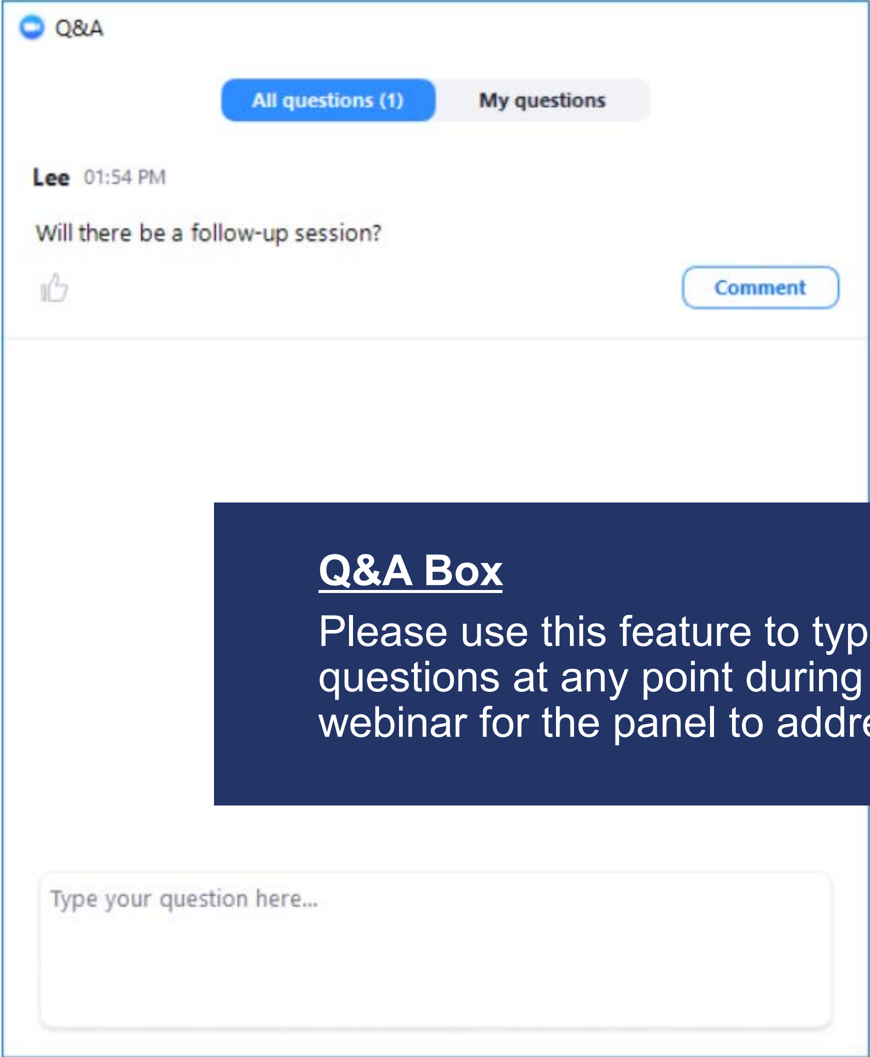
Healthy People 2030 and the Leading Health Indicators

February 25, 2021

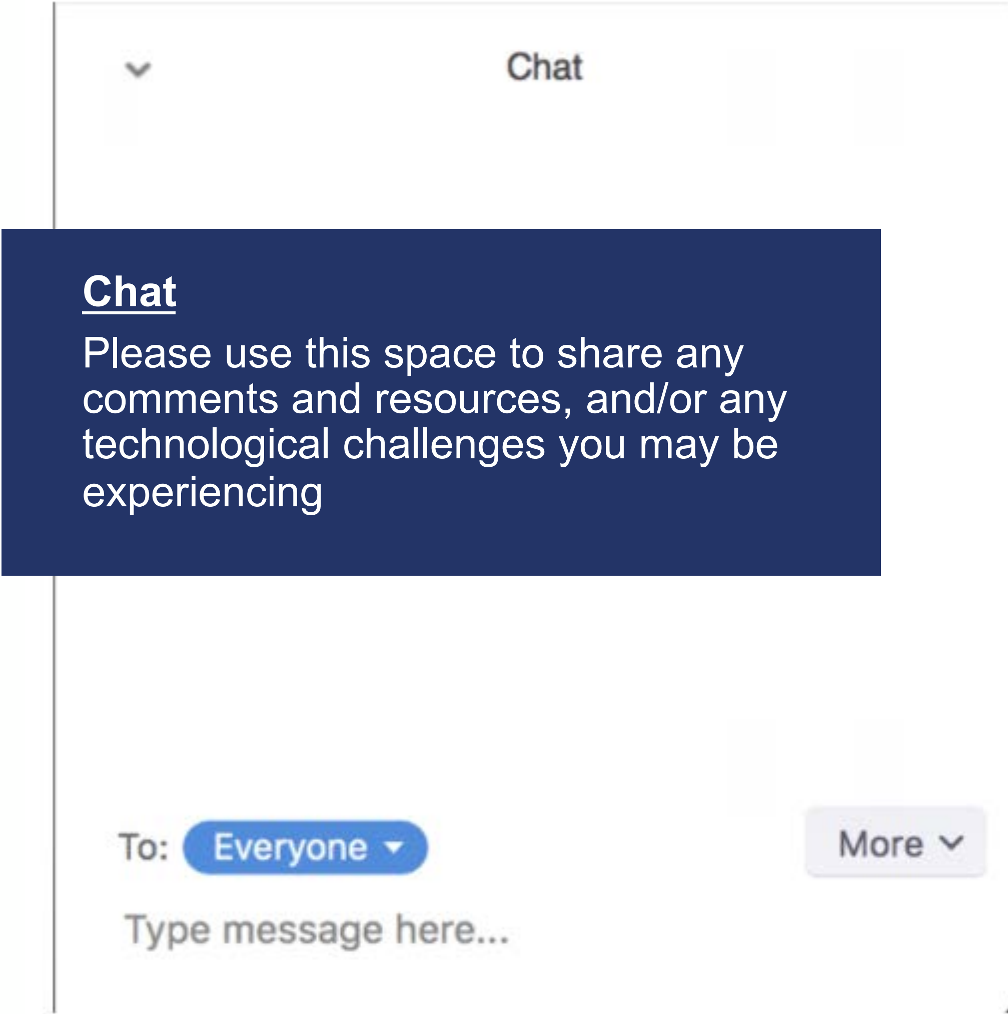
Healthy People 2030

Webinar Logistics



Q&A Box

Please use this feature to type in questions at any point during the webinar for the panel to address.



Chat

Please use this space to share any comments and resources, and/or any technological challenges you may be experiencing

Carter Blakey

Deputy Director, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services

Today's Presenters

Peter Holtgrave

Senior Director, Public Health Infrastructure and Systems, National Association of County and City Health Officials

Vicki Collie-Akers, PhD, MPH

Associate Professor, Department of Population Health, Kansas Health Foundation Professor of Public Health Practice, University of Kansas Medical Center

RADM Paul Reed, MD

Deputy Assistant Secretary for Health, Director of the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services

Peter Holtgrave

Senior Director, Public Health Infrastructure and Systems, National Association of County and City Health Officials

RADM Paul Reed, MD

Deputy Assistant Secretary for Health,
Director, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services

What is Healthy People?

- Provides a strategic framework for a **national prevention agenda** that communicates a vision for improving health and achieving health equity.
- Identifies science-based, **measurable objectives with targets** to be achieved by the end of the decade.
- Requires tracking of **data-driven outcomes** to monitor progress and to motivate, guide, and focus action.
- Offers model for international, state, and local **program planning.**
- Represents **collective input** from federal, state, local, public, private stakeholders.

Healthy People 2030 Framework - Vision & Mission

Vision

- A society in which all people can achieve their full potential for health and well-being across the lifespan.

Mission

- To promote, strengthen, and evaluate the nation’s efforts to improve the health and well-being of all people.

Healthy People 2030 Goals

1. Attain healthy, thriving lives, and well-being free of preventable disease, disability, injury, and premature death.
2. **Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.**
3. **Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.**
4. Promote healthy development, healthy behaviors, and well-being across all life stages.
5. Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.

Healthy People Social Determinants of Health Framework

Healthy People 2030 and COVID-19

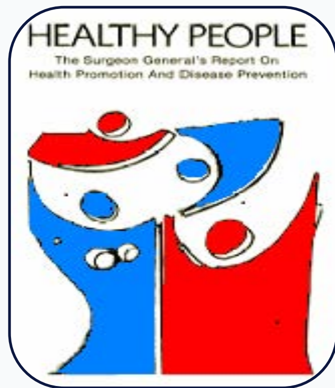
Healthy People 2030 sets a shared vision to improve the nation's health. Because of COVID-19, that's now more important than ever.

Healthy People 2030 COVID-19 custom list https://health.gov/healthypeople/custom-list?list=odphps-covid-19-custom-list

Healthy People 2030 and COVID-19

Increase the proportion of people with health insurance — AHS-01	Baseline only
Increase the proportion of adults with broadband internet — HC/HIT-05	Baseline only
Increase the proportion of state public health agencies that are accredited — PHI-01	Baseline only
Increase the proportion of local public health agencies that are accredited — PHI-02	Baseline only
Increase the number of tribal public health agencies that are accredited — PHI-03	Baseline only
Increase the proportion of people who donate blood — BDBS-D01	Developmental
Increase the number of individuals trained globally to prevent, detect, or respond to public health threats — GH-D01	Developmental

Evolution of Healthy People Objectives

Healthy People 1990	Healthy People 2000	Healthy People 2010	Healthy People 2020	Healthy People 2030
				
~200 objectives	~300 objectives	~1,000 objectives	~1,300 objectives	355 objectives

Healthy People 2030 Objective Types

Core Objectives

- Measurable objectives with valid, reliable, nationally representative data, including baseline data and targets for the decade.
- Reflect high-priority public health issues and are associated with evidence-based interventions.

Developmental Objectives

- Represent high priority issues that do not have reliable baseline data, but for which evidence-based interventions have been identified.

Research Objectives

- Represent public health issues with a high health or economic burden or significant disparities between population groups — but they aren't yet associated with evidence-based interventions.
- Require more research to build a stronger evidence base and may reflect new or emerging health issues.

Healthy People 2030 Objectives & Measures

Vision

A society in which all people can achieve their full potential for health and well-being across the lifespan.

Overall Health and Well-Being Measures

8 broad, global outcome measures intended to assess the Healthy People 2030 vision

Core Objectives

355 measurable public health objectives that have 10-year targets and are associated with evidence-based interventions

Leading Health Indicators

A small subset of 23 high-priority Healthy People 2030 core objectives selected to drive action toward improving health and well-being

Developmental Objectives

Public health issues with evidence-based interventions but lacking reliable data

Research Objectives

Public health issues that are not yet associated with evidence-based interventions

Healthy People 2030 Leading Health Indicators – Selection Criteria

- Are Healthy People 2030 **Core** objectives
- Focus on **upstream measures** such as risk factors/behaviors rather than disease outcomes including, prevention
- Address issues of **national importance,** including leading causes of morbidity and mortality, and alignment with HHS priorities
- Have known **evidence-based** interventions and strategies to motivate action
- Are able to measure **determinants of health**, **health disparities, and health equity**
- As a set, cover the **lifespan**
- Meet **rigorous data** requirements

Healthy People 2030 Leading Health Indicators – Across Life Stages

All ages

- Use the oral health care system*
- Consumption of calories from added sugars*
- Drug overdose deaths
- Exposure to unhealthy air
- Homicides
- Household food insecurity
- Vaccinations against seasonal influenza
- Persons who know their HIV status*
- Persons with medical insurance*
- Suicides

*Apply to most of the life stages

Infants

- Infant deaths

Children and adolescents

- 4th grade reading skills at or above grade attainment level
- Treatment received for major depressive episodes
- Obesity rates
- Current use of any tobacco products

Adults and older adults

- Binge drinking of alcoholic beverages during the past 30 days
- Adults who meet minimum guidelines for aerobic and muscle-strengthening activity
- Adults who receive a colorectal cancer screening
- Adults with hypertension whose blood pressure is controlled
- Cigarette smoking
- Employment among the working-age population
- Maternal deaths
- New cases of diagnosed diabetes in the population

Note: for the formal, full titles of the Leading Health Indicators, go to the Healthy People 2030 website

Using Healthy People 2030

2. Set your own targets

4. Monitor national progress

1. Identify needs and priority populations

3. Find inspiration and practical tools

- Find HP measures and data related to your work
- Set local targets that contribute to national goals

- Use HP data as a benchmark
- Use HP data to inform policy & program planning
- Monitor how your progress compares to national data

- Identify populations most vulnerable to COVID-19 and other health conditions
- Stay current on the latest data in your community

- Leverage existing resources (i.e., framework, models)
- Look for evidence-based resources and tools

Healthy People 2030 Implementation

- Proposed Implementation Strategies:
  - Webinars
  - Population data, including Leading Health Indicators
  - Frequent data updates and reporting
  - Robust data visualizations
  - Progress Reports (Midcourse Review; Final Review)
  - Stories from stakeholders on Healthy People implementation
  - Enhanced outreach, communication and partner engagement

Vicki Collie-Akers, PhD, MPH

Associate Professor, Department of Population Health, Kansas Health Foundation Professor of Public Health Practice, University of Kansas Medical Center

Office of Disease Prevention and Health Promotion

Healthy People 2030

Using Healthy People 2020 to support community health planning

Presented By Vicki Collie-Akers, PhD, MPH, Associate Professor, Kansas Health Foundation Professor of Public Health Practice, Department Of Population Health

NACCHO & DHHS Healthy People 2030 Leading Health Indicators Webinar
February 25th, 2021

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Overview

- Describe the context of public health practice in a mid-sized, Midwest community
- Describe use of the Healthy People 2020 Objectives to inform community health improvement planning

Background: Douglas County, Kansas

- Located in Northeast Kansas
- Population of 110,000
- Primary community of Lawrence
- Progressive university community
- 40 miles from Kansas City

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Background: Lawrence-Douglas County Public Health

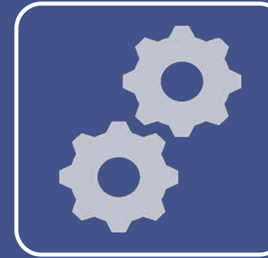
- Mission: To advance policies, practices, and programs that promote health for all, prevent disease, and protect the environment
- One of 105 local health departments in decentralized state of KS
- One of two remaining city-county funded local health departments in KS
- Accredited in 2015
- In a typical year staff size is between 40-45; Annual budget ≈ $2.5 million

Background: Lawrence-Douglas County Public Health

Established the Lawrence-Douglas County Public Health and University of Kansas Academic Health Department in 2013

- Includes partnership principles and an outline of activities
    - Ongoing support for community health assessment and improvement planning efforts
- Includes contract for shared personnel
- LDCPH provides space for faculty and students

Drive policy, system and environmental change



Contribute to the evidence-base of what works in public health

Build the capacity of the current and future workforce

Community Health Assessment and Improvement Planning

- Community Health Assessment and Improvement Planning part of the 10 Essential Public Health Services
- Public Health Accreditation Board (PHAB) requires a community health assessment and plan to be completed every 5 years
- Lawrence-Douglas County Public Health embarked on a new assessment and planning process in 2017

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Community Health Assessment

- Completion of Community Health Assessment

Selection of 4 contributing factors + 1 Lens

- Access to health care
- Alcohol, tobacco, and other drugs +Mental Health → Behavioral Health
- Child abuse and neglect
- Discrimination
- Healthy food + Physical activity
- Housing
- Poverty & Jobs

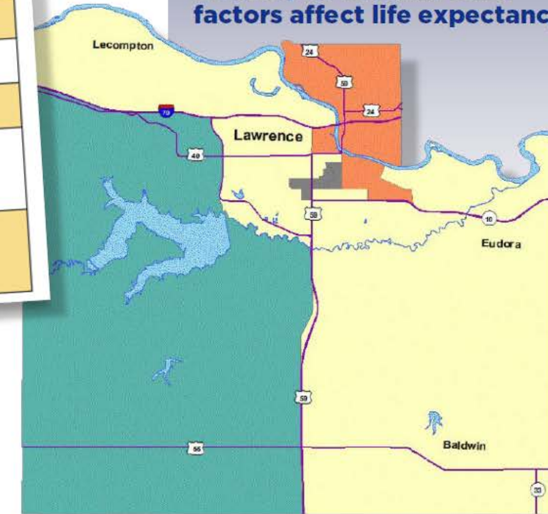
Health Outcomes

Douglas County is generally healthy when compared to Kansas

Douglas County	Adults	Kansas
10%	Fair or poor self-perceived health status (%)	16%
26%	High blood cholesterol (%)	38%
21%	Hypertension (%)	32%
28%	Obese (%)	34%
14%	Disability (%)	22%
139	Heart Disease (age-adjusted death rate/100,000)	157
27	Stroke (age-adjusted death rate/100,000)	38

But ...

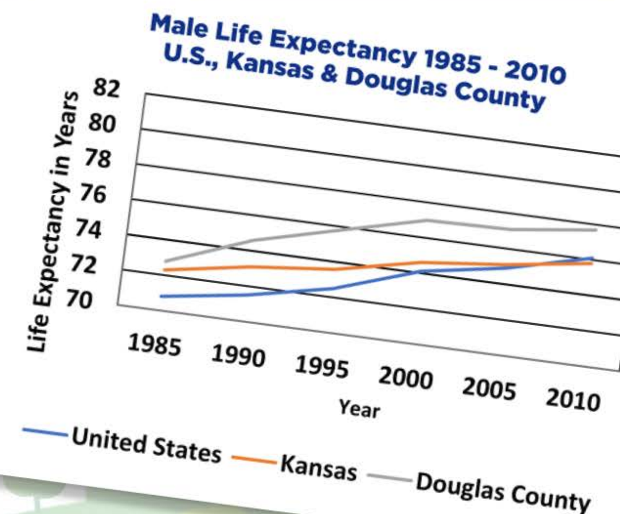
Where you live and other factors affect life expectancy

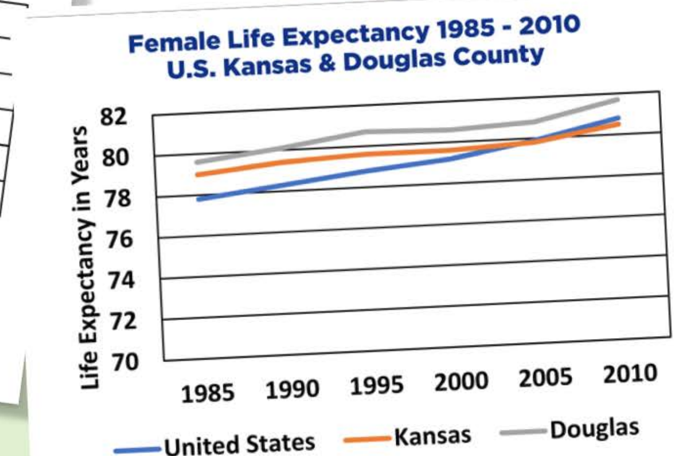


Unreliable | Lower | Higher | Same

- Average life expectancy for Douglas County is **80.3**

Douglas County Life Expectancy trends mirror those of the State of Kansas & U.S.





Use of Healthy People 2020 Framework

Healthy People 2020 influenced efforts in three key ways:

- Adoption of an ecological, determinants approach
- Engagement of multiple sectors to support identification of strategies and implementation
- Use of Healthy People 2020 to develop measurable objectives

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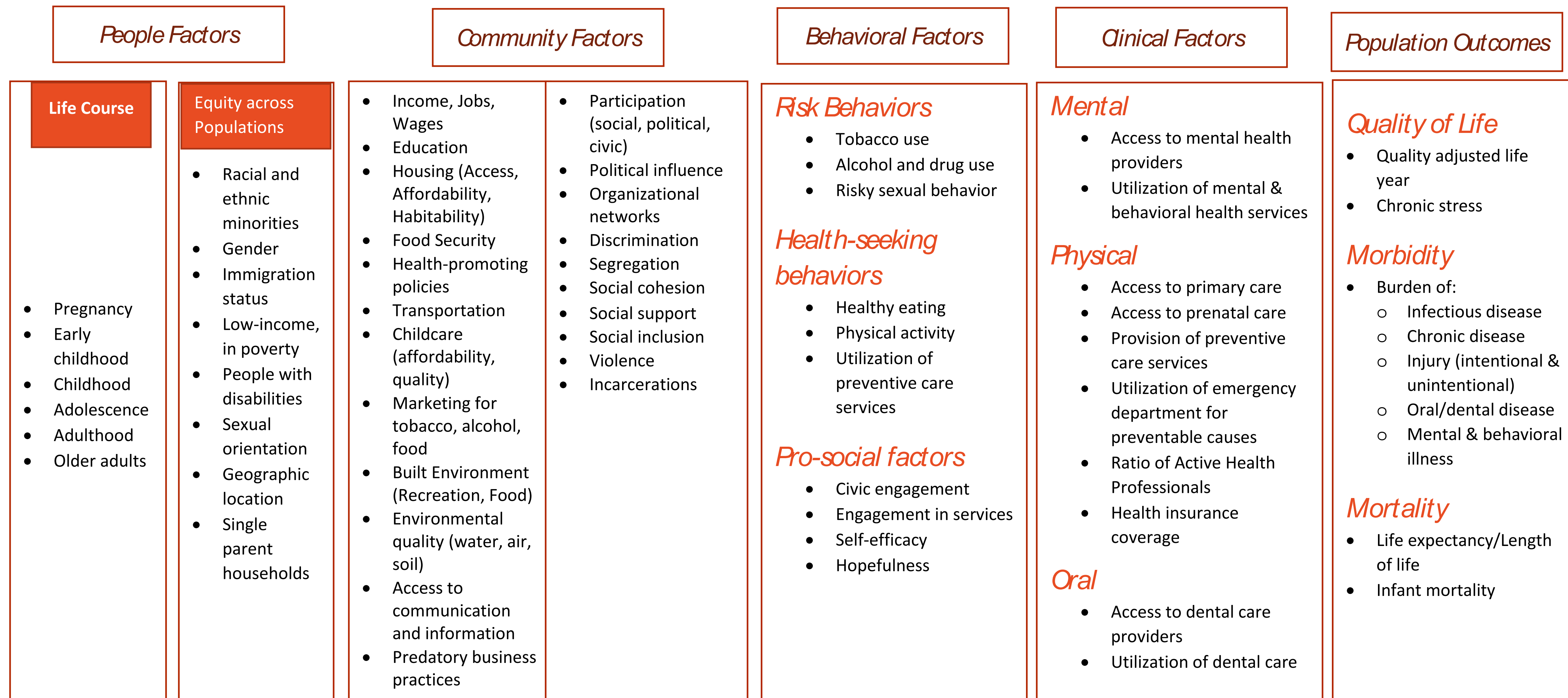
Use of Healthy People 2020 Framework

- Adoption of an ecological, determinants approach



Use of Healthy People 2020 Framework

- Engagement of multiple sectors to support identification of strategies and implementation

Safe and Affordable Housing
Convener: Lawrence-Douglas Housing Authority

Anti-Poverty
Convener: United Way/ Human Services Coalition

Equity & Discrimination

Behavioral Health
Convener: Douglas County

Access to Healthy Foods & Healthy Built Environment
Convener: LiveWell DG CO

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Use of Healthy People 2020 Framework

- Engagement of multiple sectors to support identification of strategies and implementation

Use of Healthy People 2020 Framework

- Use of Healthy People 2020 to develop measurable objectives

Alignment to national benchmarks and plans. Support staff from the LDCHD and KUCCHD provided objectives from Healthy People 2020 to consider when selecting or constructing objectives. As appropriate, strategies or approaches from national plans were integrated.

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Use of Healthy People 2020 Framework

- Use of Healthy People 2020 to develop measurable objectives

Behavioral Health

- By 2023, decrease the age-adjusted suicide rate from16.0 to 14.0 per 100,000 population.
- Increase the proportion of adults 18 and older with serious mental illness (SMI) who receive treatment by 10%
- Increase the proportion of adults who are homeless with mental health problems who receive mental health services by 5%

MHMD-1 Reduce the suicide rate LHI Revised

MHMD-9.1 Increase the proportion of adults aged 18 years and older with serious mental illness (SMI) who receive treatment

MHMD-12 Increase the proportion of homeless adults with mental health problems who receive mental health services

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Use of Healthy People 2020 Framework

Access to Safe and Affordable Housing

- By 2023, reduce the proportion of all households that spend more than 30% of income on housing from 26.0% to 24.0%

SDOH-4.2.1 Proportion of all households that spend more than 50% of income on housing

Anti-Poverty

- By 2023, ensure no change in the proportion of Black, Indigenous, and Children of color (aged 0-17 years) living in poverty.

SDOH-3.2 Proportion of children aged 0-17 years living in poverty

Access to Healthy Foods and Healthy Built Environment

- By 2023, reduce household food insecurity from16.5% to 15.5%.

NWS-13 Reduce household food insecurity and in doing so reduce hunger

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Conclusions and Future Directions

- HP 2020 framework and objectives offered tools and model objectives which supported our community's planning efforts in a meaningful way
  - Supported our progress from addressing the manifestation of inequities to addressing root causes
- Looking ahead to initiate new cycle of CHA/ CHIP in mid-late 2022
- Build on and deepen our efforts to address root causes of inequities, create conditions for health, and to advance health for all
- Continued use of HP 2030 to guide our efforts

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Acknowledgements

- Dan Partridge and colleagues at Lawrence-Douglas County Public Health

To learn more, please contact:

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Moderated Q & A

Stay Connected With Healthy People & NACCHO

- Visit the Healthy People 2030 Website at https://health.gov/healthypeople

- Follow the Healthy People 2030 initiative using the Twitter handle @healthgov and #HP2030

- Visit the National Association of County and City Health Officials' Website at https://www.naccho.org/

Thank you!

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