

Tracking National Plan Progress: Examples from Healthy People 2030



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What is Healthy People?

Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being. Healthy People 2030, the initiative's fifth iteration, builds on knowledge gained over the first 4 decades.



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Goals of Healthy People

Attain	Attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death.
Eliminate	Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
Create	Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.
Promote	Promote healthy development, healthy behaviors, and well-being across all life stages.
Engage	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.



Plan of Action

- Set national goals and measurable objectives to guide evidence-based policies, programs, and other actions to improve health and well-being.
- Provide accurate, timely, and accessible data that can drive targeted actions to address regions and populations that have poor health or are at high risk for poor health.
- Foster impact through public and private efforts to improve health and well-being for people of all ages and the communities in which they live.
- Provide tools for the public, programs, policymakers, and others to evaluate progress toward improving health and well-being.
- Share and support the implementation of evidence-based programs and policies that are replicable, scalable, and sustainable.
- Report biennially on progress throughout the decade from 2020 to 2030.
- Stimulate research and innovation toward meeting Healthy People 2030 goals and highlight critical research, data, and evaluation needs.
- Facilitate the development and availability of affordable means of health promotion, disease prevention, and treatment.



Navigating the HP Website

<https://health.gov/healthypeople>

“Browse Objectives by Topic”

“Older Adults” Population or general objectives
(look at age group of interest)



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Examples of Objectives Related to Risk Reduction

• Health Conditions

- Stroke
- Hypertension
- Diabetes

• Health Risks

- Nutrition
- Obesity
- Smoking
- Physical Activity
- Drug & Alcohol Use
- Sleep



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Hypertension

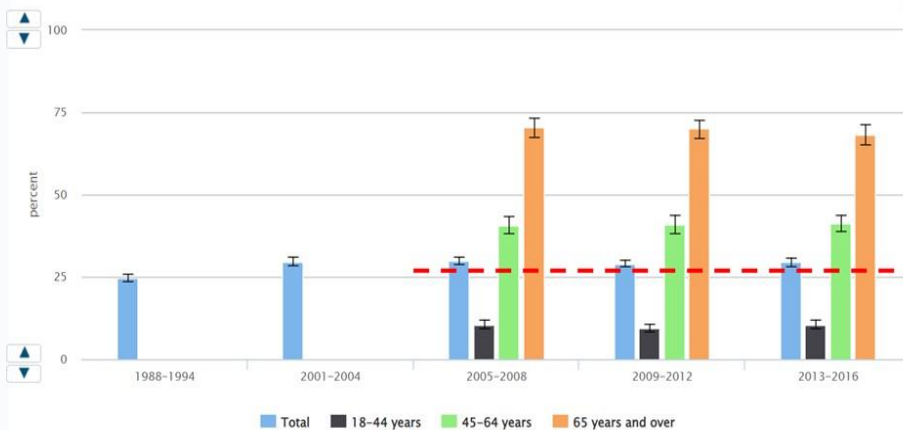


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Adults with hypertension (age adjusted, percent, 18+ years)
By Age Group† §

2020 Baseline (year): 29.9 (2005-08) --- 2020 Target: 26.9 Desired Direction: ↓ Decrease desired

Auto Scale



Data Source: National Health and Nutrition Examination Survey (NHANES); Centers for Disease Control and Prevention, National Center for Health Statistics (CDC/NCHS)
Error Bar (I) represents the 95% confidence interval
Additional footnotes may apply to these data. Please refer to footnotes below the data table for further information.

HDS-5.1 Reduce the proportion of adults with hypertension

<https://www.healthypeople.gov/2020/data-search/search-the-data?nid=4596>

HDS-5.1 Reduce the proportion of adults with hypertension



	2005-2008	2009-2012	2013-2016
Total	29.9	29	29.5
Sex			
Male	30.6	29.9	30.5
Female	28.7	28.1	28.3
Race/Ethnicity			
Hispanic or Latino	DSU	27.1	28.2
Mexican American	25.5	27.4	28.4
Not Hispanic or Latino	---	---	---
Asian only, not Hispanic or Latino			26.1
Black or African American only, not Hispanic or Latino			
White only, not Hispanic or Latino	42	41.8	41
Age group† §			
18-44 years	10.5	9.4	10.5
18-24 years	3.5	2.6	2.3
25-44 years	12.9	11.8	13.2
45-64 years	40.6	40.8	41.2
45-54 years	33.3	31.5	31.6
55-64 years	52	51.4	51.7
65 years and over	70.3	70	68.3
65-74 years	66.5	64.4	64.5
75-79 years	72	75.5	71.2
80 years and over	77.3	79	76

HDS-5.1 Reduce the proportion of adults with hypertension

Population	2005-2008	2009-2012	2013-2016
Educational attainment (25 years and over)			
< High school	37.3	35.8	36.9
High school (including GED or equivalent)	35.9	34.7	39.4
Some college or AA degree	33.6	35	35.3
College graduate or above	29.6	27.6	26.6
Family income (percent poverty guidelines)			
<100	32.6	32.4	34.1
100-199	32.7	31.8	32.5
200-399	30.8	29.3	30
400-499	28.6	30	25.7
500+	27.4	26.1	26.1
Disability status (20 years and over)			
People with activity limitations	39.3	39	38.4
People without activity limitations	29.3	28.4	28.5
Health insurance status (<65 years)			
Insured	21.8	21.4	21.8
Private	20.2	19.8	20.2
Uninsured	20	17.6	19.7
Public	32.1	29.3	27.6
Diabetes status†			
With - Diabetes	56.8	59	57
Without - Diabetes	28.2	26.9	27
Marital status (20 years and over)			
Married	30.5	29.3	28.4
Cohabiting partner	26.8	29.9	33.2
Divorced or separated	32.7	30.4	33.1
Widowed	32.2	37.9	37.7
Never married	24.7	21.8	25.0

Diabetes

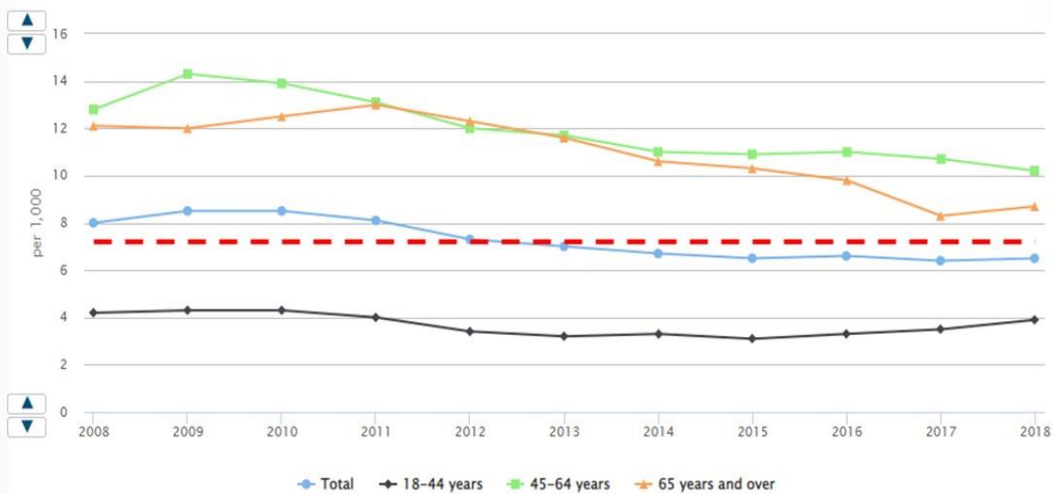


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**New cases of diabetes (age adjusted, per 1,000 population, 18–84 years)
By Age Group† §**

2020 Baseline (year): 8.0 (2006–08) --- 2020 Target: 7.2 Desired Direction: ↓ Decrease desired

Auto Scale



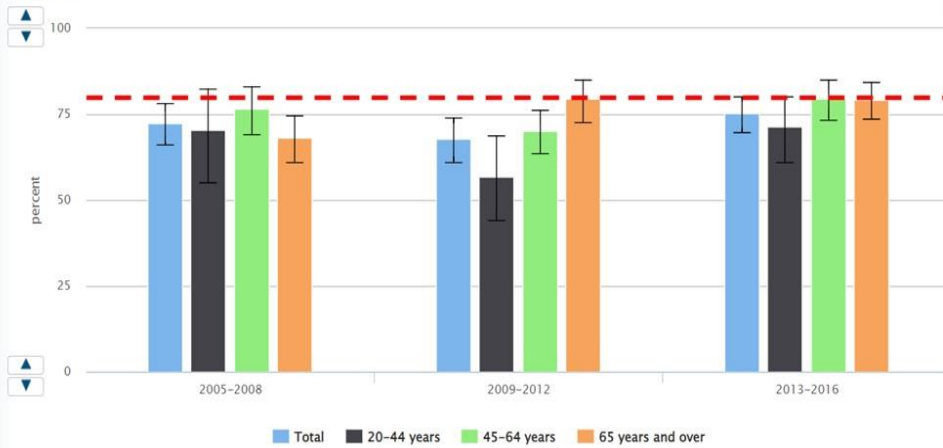
Data Source: National Health Interview Survey (NHIS); Centers for Disease Control and Prevention, National Center for Health Statistics (CDC/NCHS)
Additional footnotes may apply to these data. Please refer to footnotes below the data table for further information.

<https://www.healthypeople.gov/2020/data-search/Search-the-Data?nid=4106>

**Persons with diabetes whose condition has been diagnosed (age adjusted, percent, 20+ years)
By Age Group† §**

2020 Baseline (year): 72.5 (2005–08) --- 2020 Target: 79.8 Desired Direction: ↑ Increase desired

Auto Scale



Data Source: National Health and Nutrition Examination Survey (NHANES), Centers for Disease Control and Prevention, National Center for Health Statistics (CDC/NCHS)
Error Bar (I) represents the 95% confidence interval
Additional footnotes may apply to these data. Please refer to footnotes below the data table for further information.

- <https://www.healthypeople.gov/2020/data/Chart/4112?category=4&by=Age%20group%E2%80%A0%20C2%A7&fi ps=-1>

Obesity

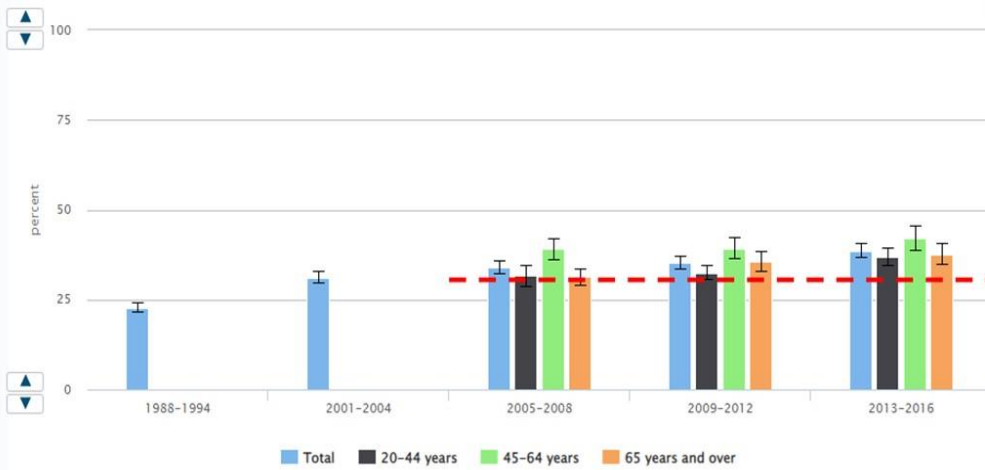


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Obesity among adults (age adjusted, percent, 20+ years) By Age Group† §

2020 Baseline (year): 33.9 (2005–08) --- 2020 Target: 30.5 Desired Direction: ↓ Decrease desired

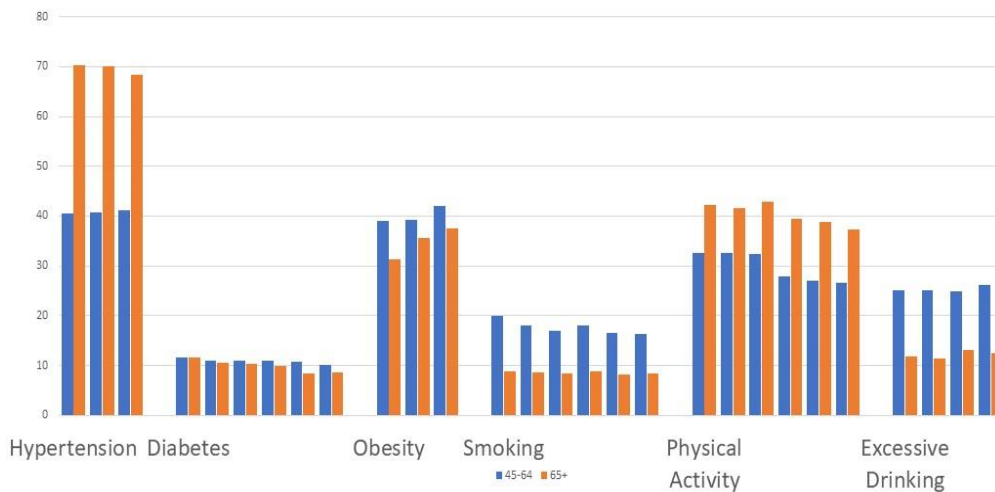
Auto Scale



Data Source: National Health and Nutrition Examination Survey (NHANES); Centers for Disease Control and Prevention, National Center for Health Statistics (CDC/NCHS)
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Additional footnotes may apply to these data. Please refer to footnotes below the data table for further information.

<https://www.healthypeople.gov/2020/data/Chart/4968?category=4&by=Age%20group%E2%80%A0%20C2%A7&fips=-1>

Changes in Negative Risk Factors ~2005 to 2018



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Search the Data | Healthy People x +

https://www.healthypeople.gov/2020/data-search/Search-the-Data?topic-area=3517

HP2020

- Topic Areas (1 Selected)
- Data Sources (0 Selected)
- State-Level Data Available (0 Selected)
- Sex-Specific Objectives (0 Selected)
- Age-Specific Objectives (0 Selected)
- State Map Available
- Health Disparities Data Available
- Leading Health Indicator (LHI)
- Measurable Objectives

About the Data

[Learn more about Healthy People 2020 data](#) and objectives, including when the data were last updated.

This website was archived in fall / winter 2021 and is no longer updated. To access any data corrections, visit the CDC National Center for Health Statistics website by either **clicking or copying and pasting the following link in your browser:** https://www.cdc.gov/nchs/healthy_people/hp2020/hp2020-errata-page.htm

2 Objectives match your search

Dementias, Including Alzheimer's Disease

DIA-1 Increase the proportion of adults aged 65 years and older with diagnosed Alzheimer's disease and other dementias, or their caregiver, who are aware of the diagnosis Revised

Diagnosis awareness among persons with Alzheimer's disease and other dementias or their caregiver (percent, 65+ years)

Dementias, Including Alzheimer's Disease

DIA-2 Reduce the proportion of preventable hospitalizations in adults aged 65 years and older with diagnosed Alzheimer's disease and other dementias Revised

Preventable hospitalizations among persons with Alzheimer's disease and other dementias (percent, 65+ years)

Search the Data | Healthy People x +

Dementias, Including Alzheimer's x +

https://health.gov/healthypeople/about/workgroups/dementias-including-alzheimers-disease-workgroup

throughout the decade.

[Read more about the Dementias, Including Alzheimer's Disease Workgroup](#)

Dementias, Including Alzheimer's Disease Workgroup Objectives (3)

- [Increase the proportion of older adults with dementia, or their caregivers, who know they have it — DIA-01](#) Baseline only
- [Reduce the proportion of preventable hospitalizations in older adults with dementia — DIA-02](#) Baseline only
- [Increase the proportion of adults with subjective cognitive decline who have discussed their symptoms with a provider — DIA-03](#) Baseline only

About the Workgroup

Approach and Rationale

Alzheimer's disease is the most common cause of dementia and the sixth leading cause of death in U.S. adults.¹ Nearly 6 million people in the United States have Alzheimer's, and that number will increase as the number of older adults grows.¹ Healthy People 2030 focuses on improving care

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/dementias/reduce-proportion-preventable-hospitalizations-older-adults-dementia-dia-02>

HP2030

Observations

- Nice platform for tracking progress on public health goals; one-stop shop for public health surveillance data
- Array of objectives, including within condition goals (e.g. increased physical activity among people with diabetes)
- Most risk factors for dementia are tracked
- Limited number of dementia-specific measures



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Discussion



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