

## Preface

This mid-decade review of HEALTHY PEOPLE 2000 shows that the United States is moving in the right direction on more than two-thirds of the national objectives for which we have data. The report demonstrates that partnerships among all levels of government and the private sector continue to make positive differences in people's health. We can celebrate many hopeful trends: Life expectancy continues to increase. Heart disease and stroke deaths continue to decline. Americans are changing their diets to consume less fat and more fruits and vegetables. More women are seeking prenatal care in their first trimesters and are giving their newborns healthy starts by breastfeeding.

However, we still face significant challenges: Americans who have disabilities, come from lower income families, or are members of minority groups continue to experience disproportionately worse health outcomes than other Americans. To reach our vision of Healthy People in Healthy Communities, we must close these gaps.

For 15 years, the Public Health Service has tracked and reported on the health status of Americans in relation to a variety of national health objectives. This work helps to shape America's research agenda, training initiatives, and health delivery system. It helps define the roles and responsibilities of citizens and the public and private sectors in promoting sound health policies and practices. It helps to identify health policies that work in areas as diverse as highway safety, HIV prevention, promotion of healthier diets, and meeting the special needs of children and older Americans.

I commend *Healthy People 2000: Midcourse Review and 1995 Revisions* as an important tool for improving the health of all Americans. Working together, we can build a healthier Nation.

Donna E. Shalala  
*Secretary of Health and Human Services*



HEALTHY  
PEOPLE  
2000

The number '2000' is rendered in a large, blue, sans-serif font. Within the negative space of the zeros, there are silhouettes of a diverse group of people, including a person in a wheelchair, a person with a cane, and various other individuals of different ages and ethnicities, all appearing to be engaged in a community activity or walk.

*Midcourse Review*  
*and 1995 Revisions*

**U.S. Department of Health and Human Services**  
**Public Health Service**



## Foreword

A great deal has been accomplished in the 5 years following the release of *Healthy People 2000: National Health Promotion and Disease Prevention Objectives*. Americans are living longer; infant mortality is at a record low level; childhood immunizations are increasing; tobacco use is declining; and more women over age 50 are receiving mammograms at recommended intervals. The *Healthy People 2000 Midcourse Review and 1995 Revisions*, the mid-decade report on the Nation's prevention agenda, provides us with this good news. This publication also shows that many challenges remain in preventing premature death and in improving health as the next century approaches.

This report is a call to action. Making a difference in the health of Americans requires renewed effort. The public health system at State and local levels must be strengthened to deliver the services that will keep the population healthy. Finance and payments systems should reward providers and health plans for keeping people healthy. Data systems must be put into place and maintained to provide information on emerging diseases, on the adequacy of child or adult immunizations, and on current utilization of clinical preventive services that are cost-effective and can save lives. Translating this information into public policies promoting health and into information people can use to choose healthy lifestyles are the challenges the Nation faces in making a difference in its health status over the next 5 years.

An interstate network of State year 2000 plans is in place in 41 States and 2 Territories to translate the national objectives to meet State priorities. With 70 percent of local health departments using Healthy People 2000 as a framework to put prevention into action, communities across this country are successfully demonstrating that we can prevent disease and injury and promote health and mental health. Hundreds of national membership organizations, as a part of the HEALTHY PEOPLE 2000 Consortium, are working through their members, be they senior citizens, Girl Scouts, or health care practitioners, to make Healthy People the standard. Federal, State, and local governments, together with private and voluntary organizations, are supporting successful health promotion and disease prevention programs and are building a foundation of health security for all Americans.

Chapter 1 of this report highlights the three goals of Healthy People and provides a summary report of progress on the objectives. Chapter 2 provides an overview of the progress in each of the 22 priority areas. Chapter 3 describes the activities of States in developing their own HEALTHY PEOPLE 2000 objectives and the efforts underway by HEALTHY PEOPLE 2000 Consortium members. Appendix A includes the Summary List of HEALTHY PEOPLE 2000 objectives with 1995 revisions. This includes 19 new objectives and 123 new special population targets to focus the Nation on prevention opportunities and on narrowing, if not eliminating, the gap between certain groups and the total population. The other appendices provide a history of the objectives development and a listing of the contributors to this process.

I want to acknowledge the leadership of Dr. J. Michael McGinnis in applying management-by-objectives to public health. He pioneered the effort by setting in 1979 life-stage targets in *Healthy People, the Surgeon General's Report* that continue to be tracked today. He shepherded the development of the 1990 objectives and ensured the monitoring and public reporting on this first set of national objectives during the 1980s. Through his stewardship, the year 2000 framework was built with the involvement of more than 10,000 individuals from across the Nation. This unprecedented partnership provides us today with a solid foundation for improving health in the next century. I recognize Dr. McGinnis' contribution to prevention as he retires from the U.S. Public Health Service after 21 years of service dedicated to promoting health. He can be assured that the Nation has embraced the concept of using objectives to monitor and report on prevention and that this framework will continue to be vital and vibrant for decades to come.

I commend this report to you. Achieving these goals and objectives and realizing the promise of prevention requires a concerted effort by all Americans in their families, communities, at work, and in school. We can save lives and avert unnecessary illness and suffering by using this blueprint for improving health now and into the 21st century.

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