Framing Adolescent and Young Adult Health through Healthy People 2020
Cherie Gray, M.A., Public Health Analyst
Division of Adolescent and School Health Centers for Disease Control and Prevention
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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Overarching Goals</strong></td>
<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>
</tr>
<tr>
<td></td>
<td>• Increase independence among older adults</td>
<td>• Reduce health disparities</td>
<td>• Eliminate health disparities</td>
<td>• Achieve health equity; eliminate disparities</td>
</tr>
<tr>
<td></td>
<td>• Achieve access to preventive services for all</td>
<td>• Achieve access to preventive services for all</td>
<td>• Achieve access to preventive services for all</td>
<td>• Create social and physical environments that promote good health</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Achieve access to preventive services for all</td>
<td>• Promote quality of life, healthy development, healthy behaviors across life stages</td>
</tr>
<tr>
<td><strong># Topic Areas</strong></td>
<td>15</td>
<td>22</td>
<td>28</td>
<td>42</td>
</tr>
<tr>
<td><strong># Objectives/Measures</strong></td>
<td>226/NA</td>
<td>312/NA</td>
<td>467/1,000</td>
<td>~600/1200</td>
</tr>
<tr>
<td><strong>Leading Health Indicators</strong></td>
<td>N/A</td>
<td>N/A</td>
<td>22*</td>
<td>26*</td>
</tr>
</tbody>
</table>

*selected from the full set of Healthy People objectives*
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
Arthritis, Osteoporosis, and Chronic Back Conditions

B
Blood Disorders and Blood Safety

C
Cancer
Chronic Kidney Disease

D
Dementias, Including Alzheimer's Disease

G
Genomics
Global Health

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

N
Nutrition and Weight Status

O
Occupational Safety and Health
Older Adults
Oral Health

P
Physical Activity
Preparedness
Public Health Infrastructure

R
Respiratory Diseases
Claire D. Brindis, Dr.P.H.
Professor of Pediatrics and Health Policy
National Adolescent and Young Adult Health Information and Innovation Center (NAHIC)
University of California, San Francisco
From Healthy People 2010 to Healthy People 2020: Building a Bridge for Advancing an Adolescent Health Agenda
Goals of Presentation

- To provide background on Healthy People (HP) 2010’s 21 Adolescent Critical Health Objectives (CHOs) and how they set the stage for HP2020’s adolescent health component
- To discuss progress in fulfilling the HP2010 CHO{s
  - National perspective
  - Variation among states
- To describe ways that national and state data can be used to improve the health, safety, and well-being of adolescents and young adults.
Why a Unique Focus on Adolescent Health?

- Key transitional and dynamic period in life course.
- Tremendous physical, social, emotional, and cognitive growth and development – impact upon lifelong health outcomes.
- Health promotion, primary preventive and secondary interventions during adolescence can have profound and positive lasting health, educational, and economic effects.
Healthy People 2010

- A comprehensive set of national disease prevention and health promotion objectives that measure the nation’s progress over time

- Two overarching goals of Healthy People 2010:
  - Increase quality and years of life
  - Eliminate health disparities
Healthy People 2010 Objectives for Adolescents and Young Adults (Ages 10-24)

- 467 Year 2010 national health objectives
- 107 are important for adolescents and young adults
- 21 “critical adolescent & young adult health objectives” were identified by CDC and a national consensus workgroup
21 Critical Health Objectives for Adolescents and Young Adults (CHOs)

CHO Objectives fell into six health and safety domains:

- Mortality
- Unintentional Injury
- Violence
- Mental Health and Substance Abuse
- Reproductive Health
- Prevention of Adult Chronic Diseases
Achieving HP 2010 targets

- Only *two* of the 21 adolescent CHOs achieved their defined HP2010 targets
  - *Reduce the proportion of adolescents who reported driving with a drinking driver*
  - *Reduce the proportion of adolescents involved in a physical fight*

Achieving HP 2010 targets

- Only one age group, young adolescents (aged 10-14), achieved the HP2010 target for decreasing the overall mortality rate; among 15-19 year olds, there was some improvement, but worsening for 20-24 year olds.

HP2010 – Did We Make a Difference in Adolescent Health?

Health status outcomes

- Decade review demonstrated uneven progress in several key areas of adolescent health, comparing HP2010 baseline data to final data:

  - Teen pregnancy – significant decreases
  - Tobacco use – significant decrease
  - Use of illicit substances (marijuana) – modest decrease
  - Safety belt use – increased
  - Physical activity – no significant change
  - Adolescent overweight and obesity – increase
HP2010 – Did We Make a Difference in Adolescent Health?

Health status outcomes

- Decade review demonstrated substantial variation across gender, racial and ethnic composition, and geographic variability.

- Limitations to HP2010’s ability to capture data on sub-groups of adolescents at high risk for negative health outcomes:
  - Demographically defined (poverty level)
  - Legally defined (foster care youth, incarcerated youth)
  - Medically defined (chronic illness, eating disorders)
  - Other special populations (homeless, pregnant and parenting, immigrant)
What has Worked in Moving the Needle on Adolescent Health?

- Requirements of Effective Strategies:
  - Comprehensive
  - Well-funded and sustained across time
  - Multi-sectoral (health, education, youth development, labor, housing, juvenile justice)
  - Multi-level approaches (national, state, local) are implemented simultaneously
  - Policies and programs are tailored – for example, to developmental age, community norms, geographic variation, economic status
What has Worked in Moving the Needle on Adolescent Health?

- Case of Smoking
  - Legislative and regulatory initiatives
    - Excise taxes
    - Public smoking bans
    - Substantial taxes on cigarettes
    - Restrictions on tobacco-related advertising to youth and in youth-oriented media
  - Public education and smoking cessation campaigns
What has Worked in Moving the Needle on Adolescent Health?

- Case of reducing alcohol-related motor vehicle crashes and their associated morbidity and mortality
  - Graduated driver licensing
  - Zero tolerance alcohol laws
  - Grassroots consumer movements (e.g., SADD)
  - Public awareness campaigns (e.g., designated driver, friends don’t let friends drive drunk)
  - Private and public partnerships (e.g., insurance companies)
How Can You Use Data to Improve Adolescent Health in Your State?
A New Resource: NAHIIC Data Project to Improve Adolescent and Young Adult Health: National and State Profiles

- Makes data more readily available to states
- Shows disparities across gender/race/ethnicity
- User-friendly format (usable by data people and non-data people)
- Allows users to explore the tremendous variability across states without needing to spend hours finding, downloading, and cleaning data
- Enables states to easily compare their progress with other states
Identify Priority Issues

Review the data and look for the following:

- Poor comparisons to national rates (e.g., maybe adolescents in one state exercise less or fight more)
- Unhealthy change that runs counter to an improvement nationally (e.g., an increase in tobacco use compared to the national decrease)
- An unusually large disparity (e.g., a three-fold gender difference in one state compared to a much smaller difference nationally)
Investigate, Analyze, and Take Action

- Make comparisons with similar states or states in a specific region
- Evaluate the effectiveness of policies or programs implemented in the past
- Identify what other states and communities are doing to achieve success on individual objectives
- Identify and study other evidence-based approaches
- Ultimately, determine strategies and take action
To Help Build Community Action: Improving the Health of Adolescents and Young Adults

- Guides state and local agencies and organizations through:
  - Community coalition building,
  - Needs and assets assessment,
  - Priority Setting,
  - Program Planning, Implementation and Evaluation.

- Building national efforts to improve adolescent and young adult health

Available at http://nahic.ucsf.edu
National Adolescent Health Information and Innovation Center & Public Policy Analysis & Education Center for Adolescent & Young Adult Health

University of California, San Francisco

http://nahic.ucsf.edu

nahic@ucsf.edu

415.502.4856
Adolescent & Young Adult Health in Healthy People 2020: An Overview
Goals of Presentation

- 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
- To identify future Healthy People resources for addressing 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)
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
  - 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)
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 HP 2020’s 2 new goals
  - Selected a set of objectives from across all of Healthy People to serve as draft core indicators of adolescent & young adult health
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
HP 2020 Adolescent Health
Topic Area Objectives

- 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 and education
  - Safety (youth aggression & victimization)
- What is missing, for now
  - Neighborhoods & housing
  - Homelessness
  - Youth neither in school nor employed
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

![Pie chart showing the distribution of indicators by age group]

- Adolescent and young adult, 20
- 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 health (pregnancy prevention, STDs, HIV, reproductive health services)
  - Prevention of chronic diseases of adulthood (oral health, hearing, obesity, physical activity, tobacco)
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
HP 2020 Objective Details – Adolescent Wellness Checkup

AH-1: Increase the proportion of adolescents who have had a wellness checkup in the past 12 months
- Baseline: 68.7 percent of adolescents aged 10 to 17 years had a wellness checkup in the past 12 months, as reported in 2008
- Target: 75.6 percent
- Target-Setting Method: 10 percent improvement
- Data Source: National Health Interview Survey (NHS), CDC, NCHS

AH-2: Increase the proportion of adolescents who participate in extracurricular and out-of-school activities

AH-3: Increase the proportion of adolescents who are connected to a parent or other positive adult caregiver

AH-3.1: Increase the proportion of adolescents who have an adult in their lives with whom they can talk about serious problems

AH-3.2: Increase the proportion of parents who attend events and activities in which their adolescents participate

AH-4: Increase the proportion of adolescents and young adults who transition to self-sufficiency
HHS Health Indicators Warehouse – Adolescent Wellness Checkup
Data Considerations

- **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 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)
HP 2020 Adolescent Health Workgroup

- More to come
  - On-line HP 2020 evidence-based resources for addressing adolescent health topic area objectives
  - Structured PubMed search queries for each objective through National Library of Medicine
  - Dissemination & diffusion of additional helpful evidence-based resources for states, communities & organizations
    - Expand field of stakeholders
    - Facilitate engagement with key partners
  - Monitoring of progress through the decade
Trina Menden Anglin
(301) 443-4291
tanglin@hrsa.gov
http://www.healthypeople.gov
Education and Health: Forging Partnerships to Promote Student Health and Academic Achievement
Goals of Presentation

- Discuss the important connections between health and education goals
- Identify strategies for partnering to achieve the education objectives in Healthy People 2020
- 160,000 members worldwide
- Reach is over 250,000
- Members are primarily educational leaders—superintendents, principals, other administrators
- Focus=educating the whole child
  Each student is healthy, safe, engaged, supported and challenged
Connections between health and education

- In 2008 only 75 percent of US public high school diploma recipients graduated on time
  - Risk factors for dropping out
    - High rates of absenteeism
    - Low levels of school engagement
    - Behavior issues
    - Low grades
    - Attending a school with low achievement scores
Connections between education and health

- Low education and skill levels associated with
  - poor health and mental health status
  - higher rates of
    - poverty
    - incarceration

- Higher educational attainment associated with
  - better health status
  - higher socioeconomic status
  - increased health knowledge and health literacy
  - greater adoption of health-promoting behaviors
Relationships between education and health agencies

- Necessary to achieve
  - HP 2020 objectives
  - Education goals

- 2010 national survey of local health departments
  - 38 percent indicate involvement with school health activities
  - 39 percent are involved with school-based health centers

Most common relationship between education and health

- Education
- School
- Community
- Health
Healthy People 2020: Shifting to a holistic view

- Community
- School
- Education
- Health
Partnering with Education

- Start the conversation
  - How is the local health agenda related to what’s important to education leaders?
  - How can schools support the local health agenda?
  - How can we create mutually beneficial, collaborative strategies?
Strategies for Partnering

- Join a school improvement team
- Involve school representatives in community public health planning
- Promote community surveillance to identify
  - health related absenteeism
  - health risk behaviors
  - health protective factors
Strategies for Partnering

- Join district school health council or school level health team
- Promote the use of school environment assessments (e.g., CDC’s School Health Index, ASCD’s Healthy School Report Card)
- Support community youth development programs
Outcomes

- Students achieving at every level in school
- Healthier students ready to learn and to adopt healthier behaviors
- Increased graduation rates of students with 21st century skills—including health literacy
- Decrease in disparities
- Increased percentage of healthy, productive adults
References


Basch, CE (2010, March). *Healthier students are better learners: A missing link in school reforms to close the achievement gap*. Equity Matters, 6.


Theresa Lewallen
tlewalle@ascd.org
If you have any questions you would like to pose to the presenters, please type it into the Q&A window to the right. We will address as many questions as we can in the time allotted.