

**Healthy People 2010 Progress Report and Healthy People 2020 Objectives:
Meeting of the Diabetes Mellitus Interagency Coordinating Committee
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Healthy People: A Foundation for Health Promotion and Disease Prevention Throughout the Nation—Don Wright, M.D., M.P.H., Office of the Assistant Secretary of Health (OASH), Office of Disease Prevention and Health Promotion (ODPHP), U.S. Department of Health and Human Services (DHHS)

DHHS' Healthy People provides science-based, 10-year national objectives to align and coordinate multiple efforts, at Federal and other levels, to improve the health of all Americans. Healthy People provides a comprehensive, strategic framework that unites health promotion and disease prevention issues and engages multidisciplinary stakeholders at all levels. By requiring tracking of data-driven outcomes, Healthy People monitors progress on and measures the impact of prevention activities to motivate, guide, and focus these activities as well as national research, program planning, and policy efforts. Healthy People began in 1979 with the establishment of the first national prevention agenda, and has evolved over the subsequent decades as the Nation's public health priorities have changed. For example, an overarching goal of Healthy People 1990 was to decrease mortality. Success in public health efforts has led to a change in this goal; Healthy People 2020 aims to attain high-quality, longer lives free of preventable disease.

To inform development of Healthy People 2020, a user study was conducted in 2008 to gather information about patterns of awareness and usage of Healthy People 2010 among State, local, and tribal health organizations. In comparison to a 2005 evaluation, the 2008 study revealed an increase in awareness of the Healthy People initiative and use of Healthy People as a data source, support for grant/funding applications, and a framework for planning, goal setting, and agenda building. The user study also revealed needs for more guidance (e.g., implementation guides and examples of successful programs), additional data to track and measure progress effectively, alignment of goals and funding sources at the Federal level, and more diverse information to expand the program's reach. Healthy People 2010 had numerous strengths, including its foundation as a collaborative, science-based, data-driven process; its use of measurable objectives with targets; the diversity of its users; and the provision of public access to data through the Internet. It also had several challenges, such as balancing an encyclopedic approach and targeted efforts, and integrating related target-setting and objectives across areas. Issues such as developing and funding data sources, generating implementation strategies, and providing technical assistance and resources to users were also challenges.

Launched in December 2010, Healthy People 2020 is the result of a multiyear process that reflects input from a diverse group of individuals and organizations. The development of Healthy People 2020 was a Federally led, stakeholder-driven process, reflecting the collaboration of DHHS agencies and offices as well as non-DHHS Federal partners on the Federal Interagency Working Group. Additionally, an Advisory Committee provided input to the Secretary during the process. Finally, Healthy People's stakeholders have a direct influence on and provide ongoing input to the development and implementation process. As Healthy People has evolved since its inception, the number of topic areas, objectives, and measures has increased. This continued growth allows Healthy People to relate to more issues and stakeholders, expanding its ability to coordinate efforts at the national, State, local, and tribal levels.

Healthy People 2020: Innovations for the New Decade—Carter Blakey, OASH, ODPHP, DHHS

The vision for Healthy People 2020 is a society in which all people live long, healthy lives. Toward that vision, the overarching goals of the initiative were revised to include two new aims: (1) to create social and physical environments that promote good health for all; and (2) to promote quality of life, healthy development and healthy behaviors across all life stages. For the first time, Healthy People has an articulated mission statement with five efforts: (1) to identify nationwide health improvement priorities; (2) to increase public awareness and understanding of the determinants of health, disease, and disability, and the opportunities for progress; (3) to provide measurable objectives and goals that are applicable at the national, State, and local levels; (4) to engage multiple stakeholders to take actions that strengthen policies and improve practices that are driven by the best available evidence and knowledge; and (5) to identify critical research, evaluation, and data collection needs.

Healthy People 2020 has three new features: a determinants framework, ecological approach, and electronic format. The concept of “determinants” describes how several factors—such as an individual’s physical and social environments, access to health services, as well as behavior, genetics, and biology—all can have an enormous impact on that individual’s health. Healthy People 2020 therefore developed objectives that address the relationship between health status and these factors. The initiative’s ecological approach focuses on both individual-level and population-level determinants of health and interventions. To increase the usability and reach of the initiative, a Web-based interactive resource has been created for Healthy People 2020, with a distinct web site for each topic area. Topic area work groups maintain individual web sites; this format allows for a dynamic system to accommodate changing health needs and priorities. New for Healthy People 2020 to aid implementation, each topic area also lists evidence-based interventions and recommendations from the U.S. Preventive Services Task Force Clinical Guide, CDC Community Guide, and the healthfinder.gov Quick Guide for Healthy Living, when available.

To improve the utility of Healthy People 2020 for stakeholders, a small subset of issues, recognized as significant influences on public health, were identified as “Leading Health Indicators.” These 12 high-priority topics represent the major determinants of health across the lifespan and will be used to assess the health of the Nation, facilitate collaboration across sectors, and motivate action at the national, State, and community levels. A monthly series—“Who’s Leading the Leading Health Indicators?”—will highlight organizations using evidence-based approaches to address one of the Healthy People 2020 Leading Health Indicator topics. The series includes a monthly webinar, email bulletin, and active conversations via social media. In July 2012, “Clinical Preventive Services,” which includes a diabetes objective, will be featured.

For more information, please see:

- Healthy People 2020 Web-site available at: www.healthypeople.gov
- 2020 Leading Health Indicators can be found at: <http://healthypeople.gov/2020/LHI/default.aspx>

Healthy People: From a Data Perspective—Edward Sondik, Ph.D., National Center for Health Statistics, Centers for Disease Control and Prevention (CDC)

Healthy People's key elements are its overarching goals, measurable objectives with baselines and targets, data sources, data breakouts (e.g., by race and ethnicity, age, income), the periodic assessment of progress, and Leading Health Indicators. The ability to review data to assess progress and address issues is critical to management of the process. A final review of Healthy People 2010 goals and objectives not only provided an assessment of progress, but was key to informing the development of Healthy People 2020.

As an example, an overarching goal of Healthy People 2010 was to increase the quality and years of healthy life. Toward that goal, life expectancy at birth improved for all population groups in 2006-2007, in comparison to 2000-2001. However, blacks and women live a greater proportion of their life span in less healthy states compared to whites and men, indicating the need for continued improvement. Highlighting the progress in public health, data was also collected on "healthy life expectancy;" at age 65, increases were observed in the number of years in good or better health and number of years free of activity limitations, when comparing 2000-2001 to 2006-2007 data. Leading Health Indicators for Healthy People 2010 were identified and data were collected to measure improvements in public health. Significant progress was achieved in a majority of the objectives; approximately 70% of objectives with available tracking data moved toward, met, or exceeded the target. For example, the number of hospitalizations for pediatric asthma declined, greatly exceeding the 2010 target. Substantial progress was also observed in tobacco use; for example, a significant reduction was observed in cigarette use by students in grades 9-12. Not all indicators saw progress, however. For example, no change was observed in the proportion of adults engaging in regular moderate or vigorous physical activity, and both the proportion of obese adults and obese children and adolescents increased, demonstrating that obesity remains an important challenge in public health to monitor closely.

The second overarching goal of Healthy People 2010 was to eliminate health disparities. Healthy People 2010 defined "disparity" as the quantity that separates a group from a reference point for an indicator of health that can be measured quantitatively. Data from Healthy People 2010 demonstrate that disparities are a continuing public health issue that needs to be addressed in Healthy People 2020. Substantial health disparities between populations were observed for many Healthy People 2010 objectives and very little change in health disparities by race and ethnicity were observed for a majority of these objectives. Healthy People 2010 provides a wealth of data that can be analyzed along various lines. In addition to race and ethnicity, Healthy People 2010 data can be broken out by age, sex, income, education level, and geographic location. These data are made available to the public and research community through a searchable resource called the Health Indicators Warehouse. Data relevant to the Leading Health Indicators can be accessed by topic, geography (i.e., state or county), and initiative.

For more information, please see:

- The Healthy People 2010 final report is available at:
http://www.cdc.gov/nchs/healthy_people/hp2010/hp2010_final_review.htm
- Additional examples and information on the progress of Healthy People 2010's Leading Health Indicators can be found at:

http://www.cdc.gov/nchs/data/hpdata2010/hp2010_final_review_leading_health_indicators.pdf

- Health Indicators Warehouse available at: <http://www.healthindicators.gov/>

Healthy People 2020 Diabetes Objectives— Lawrence Barker, Ph.D., Division of Diabetes Translation, CDC, and Sanford Garfield, Ph.D., National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Diabetes remains an important public health issue; CDC nationwide data demonstrates that both obesity and diabetes are epidemic in the United States, and place an increasing burden on the Nation. Because diabetes can lead to significant complications, including kidney disease, blindness, and lower-limb amputation, it is critical to continue to make progress to prevent diabetes and improve care of persons with diabetes. Development of diabetes objectives for Healthy People 2020 was driven by the initiative's mission statement: to identify nationwide health improvement priorities; to increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress; and to provide measurable objectives and goals that are applicable at the national, State, and local levels. Data collected from Healthy People 2010 was also instrumental in guiding development of Healthy People 2020 objectives. For example, data from Healthy People 2010 demonstrated a decrease in diabetes-related deaths among persons with the disease, but an increase in the prevalence of diabetes, highlighting an important consideration in the development of Healthy People objectives. Because prevalence measures the number of people with diabetes in a given year, it reflects past incidence, current incidence, and mortality among people with diabetes. Therefore, a reduction in mortality for people with diabetes, a Healthy People objective, will lead to an increase in prevalence. Therefore, a Healthy People 2020 objective is to reduce new cases of diabetes, rather than to reduce disease prevalence.

Development of diabetes objectives was also driven by key emerging issues in diabetes. First, the importance of both diabetes and its comorbidities as public health issues will continue to increase as the population ages. Second, evidence continues to emerge that diabetes is associated with previously unidentified comorbidities such as cognitive impairment, incontinence, fracture risk, and cancer risk and prognosis. Finally, translating the Diabetes Prevention Program's lifestyle changes—that have been proven to prevent or delay onset of type 2 diabetes in high-risk individuals—so that all can benefit is a high priority. In addition, several “transition points” in the natural history of diabetes provide opportunities to reduce the health and economic burden. These include primary prevention, testing and early diagnosis, and increasing access to diabetes care and quality of care.

Whereas some of the 16 Healthy People 2020 diabetes objectives appeared in Healthy People 2010, others are new. For example, a new objective of Healthy People 2020 is to reduce diabetes mortality by reducing all-cause mortality among people with diabetes and reducing deaths caused by cardiovascular disease in people with diabetes. Another new objective is to improve glycemic control of people with diabetes on a population-wide basis. Toward the goal of increasing prevention behaviors in people at high risk for type 2 diabetes, Healthy People 2020 has objectives to increase the proportion of people with prediabetes who report: (1) increasing their physical activity; (2) trying to lose weight; and (3) reducing the amount of fat or calories in their diet. Recommendations to meet these goals are available from Federal government sources

and from patient advocacy organizations. A complete list of diabetes objectives for Healthy People 2020 can be found at:

<http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=8>

In summary, Healthy People aims to change the way health care is delivered to ensure that all Americans can live long, healthy lives. Healthy People 2020 can help develop the infrastructure to provide quality care and sets the path toward this goal, providing measurable targets for stakeholders at all levels.