

Introduction to Healthy People 2010

Learning Objectives

- Identify the key components of Healthy People 2010
- Learn about Healthy People 2010 statistical and data resources, and where to access them

1. History of the Healthy People initiative

A. Timeline of major developments

- 1979 *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention*
- 1980 *Promoting Health, Preventing Disease: Objectives for the Nation*
- 1987 Institute of Medicine formed the Healthy People Consortium
- 1990 Healthy People 2000
- 1995 *Healthy People 2000 Midcourse Review*
- 2000 Healthy People 2010
- 2001 *Healthy People 2000 Final Review*

2. *Healthy People 2000 Final Review*

A. Description

- 382-page report released in October 2001
- Completes the series of *Healthy People 2000 Reviews* published to monitor and evaluate the Nation's progress toward the year 2000 targets
- Provides a final assessment of the year 2000 objectives

B. Highlights

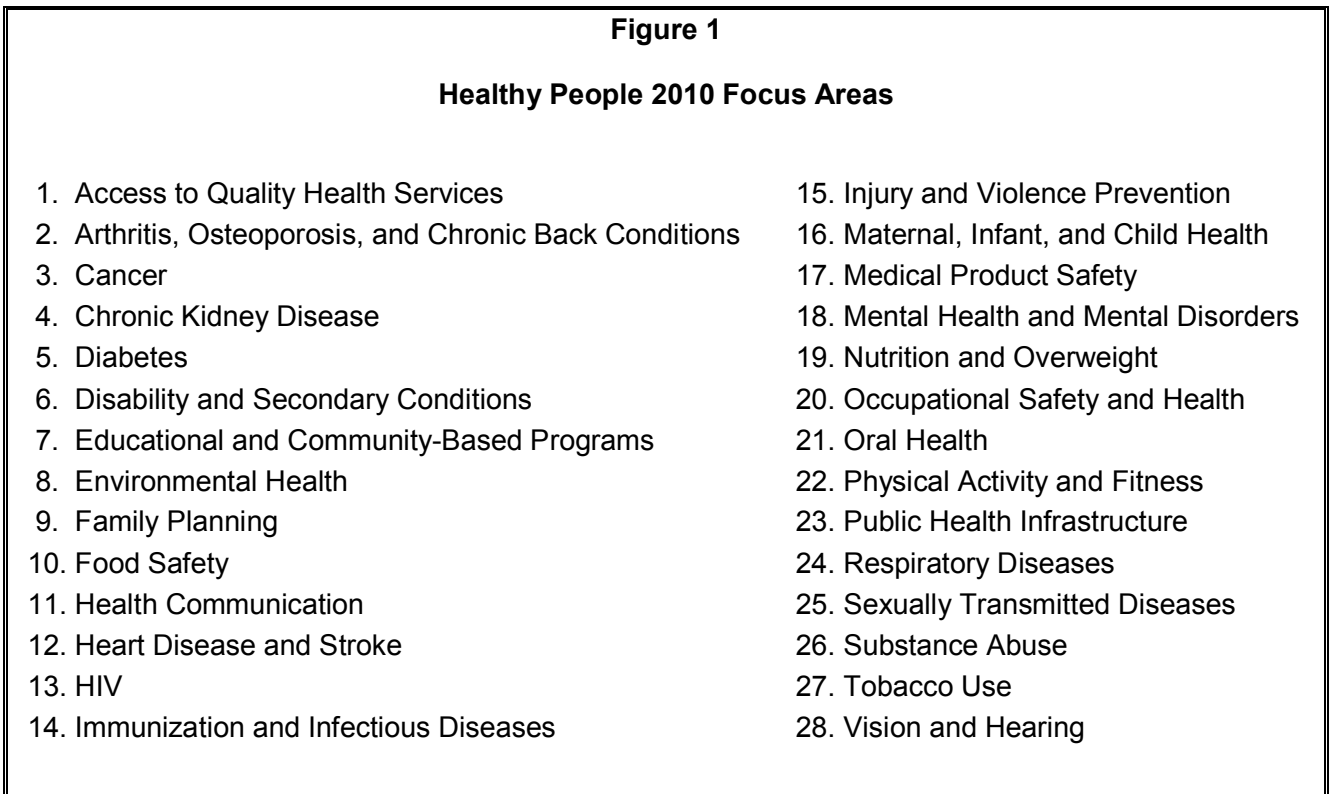
- Assesses progress in reducing health disparities by race, gender, age, disability, and socioeconomic status
- Presents State data for the 47 Sentinel Objectives (where available)
- Contains data and trends for the Health Status Indicators and Priority Data Needs

3. *Healthy People 2010*

A. Framework

- Two overarching goals
 - Increase the quality and years of healthy life
 - Eliminate health disparities

- 467 specific objectives to improve health
- 28 focus areas to organize objectives (**Figure 1**)



B. Types of objectives

- *Measurable*: National baseline data are available from a specified data source and a 2010 target has been set. These objectives provide direction for immediate action.
- *Developmental*: National baseline data are not available and a reliable data source has not been identified. These objectives identify areas that need to be placed on the national agenda for data collection.

- At the launch of Healthy People 2010 in November 2000:
 - 328 (70%) measurable
 - 139 (30%) developmental
- As of November 2003:
 - 3 developmental objectives have become measurable
- The number of developmental objectives will decrease during the decade as data sources to track these objectives are identified

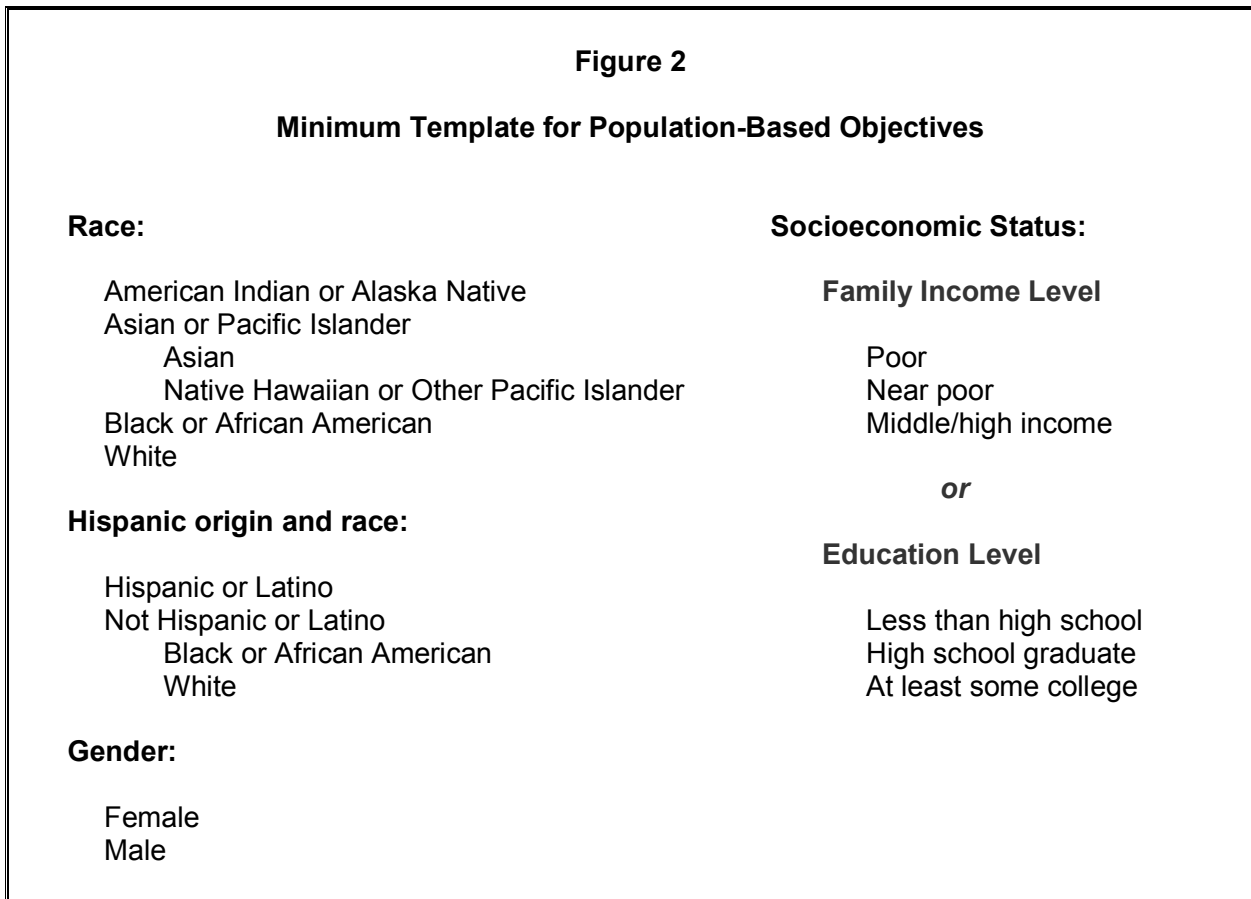
C. Subobjectives (measures)

- 98 objectives have more than one measure (March 2003)
- 843 measures in total (March 2003)
- More measures will be added as developmental objectives become measurable objectives

D. Minimum population template

- To promote greater consistency in the presentation of data for population groups, a minimum template for population-based objectives was developed
- The minimum template includes breakouts by race, Hispanic origin and race, gender, and socioeconomic status (either income level or education level) (**Figure 2**)
- More detailed and/or additional breakouts (e.g. age groups, sexual orientation, disability status) are shown for some population-based objectives

- The template applies to almost all measurable population-based objectives and will be applied to developmental objectives when data become available
 - The template is not shown for measurable population-based objectives that are tracked using counts of events rather than rates or percents because of the potential to misinterpret risk



E. Target setting

- Healthy People 2010's second goal is to eliminate health disparities
- In support of this goal, a single national target applicable to all population groups was set for each measurable, population-based objective
- Guiding principles used in setting targets:
 - For objectives that address health services and protection, targets set so that there is an improvement for all racial/ethnic subgroups shown for the objective ("better than the best" method)
 - For objectives that can be influenced in the short term by policy decisions, lifestyle choices, and behaviors, targets also set using "better than the best" method
 - For objectives unlikely to achieve an equal health outcome in the next decade, regardless of the level of investment, target set so that there is an improvement for a substantial proportion of the population
 - For other objectives a variety of methods were used to set targets (total coverage/elimination, retain year 2000 target, etc.) (**Figure 3**)
 - The Public Health Foundation has developed target-setting algorithms and worksheets used by States and others (**Appendix - Intro I, Appendix – Intro II**)

Figure 3

Target-setting methods used for Healthy People 2010 (November 2000)

Method	Number (%) measures*
Better than the best	280 (45.2)
Percent improvement	202 (32.6)
Total coverage or elimination	60 (9.7)
Consistent with another program	31 (5.0)
Projection of trend	20 (3.2)
Retain year 2000 target	19 (3.1)
Expert opinion	4 (0.6)
No increase from baseline	4 (0.6)
Total	620 (100%)

* Developmental measures not included in counts

F. Leading Health Indicators/Steps to a Healthier US Indicators

- **Leading Health Indicators**
 - Set of 10 indicators (22 measures) that reflect major health concerns in the U.S. (**Figure 4**)
 - Serve as a link to the 467 objectives in Healthy People 2010
 - Chosen based on their ability to motivate action, the availability of data to measure their progress, and their relevance as broad public health issues

Figure 4
Healthy People 2010 Leading Health Indicators and Measures

Objective Short Text	Objective Number
Physical Activity	
Moderate physical activity in adults	22-2
Vigorous physical activity in adolescents	22-7
Overweight and Obesity	
Obesity in adults	19-2
Overweight and obesity in children and adolescents	19-3c
Tobacco Use	
Cigarette smoking by adults	27-1a
Cigarette smoking by adolescents	27-2b
Substance Abuse	
Alcohol and illicit drug use by adolescents	26-10a
Illicit drug use by adults	26-10c
Binge drinking by adults	26-11c
Responsible Sexual Behavior	
Responsible adolescent sexual behavior	25-11
Condom use by adults	13-6
<i>Chlamydia infections in young women (supplemental)</i>	25-1a
<i>Gonorrhea infections (supplemental)</i>	25-2
<i>Teen births (supplemental)</i>	*
Mental Health	
Treatment of adults with recognized depression	18-9b
<i>Suicides (supplemental)</i>	18-1
Injury and Violence	
Deaths from motor vehicle crashes	15-15a
Homicides	15-32
Environmental Quality	
Ozone pollution exposure	8-1a
Exposure to environmental tobacco smoke	27-10
<i>Children exposed to tobacco smoke at home (supplemental)</i>	27-09
Immunization	
Fully immunized children aged 19-35 months	14-24
Influenza vaccination in high-risk adults	14-29a
Pneumococcal vaccination in high-risk adults	14-29b
Access to Care	
Persons with health insurance	1-1
Source of ongoing care	1-4a
Early prenatal care	16-6a

* Supplemental measure is not a Healthy People 2010 objective

- **Steps to a Healthier US Indicators**
 - Used to evaluate the Department of Health and Human Services' implementation of the President's Healthier US prevention initiative
 - Physical Activity, Nutrition, Diabetes, Obesity, Prevention Screenings, Tobacco Use, Asthma
 - Use Healthy People 2010 measures
 - RFA grants for communities to create innovative and effective community-based chronic disease prevention and control programs
- **Data Availability**
 - Tracking data for both sets of indicators can be found in DATA2010

G. Data sources

- Over 190 different data sources
- 23 track 5 or more objectives ("major data sources") (**Figure 5**)
- 16 track regional data
- 11 track State data (an additional 2 track *some* States)
- 8 track city and/or county data
- 5 track Standard Metropolitan Statistical Areas (SMSAs)

Figure 5

Major Data Sources for Healthy People 2010

Number of Data Source	Objectives Tracked
National Health Interview Survey (NHIS)	67
National Health and Nutrition Examination Survey (NHANES)	35
National Vital Statistics System – Mortality (NVSS-M)	32
National Survey on Family Growth (NSFG)	14
National Hospital Discharge Survey (NHDS)	11
Youth Risk Behavior Surveillance System (YRBSS)	11
HIV/AIDS Surveillance System	10
Behavioral Risk Factor Surveillance System (BRFSS)	9
National Survey on Drug Use and Health (NSDUH)	8
School Health Policies and Programs Study (SHPPS)	8
National Vital Statistics System – Natality (NVSS-N)	8
National Profiles of Local Health Departments (NPLHD)	8
National Ambulatory Medical Care Survey (NAMCS)	7
United States Renal Data System (USRDS)	7
STD Surveillance System (STDSS)	7
Medical Expenditure Panel Survey (MEPS)	6
National Hospital Ambulatory Medical Care Survey (NHAMCS)	6
Continuing Survey of Food Intake by Individuals (CSFII)	6
National Crime Victimization Survey (NCVS)	6
1999 National Worksite Health Promotion Survey (NWHPS)	5
State Tobacco Activities Tracking and Evaluation System (STATES)	5
National Notifiable Disease Surveillance System (NNDSS)	5
Monitoring the Future (MTF)	5

H. State and community Healthy People programs

- 47 States had Healthy People 2000 plans
- 20 States and D.C. have Healthy 2010 plans (see 6A below)
- Many counties and cities have Healthy People 2010 plans

4. Communicating progress on Healthy People 2010 goals and objectives

A. Progress reviews

- Monthly formal reviews of objectives in each focus area with the Assistant Secretary for Health and the lead agency for the focus area. Conducted twice during the decade for each area.
- Healthy People 2010 reviews began in June 2002

B. *Midcourse and Final Reviews*

- Evaluating progress for all objectives at the decade's mid-point and end

5. Healthy People 2010 resources

A. *Healthy People 2010. With understanding and improving health and objectives for improving health.*

- Set of reference books providing an overview of Healthy People 2010

National Center for Health Statistics, 2004

- Presents the 467 objectives to improve health
- Organized in two sections
 - *Understanding and improving health*
 - *Objectives for improving health*
- Contents of *Understanding and improving health*
 - History of the Healthy People initiative
 - Healthy People model
 - Development of the Leading Health Indicators
- Contents of *Objectives for improving health*
 - Overview of goals and issues for each focus area
 - Baseline data and data-related information provided for each objective:

Data source	Target setting method
Baseline data	Notes
Target	

B. *Tracking Healthy People 2010*

- Technical guidebook on the statistics used for Healthy People 2010
- Provides detailed information on how the data are derived and the major statistical issues affecting the interpretation of the statistics

- Developed to assist Healthy People 2010 programs at the national, State, and local levels
- Organized in four sections

Part A: General Data Issues

Part B: Operational Definitions

Part C: Major Data Sources

Appendices

- Part A: General Data Issues – Major Topics
 - Target-setting and progress-assessing methods for measurable objectives
 - Developmental objectives
 - Population estimates
 - Population template (**Figure 2**)
 - Age adjustment
 - Mortality and Morbidity classification
 - National data
 - State and local data
 - Variability of estimates
 - Healthy People 2010 database - DATA2010
- Part B: Operational Definitions – Information shown for each objective (**Appendix - Intro III**)
 - National data source

- State data source
 - Healthy People 2000 objective
 - Measure
 - Baseline
 - Numerator
 - Denominator
 - Population targeted
 - Questions used to obtain the National data
 - Expected periodicity
-
- Part C: Major Data Sources – information shown for each source (**Appendix - Intro IV**)
 - Sponsor
 - Mode of Administration
 - Survey sample design
 - Response rates
 - Primary survey content
 - Population targeted
 - Demographic data
 - Years collected
 - Schedule
 - Geographic estimates
 - Contact information
 - References

- Appendices – Major Topics
 - Work Group coordinators
 - Abbreviations and acronyms used in Healthy People 2010
 - Baseline data for mortality objectives, age adjusted to 1940 and 2000
 - ICD-9 codes for cause-specific mortality and morbidity objectives
 - Crosswalks between Healthy People 2000 and Healthy People 2010 objectives

C. DATA2010 – The Healthy People 2010 database

- Description
 - On-line database for measurable objectives and the Leading Health Indicators
 - Accessible through the CDC WONDER system at <http://wonder.cdc.gov/data2010/>
 - Updated quarterly
 - National and State data
- Main features
 - Generate tables with baseline and update data for
 - Single objective
 - Entire focus area

Leading Health Indicators

Specific population group (e.g. race, gender)

All objectives tracked by a single data system

- Access operational definitions
- View baseline revisions
- Create charts and graphs
- Export data

6. State programs, Companion Documents, and key websites

A. State Healthy People 2010 programs

Healthy Alaskans 2010 Draft

<http://www.hss.state.ak.us/dph/deu/projects/healthy/healthy.html>

District of Columbia Healthy People 2010

<http://www.phf.org/HPtools/state/DC/DC?HP2010?Plan.pdf>

Healthy Alabama 2010

<http://www.alapubhealth.org/>

Healthy Arizona 2010

<http://www.hs.state.az.us/phs/healthyaz2010/>

Healthy Delaware 2010

<http://www.healthyselaware.com/hp20101.htm>

Healthy Iowans 2010

http://www.idph.state.ia.us/sa/h_ia2010/contents.htm

Louisiana Healthy People 2010 Planning Council

http://www.legis.state.la.us/leg_docs/99rs/CVT9/OUT/0000FRQ3.pdf

Healthy Kentuckians 2010

<http://chs.state.ky.us/publichealth/healthy%5Fky%5F2010.htm>

Healthy Maine 2010

<http://janus.state.me.us/dhs/boh/healthyme2k/pdf/Introduction%20.Pages.pdf>

Healthy Maryland - Project 2010

<http://mdpublichealth.org/ohp/html/proj2010.html>

Michigan Critical Health Indicators

<http://www.mdch.state.mi.us/dch/chi/index.htm>

Healthy Minnesotans (2004)

<http://www.health.state.mn.us/divs/chs/phg/intro.html>

Montana Health Agenda 2000

<http://www.dphhs.state.mt.us/hpsd/pubheal/healplan/pdf/hadraft4.pdf>

Healthy New Hampshire 2010

<http://www.healthynh2010.org/>

Healthy New Jersey 2010

Vol. 1: <http://www.state.nj.us/health/chs/hnj2010vol1.pdf>

Vol. 2: <http://www.state.nj.us/health/chs/hnj2010vol2.pdf>

North Carolina 2010 Health Goals

<http://www.healthycarolinians.org/GTF2010/hlthgoals.htm>

Pennsylvania's State Health Improvement Plan

<http://www.health.state.pa.us/pdf/ship/documen8.pdf>

Healthy Rhode Islanders 2010

<http://www.health.ri.gov/chic/healthypeople/home.htm>

Healthy Vermonters 2010

<http://www.state.vt.us/health/admin/pubs/2000/hv2010/pdf/hv2010cover.pdf>

Healthy Virginians 2010

<http://www.vdh.state.va.us/hv2010/index.html>

National Center for Health Statistics, 2004

West Virginia Healthy People 2010
<http://www.wvdhhr.org/bph/hp2010/default.htm>

B. Healthy People 2010 Companion Documents

Healthy People 2010 Companion Document for Lesbian, Gay, Bisexual,
and Transgender (LGBT) Health
<http://www.glma.org/policy/hp2010/index.html>

Healthy Campus 2010 (Draft)
<http://www.csupomona.edu/~jvgrizzell/hc2010/introduction.htm>

The Key Ingredient of the National Prevention Agenda: Workforce
Development
<http://bhpr.hrsa.gov/healthworkforce>

Roadmaps for Clinical Practice, a new series from the American Medical
Association on population-based medicine and the leading health
indicators

C. Healthy People 2010-related websites

National Center for Health Statistics - Homepage
<http://www.cdc.gov/nchs/>

National Center for Health Statistics - Healthy People 2010 page
<http://www.cdc.gov/nchs/hphome.htm>

Department of Health and Human Services – Healthy People 2010 page
<http://www.health.gov/healthypeople/>

D. Healthy People 2010 data source websites

National Health Interview Survey
<http://www.cdc.gov/nchs/nhis.htm>

National Health and Examination Survey
<http://www.cdc.gov/nchs/nhanes.htm>

National Vital Statistics System
<http://www.cdc.gov/nchs/nvss.htm>

Behavioral Risk Factor Surveillance System

<http://www.cdc.gov/brfss/index.htm>

Youth Risk Factor Surveillance System

<http://www.cdc.gov/nccdphp/dash/yrbs/index.htm>

National Hospital Discharge Survey

<http://www.cdc.gov/nchs/about/major/hdasd/nhds.htm>

National Ambulatory Medical Care Survey

<http://www.cdc.gov/nchs/about/major/ahcd/ahcd1.htm>

National Hospital Ambulatory Medical Care Survey

<http://www.cdc.gov/nchs/about/major/ahcd/ahcd1.htm>

National Survey on Family Growth

<http://www.cdc.gov/nchs/nsfg.htm>

National Immunization Survey

<http://www.cdc.gov/nip/coverage/default.htm#NIS>

National Household Survey on Drug Abuse

<http://www.samhsa.gov/oas/nhsda.htm>

Medicare Expenditure Panel Survey

<http://www.meps.ahrq.gov>

Monitoring the Future

<http://monitoringthefuture.org/>

National Crime Victimization Survey

<http://www.ojp.usdoj.gov/bjs/cvict.htm#ncvs>

National Notifiable Disease Surveillance System

<http://www.cdc.gov/epo/dphsi/phs/infdis.htm>

E. How to order Healthy People 2010 publications

Healthy People 2010 and *Tracking Healthy People 2010* are available on the Internet at www.health.gov/healthypeople/Publications. Hard copies may be ordered from the U.S. Government Printing Office by calling (202) 512-1800 or by submitting an electronic request at www.bookstore.gpo.gov.