Healthy People 2020 and Adolescent Health
Workshop Leaders

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Workshop Goals

- To enhance your understanding of Healthy People 2020
- To discuss how Healthy People 2020 addresses the health, safety & well-being of youth
  - Adolescent health topic area objectives
  - Draft core indicators of adolescent & young adult health
  - Objectives pertinent to the sexual & reproductive health of adolescents
- To explore key features of the Healthy People 2020 website
- To discuss how you might use Healthy People 2020 to promote adolescent health
  - Alignment of objectives with your projects
  - Reaching others in your communities & states
What Is Healthy People?

- A national agenda that communicates a vision for improving health and achieving health equity

- Creates a comprehensive strategic framework uniting health promotion and disease prevention issues under a single umbrella

- A set of science-based, measurable objectives with targets to be achieved by the year 2020

- Requires tracking of data-driven outcomes to monitor progress and to motivate, guide, and focus action
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.
# Evolution of Key Elements

## Healthy People

<table>
<thead>
<tr>
<th>Target Year</th>
<th>1990</th>
<th>2000</th>
<th>2010</th>
<th>2020</th>
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<tbody>
<tr>
<td><strong>Overarching Goals</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>• Decrease mortality: infants–adults</td>
<td>• Increase span of healthy life</td>
<td>• Increase quality and years of healthy life</td>
<td>• Attain high-quality, longer lives free of preventable disease</td>
<td></td>
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<tr>
<td>• Increase independence among older adults</td>
<td>• Reduce health disparities</td>
<td>• Eliminate health disparities</td>
<td>• Achieve health equity; eliminate disparities</td>
<td></td>
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<tr>
<td>• Achieve access to preventive services for all</td>
<td>• Create social and physical environments that promote good health</td>
<td>• Promote quality of life, healthy development, healthy behaviors across life stages</td>
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<table>
<thead>
<tr>
<th># Topic Areas</th>
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<tr>
<td># Objectives/Measures</td>
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<td>312/NA</td>
<td>467/1,000</td>
<td>~600/1200</td>
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<tr>
<td>Leading Health Indicators</td>
<td>N/A</td>
<td>N/A</td>
<td>22*</td>
<td>26*</td>
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*selected from the full set of Healthy People objectives
Targeted health priorities illuminating individual behaviors, physical and social environmental factors, and health systems

Topics

- Access to Health Services
- Clinical Preventive Services
- Environmental Quality
- Injury and Violence
- Maternal, Infant, and Child Health
- Mental Health
- Nutrition, Physical Activity, and Obesity
- Oral Health
- Reproductive and Sexual Health
- Social Determinants
- Substance Abuse
- Tobacco use
Topics & Objectives Index - Healthy People

Select a Topic Area from the list below to get started. Each topic area includes a topic area overview, objectives and data, and evidence-based resources.

Download all Healthy People 2020 objectives [PDF - 2 MB].
Download all Healthy People 2020 objectives in spreadsheet format [XLSX - 159 KB].
If you experience problems viewing documents, please download the latest version of the Viewer or Player.

A
Access to Health Services
   Adolescent Health [New]
   Arthritis, Osteoporosis, and Chronic Back Conditions

B
Blood Disorders and Blood Safety [New]

C
Cancer
   Chronic Kidney Disease

D
Dementias, Including Alzheimer's Disease [New]

G
Genomics [New]
   Global Health [New]
H
Health Communication and Health Information Technology
   Healthcare-Associated Infections [New]
   Health-Related Quality of Life & Well-Being [New]
   Hearing and Other Sensory or Communication Disorders
   Heart Disease and Stroke
   HIV

N
Nutrition and Weight Status

O
Occupational Safety and Health
   Older Adults [New]
   Oral Health

P
Physical Activity
   Preparedness [New]
   Public Health Infrastructure

R
Respiratory Diseases
Adolescent Health Objectives Across Healthy People 2020

- More than 160 objectives are directly relevant to adolescent & young adult health (25% of total objectives)

- 24 categorical topic areas (62% of total) with completed objective sets are relevant to adolescent & young adult health (AYAH)
  - e.g., access to health services, educational and community-based programs, family planning, HIV, injury & violence prevention, nutrition, mental health, physical activity, STDs, substance abuse

- At least 3 new topic area workgroups are developing objective sets (LGBT, SDH, QOLWB)
Three Frames for HP 2020 Objectives Pertinent to Adolescent Health

- Adolescent health topic area objectives
- Draft core indicators of adolescent and young adult health
- Objectives pertinent to the sexual and reproductive health of adolescents & young adults
HP 2020 represents first time that adolescent health included as a topic area.
HP 2020 Adolescent Health Workgroup

- Goal – Improve the healthy development, health, safety & well-being of adolescents & young adults
- Includes 33 members from public & private sectors
- Co-facilitated by staff from HRSA/MCHB & CDC with support from National Center for Health Statistics
- Two major tasks to date
  - Developed new Healthy People objectives to fill gaps & address parts of HP 2020’s 2 new goals
    - Health promoting social environments (social determinants of health)
    - Healthy development (positive youth development)
  - Selected a set of objectives from across all of Healthy People 2020 to serve as draft core indicators of adolescent & young adult health
Healthy People 2020 Goals

- Attain high quality, longer lives free of preventable disease, disability, injury, & premature death
- Achieve health equity, eliminate disparities, & improve the health of all groups
- Create social & physical environments that promote good health for all (new)
- Promote quality of life, healthy development & healthy behaviors across all life stages (new)
HP 2020 Adolescent Health Topic Area Objectives

- New objectives developed by Adolescent Health Workgroup
  - Eleven objectives that include 24 measures
  - Strengths of new objectives
    - Fill gaps not covered by categorical topic areas
    - Assist public health to reach out to partners in other sectors for working on mutual issues important to the health, safety & well-being of young people
HP 2020 Adolescent Health
Topic Area Objectives

- New objectives developed by Adolescent Health Workgroup address the following areas:
  - Adolescent wellness check-up
  - Extra-curricular & afterschool activities
  - Adolescent-adult connection
    - Adult in life
    - Parental participation in events & activities
  - Transition to self-sufficiency from foster care (D*)

*A developmental objective, denoted by the letter D, generally means that data issues need to be resolved.*
New objectives developed by Adolescent Health Workgroup (cont)

- Educational achievement
  - On-time high school graduation (LHI)
  - Graduation for students served under IDEA
  - Reading skills (4th, 8th, 12th grades)
  - Arithmetic skills (4th, 8th, 12th grades)
  - Meaningfulness of school work
  - School absenteeism
- School breakfast program
- Illegal drugs on school property
- Student safety at school as perceived by parents
New objectives developed by Adolescent Health Workgroup (cont)

- Student harassment related to sexual orientation & gender identity \( (D) \)
- Serious violent incidents in public schools
- Youth perpetration of, & victimization by, crimes
  - Minor & young adult perpetration of violent crimes
  - Minor & young adult perpetration of serious property crimes
  - Youth gang activity \( (D) \)
  - Victimization from crimes of violence \( (D) \)
Summary of New HP 2020 Objectives
Developed by Adolescent Health Workgroup

- Venture into new areas for Healthy People
- Help public health to align itself with the efforts of important partners
- Offer some new areas of focus
  - Youth development
  - Schools & education
  - Safety (youth aggression & victimization)
- What is missing, for now (SDH)
  - Neighborhoods & housing
  - Homelessness
  - Youth neither in school nor employed
Context for Adolescent & Young Adult Health (AYAH) Draft Core Indicators

- Number & diversity of HP 2020 objectives relevant to AYAH make it difficult for states, communities & organizations to focus on these population groups

- A core set can present a cohesive & compelling picture of adolescent & young adult health (AYAH)
  - Build public & political will
  - Stimulate constructive action at various levels
  - Facilitate strategic planning
  - Monitor trends & progress using valid & reliable data
  - Recognize disparities
  - Call attention to important areas that do not have high visibility
  - Systems objectives important as strategies for achieving outcomes
Selection of Draft Core AYAH Indicators

- Stakeholder input – Several groups were asked to rate the 167 draft HP 2020 objectives relevant to adolescent & young adult health for priority as core (late 2009). Received 351 responses.
  - Rating/selection criteria
    - Substantive importance
    - Proportion of young people affected
    - How compelling the issue is
    - Sufficient specificity to allow focused actions
    - Contribution to the set as a whole

- Volunteer work team from Adolescent Health Workgroup – conducted the actual selection process (2011)
Selection of Draft Core AYAH Indicators

Results

- 41 draft core indicators
  - 26 outcome & 15 systems indicators
    - Outcome – Health status & behaviors reflecting populations composed of individuals
    - Systems – Largely under control of governments, institutions & organizations (policies & practices)
  - Form 7 areas of focus

Just adolescents, 19
Just young adults, 2
Selection of Draft Core AYAH Indicators

- Core indicator versus objective
  - Indicator represents an objective but is stated without reference to a direction
  - Indicator can be described in simpler terms compared to an objective

- Areas of focus
  - Health care (insurance, well care, immunizations)
  - Healthy development (adult connection, graduation, sleep, transition planning)
  - Injury & violence prevention (MV crashes, riding with a drinking driver, GDL laws, homicide, exposure to violence, physical fighting)
Selection of Draft Core AYAH Indicators

- Areas of focus (cont)
  - Mental health (suicide rate & attempts, depression, treatment)
  - Substance abuse (marijuana, binge drinking, treatment)
  - Sexual & reproductive health (pregnancy prevention, STDs, HIV, reproductive health services)
  - Prevention of chronic diseases of adulthood (oral health, hearing, obesity, physical activity, tobacco)
HP 2020 Topic Areas Pertinent to Adolescent Sexual Health

- Educational & Community-Based Programs (ECBP) - 1
- Family Planning (FP) – 7/8
- HIV (HIV) - 11
- Immunization and Infectious Diseases (IID) - 1
- Injury & Violence Prevention (IVP) - 1
- Lesbian, Gay, Bisexual and Transgender Health (not yet populated with objectives)
- Sexually Transmitted Diseases (STD) - 6
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- ECBP-2.7 Increase the proportion of elementary, middle, and senior high schools that provide comprehensive school health education to prevent unintended pregnancy, HIV/AIDS, & STD infection.
  - Systems objective

- FP-6 Increase the proportion of females or their partners at risk of unintended pregnancy who used contraception at most recent sexual intercourse.
  - Objective focuses on overall rate among 15-44 year olds
    - Age breakouts (rates among 15-17 and 18-24 year olds) provided by HHS Health Indicators Warehouse
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- **FP-7** Increase the proportion of sexually active persons who received reproductive health services.
  - Sub-objectives broken out by gender *(LHI for females)*
  - Objective focuses on overall rate among 15-44 year olds
    - Age breakouts (rates among 15-17 and 18-24 year olds) provided by HHS Health Indicators Warehouse *(AYAH CI)*
  - Systems indicator

- **FP-8** Reduce pregnancy rates among adolescent females. *(AYAH CI)*
  - Sub-objectives broken out by age group (15-17 and 18-19 years)
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- FP-9 Increase the proportion of adolescents aged 17 years & under who have never had sexual intercourse. (AYAH CI)
  - Sub-objectives broken out by gender and age group
    - Ages 15-17 years and under age 15

- FP-11 Increase the proportion of sexually active persons aged 15 to 19 years who use condoms & hormonal or intrauterine contraception to both effectively prevent pregnancy & provide barrier protection against disease.
  - Sub-objectives broken out by gender, by type of contraception, & by first versus last intercourse
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- **FP-12** Increase the proportion of adolescents who received formal instruction on reproductive health topics before they were 18 years old.
  - Sub-objectives broken out by gender
  - Abstinence, birth control methods, HIV/AIDS prevention, sexually transmitted diseases
  - Systems objective

- **FP-13** Increase the proportion of adolescents who talked to a parent or guardian about reproductive health topics before they were 18 years old.
  - Sub-objectives broken out by gender
  - Abstinence, birth control methods, HIV/AIDS prevention, sexually transmitted diseases
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- HIV-1  Reduce the number of new HIV diagnoses among adolescents & adults. (D)
- HIV-2  Reduce new (incident) HIV infections among adolescents & adults. (D) (AYAH CI)
- HIV-3  Reduce the rate of HIV transmission among adolescents & adults.
- HIV-4  Reduce the number of new AIDS cases among adolescents & adults.
- HIV-5  Reduce the number of new AIDS cases among adolescent & adult heterosexuals.
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- HIV-6  Reduce the number of new AIDS cases among adolescent & adult men who have sex with men.
- HIV-7  Reduce the number of new AIDS cases among adolescents & adults who inject drugs.
- HIV-10 Increase the proportion of HIV-infected adolescents & adults who receive HIV care & treatment consistent with current standards. (Systems objective)
- HIV-13 Increase the proportion of persons living with HIV who know their serostatus. (LHI) (Systems objective)
- HIV-14.4 Increase the proportion of adolescents & young adults who have been tested for HIV in the past 12 months. (AYAH CI) (Systems objective)
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- HIV-17  Increase the proportion of sexually active persons who use condoms. *(AYAH CI)*
  - Sub-objectives broken out by gender
  - Sub-objectives focus on overall rates among 15-44 year olds
    - Age breakouts (rates among 15-19, 15-17, and 18-24 year olds) provided by HHS Health Indicators Warehouse

- IID-11.4  Increase the proportion of females who receive 3 doses of human papillomavirus vaccine (HPV) by age 13 to 15 years. *(Systems objective)*

- IVP-40  Reduce sexual violence. *(D)*
  - Contains 3 developmental sub-objectives (rape/attempted rape, other abusive sexual contact, non-contact sexual abuse)
  - Potential data source, NISVS, targets *adult* women and men
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- **STD-1** Reduce the proportion of adolescents & young adults with Chlamydia trachomatis infections.
  - Contains 3 sub-objectives
    - Females aged 15-24 attending family planning clinics
    - Females enrolled in a National Job Training Program
    - Males enrolled in a National Job Training Program

- **STD-2** Reduce Chlamydia rates among females aged 15 to 44 years. (D) *(AYAH CI)*
  - Objective focuses on overall rate among 15-44 year olds
  - Age breakouts will be provided by HHS Health Indicators Warehouse
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- **STD-3** Increase the proportion of sexually active females ages 24 years and under enrolled in Medicaid plans who are screened for genital Chlamydia infections during the measurement year. *(AYAH CI)* *(Systems objective)*
  - Includes 2 sub-objectives based on age group
    - Ages 16 to 20 years
    - Ages 21-24 years

- **STD-4** Increase the proportion of sexually active females ages 24 years and under enrolled in commercial health insurance plans who are screened for genital Chlamydia infections during the measurement year. *(AYAH CI)* *(Systems objective)*
  - Includes the same 2 sub-objectives contained in STD-3
Examples of HP 2020 Objectives Pertinent to Adolescent Sexual Health

- **STD-6** Reduce gonorrhea rates.
  - Sub-objectives broken out by gender
  - Objective focuses on overall rates among 15-44 year olds
    - Age breakouts (rates among 15-17 and 18-24 year olds provided by HHS Health Indicators Warehouse)

- **STD-9** Reduce the proportion of females with human papillomavirus (HPV) infection. (D)
  - Contains 3 sub-objectives based on virus type (6 & 11, 16 & 18, other types)
  - Age breakouts will be provided by HHS Health Indicators Warehouse
Data Considerations

- Healthy People 2020 data template unique to each measure
  - Each is easily accessed by clicking “View Details” & then the link to “Data from the HHS Health Indicators Warehouse”
  - Comparisons across population sub-groups
    - Adolescent Health Topic Area objectives – For most, can compare major demographic breakouts within AYAH age groups (e.g., gender, race/ethnicity, family income)
    - AYAH Core Indicators – Based on the companion objective’s data source, major demographic breakouts may be based on a larger age group
    - Sexual health objectives – Age groups usually accessible through the HHS Health Indicators Warehouse
Data Considerations (cont)

- **Healthy People 2020 data sources**
  - Each objective is measured by an identified surveillance system that can provide data points throughout the decade.
  - An objective’s ability to capture important details is totally dependent on its data source.

- **Availability of data at state level**
  - National Vital Statistics System
  - Department of Education’s Common Core of Data
  - A few surveillance systems use a state-based sampling frame (e.g., YRBSS, NSCH, NSCSHCN, NYTD)
  - Most surveillance systems use a national sampling frame (e.g., NHIS, NHANES, NSDUH, NSFG, NatSCEV)
Exploring the Healthy People 2020 Website

- Home
- About Healthy People – good background
- 2020 Topics and Objectives
  - Overview
  - Objectives
    - Download all objectives as PDF file
    - View details – baseline, target, target-setting method, & data source
    - More information
      - Data from the HHS Health Indicators Warehouse
      - Search PubMed for literature relating to this objective
  - Interventions & Resources
    - Clinical recommendations, community interventions, & consumer information
Exploring the Healthy People 2020 Website (cont)

- Implementing Healthy People 2020: MAP-IT
  - A Guide to Using Healthy People 2020 in Your Community
  - Mobilize, Assess, Plan, Implement, Track
  - Planning and Funding Resources
  - Healthy People State Plans (2010 & 2020)

- Consortium & Partners
  - Toolkit, State Coordinators, Consortium Organizations

- Stay Connected

- Leading Health Indicators – 12 topics, 26 indicators
  - Communicate high priority health issues and actions that can be taken to address them

- Social Media Links – Twitter, LinkedIn, YouTube
Discussion

■ What are ways that you might be able to use Healthy People 2020
  - As part of your project?
  - To reach out to others in your community or state around adolescent health?

■ What Healthy People 2020 resources might be most helpful to you and your community?

■ Suggestions for Healthy People
Ways to Connect with Healthy People 2020

- Follow Healthy People on Twitter @gohealthypeople
- Connect with Healthy People on LinkedIn
- Subscribe to E-mail updates
- Join the Healthy People Consortium at www.healthypeople.gov
- Join the Healthy People listserv at www.healthypeople.gov

- National Health Promotion Summit
  - April 10-11, 2012 in Washington, DC
For Additional Information

http://www.healthypeople.gov

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