Healthy People 2020
Improving the Health of Women, Infants and Children Across the Lifespan

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Today’s Presentation

1. Historical Context: What is Healthy People?
2. Describe Healthy People 2020
3. Spotlight: Maternal, Infant and Child Health
4. Overview: Healthy People 2020 and Nutrition
5. Healthy People 2020 in Action
What is Healthy People?
What is Healthy People?

Aligns public health goals and efforts across the nation

Non-Aligned Random Acts/Efforts

Aligned Effort

Healthy People
A national agenda that communicates a vision for improving health and achieving health equity.

A set of specific, measurable objectives with targets to be achieved over the decade.

These objectives are organized within distinct Topic Areas.
What is Healthy People?

Key Features of Healthy People:

- Creates a comprehensive, strategic framework that unites health promotion and disease prevention issues under a single umbrella.
- Is grounded in the science.
- Requires tracking of data-driven outcomes to monitor progress and to motivate, guide, and focus action.
- Engages a network of multi-disciplinary, multisectoral stakeholders at all levels.
- Guides national research, program planning, and policy efforts to promote health and prevent disease.
What is Healthy People?

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)
History of Healthy People


- HP 1990—Promoting Health/Preventing Disease: Objectives for the Nation

- HP 2000—Healthy People 2000: National Health Promotion and Disease Prevention Objectives

- HP 2010—Healthy People 2010: Objectives for Improving Health

- Healthy People 2020 – Launched December 2010
## History of Healthy People

<table>
<thead>
<tr>
<th>Target Year</th>
<th>Overarching Goals</th>
<th># Topic Areas</th>
<th># Objectives/Measures</th>
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</table>
| 1990        | • Decrease mortality: infants–adults     
               • Increase independence among older adults   | 15           | 226/NA               |
| 2000        | • Increase span of healthy life       
               • Reduce health disparities        
               • Achieve access to preventive services for all | 22           | 312/NA               |
| 2010        | • Increase quality and years of healthy life   
               • Eliminate health disparities    | 28           | 467/969              |
| 2020        | • 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 | 42*          | >1,194/1,194         |
Healthy People 2020: Mission, Vision and Goals
Healthy People 2020: Vision & Mission

- **Vision:**
  - A society in which all people live long, healthy lives.

- **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 multiple levels;
  - 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.
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.
Healthy People 2020: Focus on Determinants of Health

Why focus on the determinants of health?

_Because health is created through the conditions of our daily lives._

1. The need to move beyond controlling disease to address factors that are root causes of disease;

2. The importance of achieving health equity; and

3. Practical considerations related to national prosperity and security.
### Healthy People 2020: Focus on Determinants of Health

The conditions in which we live, learn, work, and play:

#### Social Determinants
- Resources to meet daily needs;
- Socioeconomic conditions and opportunities;
- Social norms and attitudes;
- Social and community support;
- Access to mass media and emerging technologies;
- Public safety;
- Access to health care.

#### Physical Determinants
- Natural environment;
- Built environment;
- Housing and community design;
- Exposure to toxic substances and other physical hazards;
- Physical barriers, especially for people with disabilities.
A video on Determinants of Health is viewable on the Healthy People 2020 website at: http://healthypeople.gov/2020/about/DOHAbout.aspx

A new topic area narrative explaining social determinants of health is available on the Healthy People 2020 website.

New objectives addressing social determinants of health are under development for Healthy People 2020.
Healthy People 2020: Who, What and When
Healthy People 2020: Timeline

December 2008-September 2009:

October 31– December 31 2009:
Objectives posted for public comment.

January – February 2010:
Objectives revised based on public comment and FIW decisions.

March– August 2010:
Narrative and other supporting materials drafted; Data sources finalized; Baselines and targets finalized.

September– December 2010:
Final Departmental Clearance and Released.
Healthy People 2020:
Topic Areas Retained from 2010

- Access to Health Services
- Arthritis, Osteoporosis, and Chronic Back Conditions
- Cancer
- Chronic Kidney Disease
- Diabetes
- Disability and Health
- Educational and Community-Based Programs
- Environmental Health
- Family Planning
- Food Safety
- Nutrition and Weight Status
- Occupational Safety and Health
- Oral Health
- Physical Activity
- Public Health Infrastructure
- HIV
- Immunization and Infectious Diseases
- Injury and Violence Prevention
- Maternal, Infant, and Child Health
- Medical Product Safety
- Mental Health and Mental Disorders
- Health Communication and Health Information Technology
- Hearing and Other Sensory or Communication Disorders
- Heart Disease and Stroke
- Respiratory Diseases
- Sexually Transmitted Diseases
- Substance Abuse
- Tobacco Use
- Vision
### Healthy People 2020: Topic Areas New for 2020

- 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
- Lesbian, Gay, Bisexual, and Transgender Health (developmental)
- Health-Related Quality of Life and Well-being (developmental)
- Social Determinants of Health (developmental)
Healthy People 2020: Objectives

Objectives: Quantitative targets to be achieved over the decade; Organized within Topic Areas which are lead by selected Federal agencies.

Selection Criteria:

1. Important and understandable to a broad audience;
2. Prevention oriented;
3. Capable of driving action toward the achievement of targets;
4. Useful and of national importance;
5. Measurable;
6. Included in Healthy People 2010;
7. Supported by the best available scientific evidence;
8. Addresses population disparities.
Healthy People 2020: Targets

Learning from HP 2010:

- 45.8% of Objectives used Better Than The Best (BTTB) target-setting method.
- 11.3% of BTTB Objectives met target (2009); 18.4% of targets overall met.
- If 10% improvement had been used, ≈50% of targets would have been met.

Improving HP 2020:

- Targets needed to be more “realistic, systematic and transparent”.

HP2020 Methodology:

1. Default: 10% improvement over baseline.
2. Primary: Modeling or trend projection.
3. Alternative: Consistency with programs or policies; retention of HP2010 targets; or total coverage.

Additional Methods:

- No target; percentage point changes; maintenance; unusual calculation methods.
Objective MICH-14: Increase the proportion of women of childbearing potential with intake of at least 400 μg of folic acid from fortified foods or dietary supplements.

Target: 26.2 percent

Baseline: 23.8 percent of non-pregnant females aged 15 to 44 years reported a usual daily total intake of at least 400 μg of folic acid from fortified foods or dietary supplements in 2003–06

Target Setting Method: 10 percent improvement.

Data Source: National Health and Nutrition Examination Survey (NHANES), CDC, NCHS
Maternal, Infant and Child Health in Healthy People 2010

- HP 2010 included 53 Objectives/Sub-Objectives in the MICH.
- Mixed results for tracked objectives/sub-objectives:
  - Met or exceeded target: 3
  - Improved: 22
  - Little or No Change: 8
  - Worsened: 7
- Themes:
  - Successes should be celebrated – Infant Sleep Position; Folic Acid Consumption & Neural Tube Defects; SIDS; and Breastfeeding.
  - But troubling trends remain – LBW, PTB, Maternal Mortality; and Cesarean Births.
  - Racial and ethnic disparities persist.
Maternal, Infant and Child Health in Healthy People 2020

Topic Area Goal: Improve the health and well-being of women, infants, children, and families.

Content: The objectives of the Maternal, Infant, and Child Health topic area address a wide range of conditions, health behaviors, and health systems indicators that affect the health, wellness, and quality of life of women, children, and families.
MICH 2020 Objectives: Overview

71 Objectives

- 30 Retained; 24 Modified (from 18 in 2010); 17 New; 1 archived; 4 dropped (in 2005);

Organized into 7 sections

- Morbidity & Mortality
  - Infant, child, adolescent & young adult mortality
  - Maternal mortality
  - Maternal illness & complications
  - Cesarean births
  - LBW & PTB

- Pregnancy Health & Behaviors
  - Prenatal care
  - Substance use during pregnancy
  - Child birth classes
  - Pregnancy weight gain

- Preconception Health & Behaviors
  - Folic acid intake and RBC Folate levels
  - Preconception care services & behaviors
  - Impaired fecundity
MICH 2020 Objectives: Overview

■ Postpartum Health & Behaviors
  – Relapse of smoking
  – Postpartum visit

■ Infant Care
  – Back to sleep
  – Breastfeeding
  – Worksite lactation support
  – Formula supplementation
  – Facilities that provide recommended care for lactating mothers & their babies

■ Disability & Other Impairments
  – Fetal Alcohol Syndrome
  – DD requiring special services
  – Infants with CP born LBW
  – Neural tube defects
  – Screening, evaluation, and timely service enrollment for children with ASD or DD

■ Health Services
  – Medical home
  – Systems of care for CSHCN
  – NBS screening & follow-up
  – VLBW infants born at level III facilities
MICH 2020 Objectives:
Modifications from 2010

1. Changes in Science:
   – Added sub-objective for SUID
   – Added sub-objective for “late” PTB

2. Changes in Approach:
   – Objectives previously focused on reducing developmental delays reframed to focus on minimizing consequences and increasing access to treatment.

3. Changes in Data:
   – Better fit existing data
   – Change in data source
   – Make better use of data
MICH 2020 Objectives: Additions
Preconception Health

- MICH-16: Receipt of preconception health services and practice of key behaviors
  - 16.1 Discussed preconception health with a health care worker prior to pregnancy (developmental)
  - 16.2 Took multivitamins/folic acid prior to pregnancy
   Baseline = 30.1%  Target = 33.1%
  - 16.3 Did not smoke prior to pregnancy
   Baseline = 77.6%  Target = 85.4%
  - 16.4 Did not drink alcohol prior to pregnancy
   Baseline = 51.3%  Target = 56.4%
  - 16.5 Had a healthy weight prior to pregnancy
   Baseline = 48.5%  Target = 53.4%
  - 16.6 Used contraception to plan pregnancy (developmental)
MICH 2020 Objectives: Additions
Postpartum Health & Breastfeeding

Postpartum Health and Behaviors:
- MICH-18: Postpartum relapse of smoking (developmental)
- MICH-19: Postpartum care visit with a health worker (developmental)

Breastfeeding:
- MICH-22: Employers that have worksite lactation support programs
  Baseline = 25%  Target = 38%
- MICH-23: Formula supplementation among breastfeed newborns
  Baseline = 24.2%  Target = 14.2
- MICH-24: Live births that occur in facilities that provide recommended care for lactating mothers and their babies
  Baseline = 2.9%  Target = 8.1%
MICH 2020 Targets: Overview

- **Default (10% improvement):** 49 Objectives

- **Primary (modeling):** 7 Objectives
  - Breastfeeding-related

- **Alternative:**
  - LBW
  - Formula supplementation
  - FAS
  - NBS screening and follow-up

- **Developmental:**
  - Childbirth classes
  - Pregnancy weight gain
  - Postpartum smoking
  - Postpartum visit

- **Changes for 2020**
  - **Achievability**
    - LBW
    - Medical Home
  - **Consistency:**
    - Substance use during pregnancy
  - **Clarity:**
    - Neural tube defects
  - **Accuracy:**
    - Child Birth Classes
Healthy People 2020 and Nutrition/Food

- **Group 1: Related Topic Areas**
  - Nutrition and Weight Status
  - Physical Activity
  - Maternal, Infant and Child health
  - Food Safety

- **Group 2: Chronic Disease Topic Areas**
  - Heart Disease and Stroke
  - Diabetes
  - Arthritis, Osteoporosis, and Chronic Back Conditions

- **Group 3: Context Topic Areas**
  - Educational and Community-Based Programs
  - Social Determinants of Health
Healthy People 2020: Nutrition-Related Objectives

Nutrition, Physical Activity, and Obesity Leading Health Indicators:

1. (PA-2.4) Adults who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity
   - **Baseline:** 18.2%
   - **Target:** 20.1%
   - **Data:** NHIS (National)  BRFSS (State)*

2. (NWS-9) Adults aged ≥ 20 years who are obese (NWS-9)
   - **Baseline:** 34.0%
   - **Target:** 20.1%
   - **Data:** NHANES (National)  BRFSS (State)*

3. (NWS-10.4) Children and adolescents who are considered obese
   - **Baseline:** 16.2%
   - **Target:** 14.6%
   - **Data:** NHANES (National)  YRBSS; NSCH (State)*

4. (NWS-15.1) Total vegetable intake for persons aged ≥ 2 years
   - **Baseline:** 0.8 cup/1,000 cal
   - **Target:** 1.1 cup /1,000 cal
   - **Data:** NHANES (National)  BRFSS (State)*

* Data from different sources may not be comparable even when the measure is the same.
# Healthy People 2020: Nutrition-Related Objectives

1. **(MICH-16.2)** Women delivering a live birth who took multivitamins/folic acid every day in the month prior to pregnancy  
   **Baseline:** 30.1%  
   **Target:** 33.1%  
   **Data:** PRAMS + MIHA (National)  
   PRAMS (State)*

2. **(MICH-21.5)** Infants breastfeed exclusively through 6 mo  
   **Baseline:** 14.1%  
   **Target:** 25.5%  
   **Data:** NIS (National)  
   NIS (State)

3. **(FS-5.1)** Consumers who follow key food safety practices: wash hands and surfaces often  
   **Baseline:** 67.2%  
   **Target:** 74 percent%  
   **Data:** FSS (National)  
   None (State)

4. **(ECBP-2.8)** Elem., middle, and high schools that provide comprehensive school health education to prevent unhealthy dietary patterns  
   **Baseline:** 84.3%  
   **Target:** 92.7 percent  
   **Data:** SHPPS (National)  
   SHPPS (State)

* Data from different sources may not be comparable even when the measure is the same.
Ways To Use Healthy People 2020

- **Goal setting** and agenda building
- Framework for **program planning and development**
- Benchmarks to compare State and local data
- **Data tool** for measuring program performance
- **Teaching** public health courses
- Way to develop nontraditional **partnerships**
Redesigned Web Site:
www.healthypeople.gov
Find evidence-based information and recommendations related to maternal, infant, and child health.

**Clinical Recommendations**

- **Counseling and Interventions to Prevent Tobacco Use and Tobacco-Caused Disease in Adults and Pregnant Women**
  - The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians ask all pregnant women about tobacco use and provide augmented, pregnancy-tailored counseling for those who smoke. [Learn more](https://www.healthypeople.gov/2020/topics-objectives/maternal-infant-child-health)

- **Folic Acid for the Prevention of Neural Tube Defects**
  - The U.S. Preventive Services Task Force (USPSTF) recommends that all women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid. [Learn more](https://www.healthypeople.gov/2020/topics-objectives/maternal-infant-child-health)

- **Primary Care Interventions to Promote Breastfeeding**
  - The U.S. Preventive Services Task Force (USPSTF) recommends interventions during pregnancy and after birth to promote and support breastfeeding. [Learn more](https://www.healthypeople.gov/2020/topics-objectives/maternal-infant-child-health)

**Community Interventions**

**Consumer Information**
Initiative-wide Information

HealthyPeople.gov

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 here!
Objective NWS-9: Obesity among Adults

Indicator: Adults aged ≥ 20 years with BMI ≥ 30 based on measured weight and height

Healthy People 2020 Target = 30.6%

Source: National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
Data collection: Health examination conducted in mobile examination units or clinics.
Obesity among Adults: State Level Estimates

Indicator: Adults aged ≥ 18 years with BMI ≥ 30 based on self-reported weight and height

10% Improvement = 24.0% (baseline 2008)

Source: Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCHS.
Data Collection: Telephone survey.
Objective PA-2.4: Physical Activity among Adults

Indicator: Self-reported light or moderate physical activity for at least 150 min/wk or vigorous physical activity 75 min/wk or equivalent combination and physical activities specifically designed to strengthen muscles at least 2x/wk

Healthy People 2020 Target = 20.1%

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<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>2008</td>
<td>18.2%</td>
</tr>
<tr>
<td>2009</td>
<td>19.0%</td>
</tr>
<tr>
<td>2010</td>
<td>20.6%</td>
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Source: National Health Interview Survey (NHIS), CDC, NCHS.
Data Collection: Household interview.
Physical Activity among Adults: State Level Estimates

Indicator: Self-reported ≥ 30 minutes of moderate physical activity ≥ 5x/wk (150 min), or vigorous physical activity for ≥ 20 min ≥ 3x/wk (60 min)

10% Improvement = 56.1%

Source: Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCHS.
Data Collection: Telephone survey.
Objective: MICH 16.2: Multivitamin or Folic Acid Supplementation

Indicator: Women with a recent live birth who reported taking multivitamin/folic acid every day in the month prior to pregnancy

Healthy People 2020 Target = 33.1%

Source: Pregnancy Risk Assessment Monitoring System (PRAMS), CDC, NCCDPHP; Maternal and Infant Health Assessment (MIHA), CDPH.
Data Collection: Mail survey.
Objective MICH 16.5: Healthy Weight Prior to Pregnancy

Indicator: Women with a recent live birth who had a normal weight (BMI=18.5-24.9) prior to pregnancy

Healthy People 2020 Target = 53.4%

<table>
<thead>
<tr>
<th>2007</th>
<th>National</th>
<th>CO</th>
<th>NE</th>
<th>UT</th>
<th>WY</th>
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<tbody>
<tr>
<td></td>
<td>48.5%</td>
<td>50.9%</td>
<td>50.1%</td>
<td>49.3%</td>
<td>55.5%</td>
</tr>
</tbody>
</table>

Source: Pregnancy Risk Assessment Monitoring System (PRAMS), CDC, NCCDPHP; Maternal and Infant Health Assessment (MIHA), CDPH.
Data Collection: Mail survey.
Objective MICH-21.5: Exclusive Breastfeeding through 6 months

Indicator: Caregivers of children who indicate their child was exclusively breastfed (given nothing but breast milk) through 6 months of age


Healthy People 2020 Target = 25.5%

Source: National Immunization Survey (NIS), CDC, NCSH, CDC, NCIRD
Data Collection: Telephone survey.
Questions?
Contact:
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Resources

- Healthy People Home Page: www.healthypeople.gov
- Health Indicators Warehouse: www.healthindicators.gov
- CDC WONDER HP2010 Data: http://wonder.cdc.gov/data2010/
- NHANES: http://www.cdc.gov/nchs/nhanes.htm
- NHIS: http://www.cdc.gov/nchs/nhis.htm
- BRFSS: http://www.cdc.gov/brfss/
- YRBSS: http://www.cdc.gov/HealthyYouth/yrbs/index.htm