

Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030: Recommendations for an Approach to Healthy People 2030

The Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030 (Committee) is a federal advisory committee composed of non-federal, independent subject matter experts. The Committee is responsible for making recommendations to the Secretary of the U.S. Department of Health and Human Services (HHS) for the development and implementation of the national health promotion and disease prevention objectives for 2030.

At its inaugural meeting on December 1–2, 2016, the Committee appointed an Approaches Subcommittee to think conceptually about potential approaches to the structure of Healthy People 2030—and to identify critical components that should be included in the initiative. The Approaches Subcommittee subsequently met via teleconference 4 times between January and April of 2017. It drafted a report of recommendations for:

- A proposed approach to Healthy People 2030
- A rationale for that approach
- The initiative's structure and content

Members of the Committee met via webinar on April 27, 2017, to review, discuss, and vet the recommendations of the Approaches Subcommittee. The Committee revised and subsequently approved its recommendations to the Secretary regarding Healthy People 2030's framework, including its vision, mission, overarching goals, plan of action, and foundational principles. The Committee intends to submit additional recommendations to the Secretary regarding Healthy People 2030's objectives, stakeholders, and future at a later time.

Our Proposed Approach

The Healthy People 2020 initiative was built around statements of vision and mission, as well as a set of 4 overarching goals. For Healthy People 2030, the Committee recommends **modifying this structure** by using a clarifying statement to add information about the central ideas and principles of Healthy People 2030. New elements to be included this decade are **Background (Past and Present)**, **Foundational Principles**, and the **Future**.

Rationale for this approach

It is essential for Healthy People 2030 to clearly communicate to and reach diverse stakeholders. A web environment gives HHS the flexibility to communicate about Healthy People 2030 in ways that meet the needs of different audiences. The new information that we propose to include in Healthy People 2030 would provide context and rationale for the initiative's approach as follows.

- **Background (Past and Present):** Situates Healthy People 2030 within the 5-decade history of Healthy People. It describes the initiative's major accomplishments and highlights areas where progress is lagging.
- **Foundational Principles:** Explains the function and orientation of Healthy People 2030. It informs the work of other subcommittees and the Committee as a whole. It also communicates to all stakeholders the principles that underlie decisions about Healthy People 2030. The Approaches Subcommittee provides 2 options for how best to present the principles.

- **The Future:** Informs all stakeholders about how and when progress towards Healthy People 2030 goals is assessed—and where information about such progress can be found.

The Proposed Healthy People 2030 Framework

Background (Past and Present)

Healthy People is a national effort that sets goals and objectives to improve the health and well-being of people in the United States.

“History of the Healthy People initiative”

Healthy People 2030 is the fifth edition of Healthy People. It aims at new challenges and builds on lessons learned from its first four decades. The initiative began in 1979, when Surgeon General Julius Richmond issued a landmark report entitled, *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention*.¹ This report focused on reducing preventable death and injury. It included ambitious, quantifiable objectives to achieve national health promotion and disease prevention goals for the United States within a ten-year period (by 1990). The report was followed in later decades by the release of updated, ten-year Healthy People goals and objectives (*Healthy People 2000*, *Healthy People 2010*, and *Healthy People 2020*). For more on the history of Healthy People refer to <http://www.healthypeople.gov/2010/hp2020/advisory/Phase1/sec3.htm>.

“What Healthy People contributes”

Healthy People helps users to access data on changes in the health status of the U.S. population; these data also inform each new decade's goals and objectives. Communities across the U.S. adopt Healthy People goals and objectives. They may alter the goals and objectives to meet their own needs, and/or use them to set priorities for their region and population groups. Healthy People priorities are those aspects of health that are the most critical to overall health and well-being and can be improved using our available knowledge.

Since the Healthy People initiative was first launched, the United States has made significant progress. Achievements include reducing major causes of death such as heart disease and cancer; reducing infant and maternal mortality; reducing risk factors like tobacco smoking, hypertension, and elevated cholesterol; and increasing childhood vaccinations. During these decades, the importance of collaborating across agencies at the national and state levels and with the private and public health sectors has been demonstrated.

A key lesson is that a widely accessible plan containing achievable goals and objectives can guide the action of stakeholders to improve health. It is important to monitor progress on Healthy People goals and objectives, and to share high quality data and feedback on progress with stakeholders and the public. In addition, we have learned that significant changes (e.g., reduced rates of smoking) may be difficult, but are achievable through persistent effort. Although much progress has been made, the United States lags behind other Organisation for Economic Co-operation and Development (OECD) countries on key measures of health and well-being, including life expectancy, infant mortality, and obesity, despite having the highest percentage of GDP spent on health. A challenge for Healthy People 2030 is to guide the United States in achieving our population's full potential for health and well-being so that we are second to none among developed countries.

¹ USA. Department of Health, Education and Welfare. (1979). *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention 1979*.

Vision*"Where we are headed"*

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

Mission*"Why we are here"*

To promote and evaluate the nation's efforts to improve the health and well-being of its people.

Foundational Principles*"What guides our actions"*

Foundational Principles explain the thinking that guides decisions about Healthy People 2030.

- Health and well-being of the population and communities are essential to a **fully functioning, equitable society**.
- Achieving the full potential for health and well-being for all provides **valuable benefits to society**, including lower health care costs and more prosperous and engaged individuals and communities.
- Achieving health and well-being requires **eliminating health disparities, achieving health equity, and attaining health literacy**.²
- **Healthy physical, social and economic environments** strengthen the potential to achieve health and well-being.
- Promoting and achieving the nation's health and well-being is a **shared responsibility** that is distributed among all stakeholders at the national, state, and local levels, including the public, profit, and not-for-profit sectors.
- Working to attain the full potential for health and well-being of the population is a component of **decision-making and policy formulation** across all sectors.
- Investing to maximize health and well-being for the nation is a critical and efficient use of resources.

² *Health literacy is the alignment of available health information and services in a society with people's capacities to find, understand, and use health information and services for informed decisions and actions.*

[AHRQ: <https://www.ahrq.gov/professionals/clinicians-providers/resources/health-literacy.html>; National Action Plan to Improve Health Literacy: <https://health.gov/communication/initiatives/health-literacy-action-plan.asp>; CDC Understanding Health Literacy <https://www.cdc.gov/healthliteracy/learn/Understanding.html>; U.S. Department of Health and Human Services. 2000. *Healthy People 2010*. Washington, DC: U.S. Government Printing Office. Originally developed for Ratzan SC, Parker RM. 2000. Introduction. In *National Library of Medicine Current Bibliographies in Medicine: Health Literacy*. Selden CR, Zorn M, Ratzan SC, Parker RM, Editors. NLM Pub. No. CBM 2000-1. Bethesda, MD: National Institutes of Health, U.S. Department of Health and Human Services.

Plan of Action*"What we propose to do"*

- Set goals and objectives to guide policies, programs, and other actions that improve health and well-being.
- Identify regions and groups with poor health or at high risk for poor health in the future.
- Foster impact through public and private efforts to improve health and well-being for individuals of all ages.
- Provide tools for the public, programs, policy makers and others to evaluate progress toward improving health.
- Share evidenced-based programs that are scalable and sustainable.
- Report on progress throughout the decade from 2020 to 2030.
- Stimulate research and innovation toward meeting Healthy People 2030 goals.
- Develop and make available affordable means of health promotion, disease prevention, and treatment.

Overarching Goals*"What we plan to achieve"*

- Attain healthy, purposeful lives and well-being.
- Attain health literacy, achieve health equity, eliminate disparities, and improve the health and well-being of all populations.
- Create social and physical environments that promote attaining full potential for health and well-being for all.
- Promote healthy development, healthy behaviors and well-being across all life stages.
- Engage with stakeholders and key constituents across multiple sectors to take action and design policies that improve the health and well-being of all populations.

Resources that helped to inform the Committee Deliberations

- Building a Culture of Health
<http://www.rwjf.org/en/how-we-work/building-a-culture-of-health.html>
- The Next WHO Director-General's Highest Priority: A Global Treaty on the Human Right to Health
<http://www.sciencedirect.com/science/article/pii/S2214109X16302194>
- Principles of the Ethical Practice of Public Health
https://www.apha.org/~media/files/pdf/membergroups/ethics_brochure.ashx
- The Shanghai Declaration on Promoting Health in the 2030 Agenda for Sustainable Development
<http://www.who.int/healthpromotion/conferences/9gchp/shanghai-declaration.pdf?ua=1>
- "Well-Being In All Policies": Promoting Cross-Sectoral Collaboration to Improve People's Lives
https://www.cdc.gov/pcd/issues/2016/16_0155.htm