People Report



- Healthy People: Surgeon General's Report on Health Promotion and Disease Prevention (1979)
  - A key report issued by the US Department of Health, Education, and Welfare

Source: U.S. Department of Health, Education and Welfare, *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention* (Washington, DC: U.S. Government Printing Office, 1979).

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## A New Focus on Prevention

- Marked turning point in Public Health strategy
- Urged periodic screening for major disorders such as high blood pressure and cancers
- Designed to spur a second Public Health revolution with a focus on prevention

Source: U.S. Department of Health, Education and Welfare, *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention* (Washington, DC: U.S. Government Printing Office, 1979).

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## Health Promotion in the U.S.

- **Premise:**
  - Behavior determines "whether a person will be healthy or sick, live a long life or die prematurely"
- **The report urged:**
  - Elimination of cigarette smoking
  - Reduction of alcohol misuse
  - Moderate dietary changes to reduce the intake of excess calories, fat, salt, and sugar
  - Moderate exercise
  - Periodic screening for major disorders
  - Adherence to speed laws and the use of seat belts

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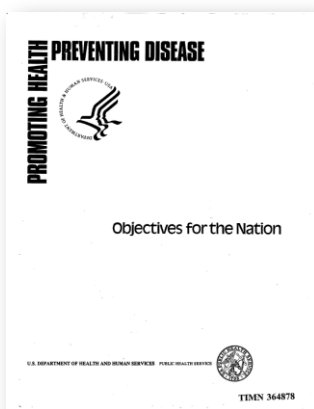
## Healthy People Focus

- **A major focus was on age-related risk**
  - Different problems and preventive actions at each life stage
  - Accidents and violence - adolescence
  - Chronic disease - later adulthood and old age
- **HP set out five age-specific goals**

Source: U.S. Department of Health, Education and Welfare, *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention* (Washington, DC: U.S. Government Printing Office, 1979).

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## A Second Surgeon General Report



- **Promoting Health/Preventing Disease: Objectives for the Nation (1980)**
  - Second Surgeon General report
  - Reformulated the Healthy People goals
  - Added quantifiable objectives

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24

## Promoting Health/Preventing Disease: Objectives for the Nation (1980)

- 5 goals (226 objectives, 15 priority areas)
- Multiple determinants of health
  - Biological
  - Psychological
  - Environmental
  - Behavioral
- Behaviors became increasingly important

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## National Health Objectives



- Healthy People 2000
  - Two Goals (319 objectives, 22 priority areas):
    - Increase life span
    - Reduce health disparities
  - New Focus: Access to preventive services



- Healthy People 2010
  - Three Goals (467 objectives, 28 focus areas):
    - Increase QOL and years of life
    - Eliminate Health Disparities
    - Develop infrastructure



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# National Health Objectives



- **HP 2020: National HP and Disease Prevention Objectives**

- Four Goals (nearly 600 objectives, 42 topic areas)
- Emphasis on health equity and social determinants of health across the lifespan
- Each objective has baseline measure and 2020 Target
- Interactive website

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## Collaborative Effort

- **The Healthy People Framework is a collaborative process among:**
  - US Department of Health and Human Services
  - Other federal agencies
  - Public stakeholders
  - The Healthy People advisory committee

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28

## Healthy People 2020 Vision

A society in which  
all people live long,  
healthy lives

## Healthy People 2020 Mission

- **Healthy People 2020 strives to:**
  - Identify nationwide improvement priorities
  - Increase public awareness and understanding of the determinants of health
  - Provide goals and measurable objectives that are applicable at the national, state, and local levels
  - Engage multiple sectors
  - Identify critical research, evaluation, and data collection needs

## Healthy People 2020 Overarching Goals

- High-quality, longer lives
- Health equity
- Environments that promote good health
- Quality of life across all life stages

## Healthy People 2020: Indicators of Progress

- **Four foundation health measures serve as indicators of progress**
  - General health status
  - Disparities
  - Determinants of health
  - Health-related quality of life & well-being



## New Priorities

- Ecological and determinants approach to health promotion and disease prevention
- Role of health information technology in health communication
- “All Hazards” preparedness as a public health issue

## Leading Health Indicators

- **Leading Health Indicators**
  - Subset of Healthy People 2020 objectives
  - High-priority health issues and actions
  - 26 indicators
  - 12 topics
- <http://www.healthypeople.gov/2020/LHI/2020indicators.aspx>

# Leading Health Indicators

1. Access to health services
2. Clinical preventive services
3. Environmental quality
4. Injury and violence
5. Maternal, infant, and child health
6. Mental health
7. Nutrition, physical activity, and obesity
8. Oral health
9. Reproductive and sexual health
10. Social determinants
11. Substance abuse
12. Tobacco

# Contemporary Concept of Health

- **Health has multiple determinants:**
  - Social, economic, genetic, perinatal, nutritional, behavioral, infectious, and environmental
- **Interaction determines health**
  - Individuals and populations
- **A basic PH-epidemiologic model:**
  - Ill health is a product of the interactions between host, agent, and environment

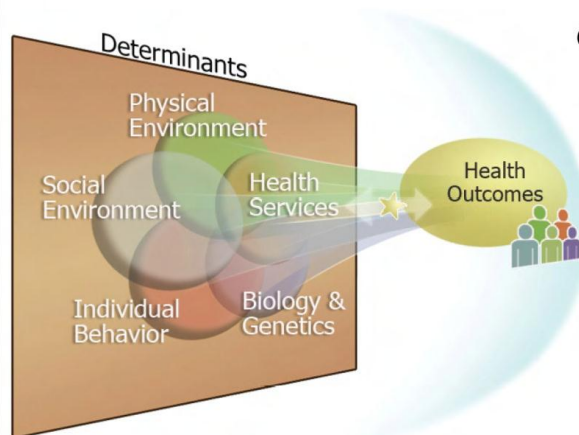
# Contemporary Concept of Health

- **Environment:**
  - Physical environment
  - Conditions of living
  - Presence of toxic infectious agents
- **Social:**
  - Poverty
  - Education
  - Cultural environments (including isolation)
- **Biologic:**
  - Genetics
  - Behaviors that determine the susceptibility of the individual to disease
  - Other factors

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## 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.

## Determinants of Health: A Framework for Reaching Healthy People 2020 Goals ([http://www.youtube.com/watch?v=5Lul6KNlw\\_8](http://www.youtube.com/watch?v=5Lul6KNlw_8))

## Healthy People Over Time

	1979 SG Report	1980 SG Report	HP 2000	HP 2010	HP 2020
<b>Goals</b>	5 General health across lifespan	5 General health across lifespan	2 Increase life span Reduce health disparities	3 Increase QOL and years of life Eliminate Health Disparities Develop infrastructure	4 High-quality, longer lives Health equity Environments that promote good health Quality of life across all life stages
<b>Objectives</b>	--	226	319	467	600
<b>Focus Areas</b>	15	15	22	28	42
<b>LHIs</b>	--	--	--	28	26
<b>Contribution</b>	First national public health agenda Urged screening New focus on prevention	Reformulated Goals Added quantifiable objectives Emphasis on health status, risk reduction, public and professional awareness, health services and protective measures, and surveillance and evaluation	Added access to preventive services	Introduced Leading Health Indicators	Interactive website Baseline data Emphasis on equity and social determinants across lifespan

# 15-minute break



The Healthy People Website: <http://www.healthypeople.gov/2020/>

## WEBSITE

**HealthyPeople.gov**

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Home | About Healthy People | 2020 Topics & Objectives | Implementing Healthy People | Consortium & Partners | Stay Connected | Leading Health Indicators

**Disability and Health**  
Disability is part of human life, and an impairment or condition does not define individuals, their health, or their talents and abilities.

[Learn More](#)

1 2 3 4 II

**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.

**Spotlight**

Check out the Foundation Health Measures for Healthy People 2020.

**Closer Look: Health Disparities**  
Compare the Top 10 Causes of Death across Populations

Race/Ethnicity:

Age Range:

[Get Your Results](#)

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A Federal Government Web site managed by the [U.S. Department of Health and Human Services](#)  
 200 Independence Avenue, S.W., Washington, DC 20201  
 Page last updated: Tuesday, November 20, 2012

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## Healthy People Website

- About Healthy People (History)
- Prevention strategies
- Topics and objectives
- Implementing Healthy People (MAP-IT)
- Consortium & partners
- Stay connected
- Leading Health Indicators



# Topics and Objectives

Home > 2020 Topics & Objectives

Topics & Objectives Index - Healthy People

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

**C** Cancer  
Chronic Kidney Disease

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

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

**F** Family Planning  
Food Safety

**G** Genomics  
Global Health

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

**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  
Oral Health

**P** Physical Activity  
Preparedness  
Public Health Infrastructure

**R** Respiratory Diseases

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

**T** Tobacco Use

**V** Vision

Download all Healthy People 2020 Objectives  
PDF Summary (PDF - 1.2 MB)

If you experience problems viewing this document, please download the latest version of the [Viewer or Player](#).

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47

# Topics and Objectives

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Home > 2020 Topics & Objectives > Substance Abuse

Substance Abuse

Overview Objectives Interventions & Resources

Download all Substance Abuse Objectives (PDF — 52 KB) [Expand All Objectives](#)

Policy and Prevention

SA-1 Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol [Close Details](#)

Baseline:	28.3 percent of students in grades 9 through 12 reported that they rode, during the previous 30 days, with a driver who had been drinking alcohol in 2009
Target:	25.5 percent
Target-Setting Method:	10 percent improvement
Data Source:	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP
More Information:	<a href="#">Data from the HHS Health Indicators Warehouse</a> <a href="#">The HP2010 objective with the same definition was 26-6. View on DATA2010</a> <a href="#">Search PubMed for Literature Relating to this Objective</a>

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48



# Implementing HP: Map-IT

**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](#). Submit your story!

**A Framework for Implementation**

No two public health interventions are exactly alike. But most interventions share a similar path to success: Mobilize, Assess, Plan, Implement, Track.

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.

**Choose one of the steps below to get started:**

[Mobilize](#) [Assess](#) [Plan](#) [Implement](#) [Track](#)

# Consortium & Partners

**Consortium & 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 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.

**Become an active supporter of Healthy People.**

Your participation is vital to achieving the Healthy People 2020 goals and objectives.

The Consortium is a great networking and communication tool. Share with others how your organization is using Healthy People 2020. Plus — [get the 2020 Consortium Toolkit.](#)

[View a list of Consortium organizations.](#)

**Don't see your organization listed? [Join today!](#)**

For more ways to get involved with Healthy People 2020, [check out the Stay Connected section.](#)

# Stay Connected

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Home About Healthy People 2020 Topics & Objectives Implementing Healthy People Consortium & Partners Stay Connected **Leading Health Indicators**

Home > Stay Connected > Tools for Professionals

**In This Section:**

- Webinars & Events
- Tools for Professionals**
- Web Badges

**Tools for Public Health Professionals**

**Healthy People Tools and Resources for Program Planning**

These tools and resources from Healthy People walk you through the MAP-IT program planning framework. 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. Download a printer-friendly version of the [Healthy People 2020 Program Planning Tools \(PDF - 551 KB\)](#).

**New Tools**

**APHA's Guidance Document to the Navigation and Use of the Healthy People 2020 Website (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.

**The Health Communicator's Social Media Toolkit (PDF - 2.42 MB)**

Learn from the Centers of Disease Control and Prevention (CDC) how to maximize the use of social media to better disseminate health and safety information, and empower consumers to make safer and healthier decisions.

**Find the Healthy People Coordinator in Your State**

The State Healthy People Coordinators make Healthy People happen every single day across the United States. For information or to get involved with Healthy People efforts in your State or Territory, contact your Healthy People State Coordinator.

**HHS Prevention Strategies**

Find out how Healthy People is supporting prevention efforts across the U.S. Department of Health and Human Services (HHS) to create a healthier Nation.

# Leading Health Indicators

**HealthyPeople.gov**

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Home About Healthy People 2020 Topics & Objectives Implementing Healthy People Consortium & Partners Stay Connected **Leading Health Indicators**

Home > Leading Health Indicators

**In This Section:**

- Development and Framework
- Who's Leading the Leading Health Indicators?
- Share Your LHI Story
- 2020 LHI 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

**Leading Health Indicators**

Healthy People 2020 provides a comprehensive set of 10-year, national goals and objectives for improving the health of all Americans. Healthy People 2020 contains 42 topic areas with nearly 600 objectives (with others still evolving), which encompass 1,200 measures. A smaller set of Healthy People 2020 objectives, called Leading Health Indicators, has been selected to communicate high-priority health issues and actions that can be taken to address them.

Great strides have been made over the past decade: life expectancy at birth increased; rates of death from coronary heart disease and stroke decreased. Nonetheless, public health challenges remain, and significant health disparities persist.

The Healthy People 2020 Leading Health Indicators place renewed emphasis on overcoming these challenges as we track progress over the course of the decade. The indicators will be used to assess the health of the Nation, facilitate collaboration across sectors, and motivate action at the national, State, and community levels to improve the health of the U.S. population.

[Back to Top](#)

**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. [Submit your story!](#)

# Is Your Organization Leading in Leading Health Indicators?

## Share Your LHI Story

[Print](#) [E-mail](#) [Share](#)

### Is your organization leading the Leading Health Indicators?

Healthy People 2020 is looking for real stories from organizations that are working to make its goals a reality. If your organization is doing great work on specific [Leading Health Indicators](#) we want to hear about it! Submitting your story is easy—all you have to do is fill out this online application.

We encourage everyone to apply.

#### \* Required Fields

\*Contact Name:

\*Email:

\*Title:

\*Credentials:

\*Organization Name (Please spell out full name of organization):

\*Telephone:

 ext.   
(example: (111)222-3333)

\*Program Name (if different from organization):

\*Program URL:

(example: <http://www.google.com>)

# Healthy People 2010 Archive



**Note:** You have requested a page from an archived site, Healthy People 2010. It was current when produced, but is no longer maintained and may now be outdated. A more up-to-date version of the page is available at [healthypeople.gov](http://healthypeople.gov). Persons with disabilities having difficulty accessing information on this page may [email for assistance](#). We will now take you to the 2010 page you requested.

[Continue to the Healthy People 2010 Archive site >](#)



Healthy People is managed by the  
Office of Disease Prevention and Health Promotion,  
U.S. Department of Health and Human Services

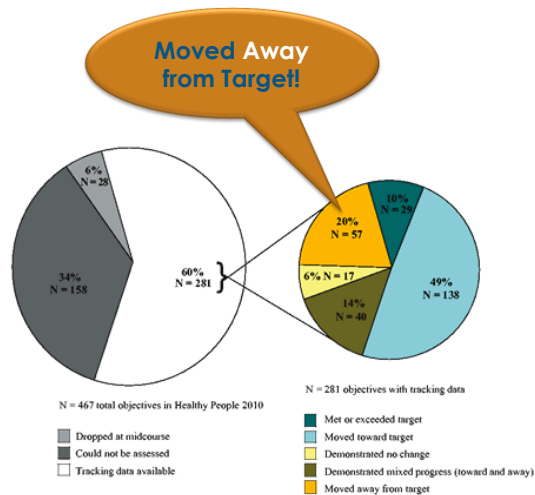


# Midcourse Review

- **Focus areas:**

- Introduction
- Progress toward 2010 targets
- Progress toward eliminating health disparities
- Progress Quotient Chart
- <http://www.healthypeople.gov/2010/data/midcourse/html/default.htm#FocusAreas>

## Healthy People 2010 Objectives: Status & Summary at Midcourse



# Problems with Healthy People 2010



- Lack of data sources for measuring programs
- Limited progress achieving objectives

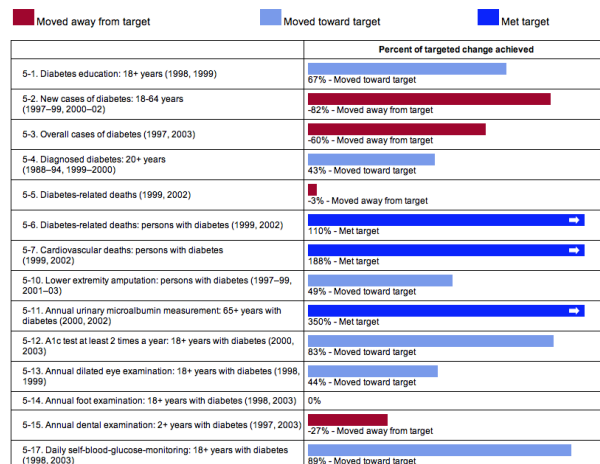
## Progress Quotient Chart



### Archive

[Midcourse Review](#) > [Table of Contents](#) > [Focus Area 5: Diabetes](#) > [Progress Quotient Chart](#)

Figure 5-1. Progress Quotient Chart for Focus Area 5: Diabetes



#### Notes:

Tracking data for objective 5-16 are unavailable. Objectives 5-8 and 5-9 were deleted at the midcourse.

Years in parentheses represent the baseline data year and the most recent data year used to compute the percent of the Healthy People 2010 target achieved.

$$\text{Percent of targeted change achieved} = \left( \frac{\text{Most recent value} - \text{baseline value}}{\text{Year 2010 target} - \text{baseline value}} \right) \times 100$$

## Exercise

- Form groups
- Choose a topic area
- Review Progress Quotient Chart
- Report important trends back to larger group

## Healthy People 2010 Final Review



- **Met or moving toward 71% of the 2010 targets**
  - Life expectancy increased
- **Health disparities**
  - Unchanged for ~80% of the health objectives
  - Increased for 13% of the health objectives
- **Obesity rates increased across all age groups**
  - Children 6-11 years, obesity rates rose by 54%
  - Adolescents 12-19 years, the obesity rate rose by 64%
  - The proportion of adults who are obese rose by 48%

## TOPIC AREAS

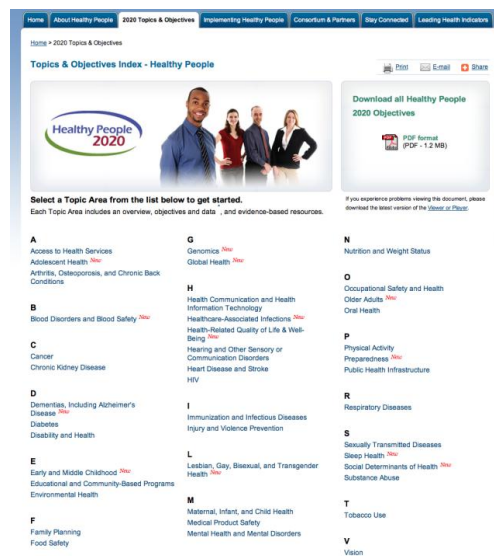
## Topic Areas

- 42 Topic Areas
- Group related content
- Each topic assigned to one or more lead agencies within the federal government

# Healthy People 2020 Topic Areas

1. Access to Health Services
2. Adolescent Health
3. Arthritis, Osteoporosis, and Chronic Back Conditions
4. Blood Disorders and Blood Safety
5. Cancer
6. Chronic Kidney Disease
7. Dementias, Including Alzheimer's Disease
8. Diabetes
9. Disability and Health
10. Early and Middle Childhood
11. Educational and Community-Based Programs
12. Environmental Health
13. Family Planning
14. Food Safety
15. Genomics
16. Global Health
17. Healthcare-Associated Infections
18. Health Communication and Health Information Technology
19. Health-Related Quality of Life and Well-Being
20. Hearing and Other
21. Heart Disease and Stroke
21. HIV
22. Immunization and Infectious Diseases
23. Injury and Violence Prevention
24. Lesbian, Gay, Bisexual, and Transgender Health
25. Maternal, Infant, and Child Health
26. Medical Product Safety
27. Mental Health and Mental Disorders
28. Nutrition and Weight Status
29. Occupational Safety and Health
30. Older Adults
31. Oral Health
32. Physical Activity
33. Preparedness
34. Public Health Infrastructure
35. Respiratory Diseases
36. Sexually Transmitted Diseases
37. Sleep Health
38. Social Determinants of Health
39. Substance Abuse
40. Tobacco Use
41. Vision

## Find Your Topic Area(s)





# DATA SOURCES

## Health Indicators Warehouse

The screenshot shows the Health Indicators Warehouse (HIW) website. At the top is a navigation bar with links for HOME, INDICATORS, RESOURCES, ABOUT, and FOR DEVELOPERS. Below the navigation bar is a search bar and a 'Home' button. The main content area is titled 'Welcome to the Health Indicators Warehouse (HIW)' and includes a brief description of the warehouse. It features three main sections: 'by Topic', 'by Geography', and 'by Initiative', each with a 'Select' button. Below these are sections for 'What's New' (listing recent updates) and 'For Developers' (providing information for developers). A 'Helpful Resources' section is also present. The footer contains links for Home, Indicators, Resources, About, For Developers, Data Sources, Privacy Policy, and Stay Connected. The California-Nevada Public Health Training Center logo is in the bottom right corner.

<http://www.healthindicators.gov>

## Health Indicators Warehouse

- Multiple initiatives
- “Harmonizing” indicators
- Data sources
- Intervention resources
- Data and measurement terms
- Can download data

## Tracking Progress Over Time

- **Healthy People relies on data sources such as:**
  - A national census of events (like the National Vital Statistics System)
  - Nationally representative sample surveys (like the National Health Interview Survey)
  - <http://www.healthindicators.gov/Resources/DataSources>

# Large Number of Data Sources

**Resources**

Initiatives Data Sources Glossary FAQ Additional Resources

**Data Sources**

AACN Brief Bachelorate Nursing Curriculum Survey  
 Abortion Provider Survey  
 Abortion Surveillance System  
 Active Sentinel Core Surveillance  
 Acute Coronary Treatment and Intervention Outcomes Network Registry-Get with the Guidelines  
 Adult Blood Lead Epidemiology and Surveillance Program  
 Adverse Event Reporting System  
 Aging Integrated Database  
 Air Quality System  
 ArData  
 Alcohol Epidemiologic Data System  
 Alcohol Related Disease Impact System  
 American Community Survey  
 American Diabetes Association and Commission on Diabetes Registration  
 American Healthy Home Survey  
 American Housing Survey  
 American Physical Therapy Association and American Board of Physical Therapy Specialists  
 Annual Builder Practices Survey  
 Annual Immunization Assessment Reports  
 Annual LIME Medical School Questionnaires  
 Annual School Vaccination Survey  
 Annual Statistical Report on Osteopathic Medical Education  
 Annual Synopses of State and Territorial Central Public Health Programs  
 Area Resource File

**Questions about the HW?**  
 For more information about the purpose of the HW, the data that it contains or how to access the data, please visit the Frequently Asked Questions.  
 Visit the FAQ

**Propose an Indicator**  
 We're interested in hearing about possible additions to the HW. Let us know if there are specific indicators you would like us to consider including in future updates. Follow the link below for more information on the process and criteria we're using for reviewing proposed indicators.  
 Propose an indicator

**Indicator Report**  
 To view a PDF of all of the indicators in the warehouse, please see our Health Indicators Warehouse Indicator Report.

# Indicators

**HEALTH INDICATORS WAREHOUSE**

HOME INDICATORS RESOURCES ABOUT FOR DEVELOPERS Search for Indicators

**Low birth weight (percent)**  
 Percent of live births that are low birth weight (LBW)

Overview Data Download Data Source and Additional Information

**Numerator**  
 Number of live births with birth weight of less than 3,300 grams (6 lbs, 10 oz)

**Denominator**  
 Number of live births

**Methodology**  
 Depending upon county population size, the period county present for the most recent 7 or 10 years is reported.

**Related Keywords**  
 National Vital Statistics System-Nativity  
 NVSS-N  
 Birth weight  
 LBW

**Indicator Information**  
 Data Source  
 NVSS-N (CDC, NCHS)  
 Initiative  
 CHS  
 CHS  
 HF0000  
 Geographic Levels  
 National, State and County  
 Data Years  
 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019

[http://www.healthindicators.gov/Indicators/Low-birth-weight-percent\\_1135/Profile](http://www.healthindicators.gov/Indicators/Low-birth-weight-percent_1135/Profile)

[http://www.healthindicators.gov/Resources/DataSources/NVSS-N\\_124/Profile](http://www.healthindicators.gov/Resources/DataSources/NVSS-N_124/Profile)

**Resources**

Initiatives Data Sources Glossary FAQ Additional Resources

Back to Data Sources

**National Vital Statistics System-Nativity (NVSS-N)**

**Description**  
 Vital statistics natality data are a fundamental source of demographic, geographic, and medical and health information on all births occurring in the United States. This is one of the few sources of comparable health-related data for small geographic areas over an extended period of time. The data are used to present the characteristics of babies and their mothers, track trends such as birth rates for teenagers, and compare natality trends with those in other countries.

**Additional Information**  
 Visit Statistics-Births

**Supplier(s)**  
 • Centers for Disease Control and Prevention, National Center for Health Statistics (CDC, NCHS)

**Data Years Available**  
 1915-present; not all states participated before 1933.

**Periodicity**  
 Annual

**Mode**  
 Hospitals and attendants at delivery are responsible for completing birth certificates. Demographic information is provided by the mother. Medical and health information is generally based on hospital and other records.

**Selected Content**  
 Place of birth, parental race, demographic information and health status of the baby, demographic information of mother and father, pregnancy history of mother, medical and health data about the delivery, pregnancy, and mother.

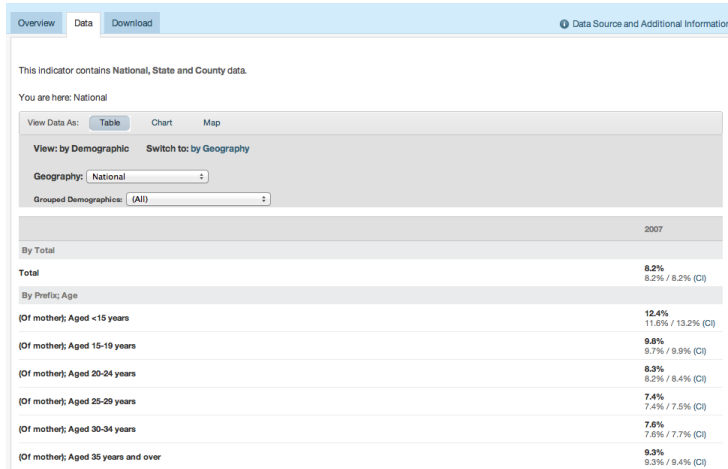
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 Propose an indicator

**Get the Feed**  
 Stay current with all the HW news and site updates by subscribing to our RSS feed.  
 Subscribe to the RSS

**Indicator Report**  
 To view a PDF of all of the indicators in the warehouse, please see our Health Indicators Warehouse Indicator Report.

# Indicators



## Activity

- Get in groups by topic area
  - What Topic Area(s) represent your focus?
  - What Leading Health Indicators would be appropriate for your program?

# OBJECTIVES

## Objectives

- Healthy People Main Page
- Click on “2020 Topics & Objectives”
- Select topic area:
  - Overview
  - Objectives
  - Interventions and resources

# Overview

- **The Health Topics & Objectives Overview provides:**

- Goal
- Overview
- Why topic is important
- Understanding the issue
- Emerging issues
- Related topics
- References

The screenshot displays the HealthyPeople.gov website interface. At the top, there is a search bar and navigation links. The main content area is titled "Diabetes" and includes tabs for "Overview", "Objectives", and "Interventions & Resources". The "Overview" tab is selected, showing the following content:

- Goal:** Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for, DM.
- Overview:** DM occurs when the body cannot produce or respond appropriately to insulin. Insulin is a hormone that the body needs to absorb and use glucose (sugar) as fuel for the body's cells. Without a properly functioning insulin signaling system, blood glucose levels become elevated and other metabolic abnormalities occur, leading to the development of serious, disabling complications.
- Many forms of diabetes exist. The 3 common types of DM are:**
  - Type 2 diabetes, which results from a combination of resistance to the action of insulin and insufficient insulin production.
  - Type 1 diabetes, which results when the body loses its ability to produce insulin.
  - Gestational diabetes, a common complication of pregnancy. Gestational diabetes can lead to perinatal complications in mother and child and substantially increases the likelihood of cesarean section. Gestational diabetes is also a risk factor for subsequent development of type 2 diabetes after pregnancy.
- Effective therapy can prevent or delay diabetic complications.<sup>1, 2</sup> However, almost 25 percent of Americans with DM are undiagnosed, and another 57 million Americans have blood glucose levels that greatly increase their risk of developing DM in the next several years.<sup>3</sup> Few people receive effective preventative care, which makes DM an immense and complex public health challenge.**
- Why is Diabetes Important?**

DM affects an estimated 23.6 million people in the United States and is the 7th leading cause of death.<sup>3</sup> DM

  - Lowers life expectancy by up to 15 years.
  - Increases the risk of heart disease by 2 to 4 times.
  - Is the leading cause of kidney failure, lower limb amputations, and adult-onset blindness.<sup>3, 4</sup>
- In addition to these human costs, the estimated total financial cost of DM in the United States in 2007 was \$174 billion, which includes the costs of medical care, disability, and premature death.<sup>3</sup>**

A small image of a healthcare provider checking a patient's blood sugar is visible on the right side of the page.

# Objectives

- **The Health Topics & Objectives Overview provides:**
  - Objectives
  - Baseline
  - Target
  - Target setting method
  - Data source
  - Link to Health Indicators Warehouse
  - PubMed search for articles about the indicator

The screenshot shows the HealthyPeople.gov website interface. At the top, there is a search bar and navigation links. The main content area is titled "Diabetes" and includes tabs for "Overview", "Objectives", and "Interventions & Resources". Below the tabs, there is a section for "D-1 Reduce the annual number of new cases of diagnosed diabetes in the population". This section contains a table with the following information:

Baseline:	8.0 new cases of diabetes per 1,000 population aged 18 to 84 years occurred in the past 12 months, as reported in 2006–08 (age adjusted to the year 2000 standard population)
Target:	7.2 new cases per 1,000 population aged 18 to 84 years
Target-Setting Method:	10 percent improvement
Data Source:	National Health Interview Survey (NHIS), CDC, NCHS
More Information:	<a href="#">Data from the HHS Health Indicators Warehouse</a> <a href="#">Search PubMed for Literature Relating to this Objective</a>

Additional links include "Download all Diabetes Objectives [PDF — 18 KB]", "Expand All Objectives", and "Close Details".

## Download Objectives in PDF

- Can download all objectives from Healthy People website
  - <http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf>

## Intervention Information

- **Evidence based information and recommendations for each health topic**
  - Clinical recommendations
  - Community interventions
  - Consumer information



[Home](#)
[About Healthy People](#)
[2020 Topics & Objectives](#)
[Implementing Healthy People](#)
[Consortium & Partners](#)
[Stay Connected](#)
[Leading Health Indicators](#)

[Home](#) > [2020 Topics & Objectives](#) > HIV

HIV

Overview

Objectives

Interventions & Resources

Find evidence-based information and recommendations related to HIV.

[Clinical Recommendations](#)  
[Community Interventions](#)  
[Consumer Information](#)

**Clinical Recommendations**

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

**Screening for Gonorrhea**

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians screen all sexually active women, including those who are pregnant, for gonorrhea infection if they are at increased risk for infection (that is, if they are young or have other individual or population risk factors). [Learn more](#)

**Screening for HIV**

- The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians screen all pregnant women for HIV.
- The U.S. Preventive Services Task Force (USPSTF) strongly recommends that clinicians screen for human immunodeficiency virus (HIV) all adolescents and adults at increased risk for HIV infection.

[Learn more](#)

[Back to Top](#)

**Community Interventions**

The following evidence-based community interventions come from the [Guide to Community Preventive Services](#), Centers for Disease Control and Prevention (CDC).

**Health Communication & Social Marketing: Health Communication Campaigns That Include Mass Media & Health-Related Product Distribution**

Health communication campaigns can increase the use of health-related products when they use mass media messaging and distribute the products at free or reduced prices. [Learn more](#)

**Interventions to Identify HIV-Positive People Through Partner Counseling and Referral Services**

Partner counseling and referral services (PCRS) involve notifying partners of HIV exposure, after which they are (ideally) tested and receive prevention or risk reduction counseling or enter into care (if they test positive). [Learn more](#)

CALIFORNIA-NEADA Public Health Training Center

81

# SUMMARY

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82

# Using Healthy People

- **Background information**
  - National statistics
  - Need related data
- **Program planning**
  - Leading health indicators
  - Evidence based approaches
- **Evaluation planning**
  - Objectives and targets
  - Data sources
  - National progress towards targets

**Alice:** Would you tell me, please, which way I ought to go from here?

**Cat:** That depends a good deal on where you want to get to.

**Alice:** I don't much care where...

**Cat:** Then it doesn't matter which way you go.

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## Thank You!

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