

# Healthy People 2020 Leading Health Indicators: Progress Update



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## Executive Summary

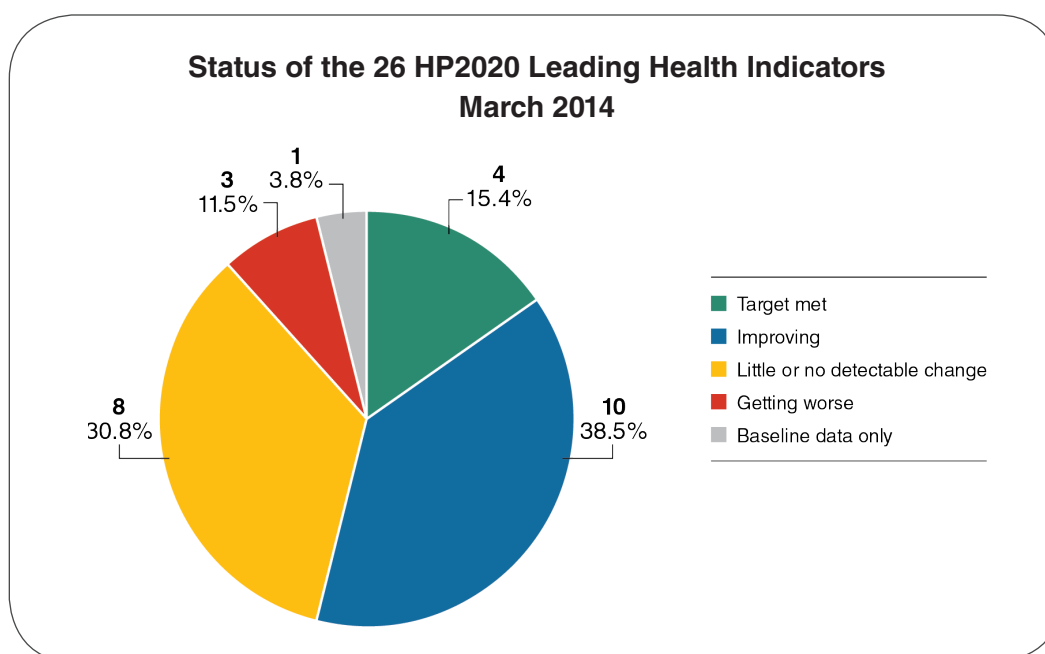
Healthy People 2020 (HP2020) provides a comprehensive set of 10-year, national goals and objectives for improving the health of all Americans. The initiative tracks the nation's health through over 1,200 objectives that span 42 distinct public health topic areas. The HP2020 Leading Health Indicators (LHIs) are a select subset of Healthy People objectives chosen to communicate high-priority health issues and actions that can be taken to address them. There are 26 LHIs organized into 12 topics.

As of March 2014, progress generally has been positive toward achieving the HP2020 targets for the 26 LHIs, with 14 indicators (53.9%) having either met their target or shown improvement:

- 4 indicators (15.4%) have met or exceeded their HP2020 targets.
- 10 indicators (38.5%) are improving.
- 8 indicators (30.8%) show little or no detectable change.
- 3 indicators (11.5%) are getting worse.
- 1 indicator (3.8%) has only baseline data.

Noteworthy progress has been made for many of the indicators.

- Fewer adults smoking cigarettes
- Fewer children exposed to secondhand smoke
- More adults meeting physical activity targets
- Fewer adolescents using alcohol or illicit drugs



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Target met<sup>1</sup>



Improving<sup>2</sup>



Little or no detectable change<sup>3</sup>



Getting worse<sup>4</sup>

Progress Toward Target <sup>5,6</sup>	Leading Health Topic and Indicator	Baseline (Year)	Most Recent (Year)	Target
	<b>Access to Health Services</b>			
	<b>AHS-1.1</b> Persons with medical insurance (percent, <65 years)	83.2% (2008)	83.1% (2012)	100.0%
	<b>AHS-3</b> Persons with a usual primary care provider (percent)	76.3% (2007)	77.3% (2011)	83.9%
	<b>Clinical Preventive Services</b>			
	<b>C-16</b> Adults receiving colorectal cancer screening based on most recent guidelines (age adjusted, percent, 50–75 years)	52.1% (2008)	59.2% (2010)	70.5%
	<b>HDS-12</b> Adults with hypertension whose blood pressure is under control (age adjusted, percent, 18+ years)	43.7% (2005–08)	48.9% (2009–12)	61.2%
	<b>D-5.1</b> Persons with diagnosed diabetes whose A1c value is >9 percent (age adjusted, percent, 18+ years)	17.9% (2005–08)	21.0% (2009–12)	16.1%
	<b>IID-8</b> Children receiving the recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella and PCV vaccines (percent, aged 19–35 months)	44.3% (2009)	68.5% (2011)	80.0%
	<b>Environmental Quality</b>			
	<b>EH-1</b> Air Quality Index (AQI) exceeding 100 (number of billion person days, weighted by population and Air Quality Index value)	2.237 (2006–08)	1.252 (2009–11)	1.980
	<b>TU-11.1</b> Children exposed to secondhand smoke (percent; nonsmokers, 3–11 years)	52.2% (2005–08)	41.3% (2009–12)	47.0%
	<b>Injury and Violence</b>			
	<b>IVP-1.1</b> Injury deaths (age adjusted, per 100,000 population)	59.7 (2007)	57.1 (2010)	53.7
	<b>IVP-29</b> Homicides (age adjusted, per 100,000 population)	6.1 (2007)	5.3 (2010)	5.5
	<b>Maternal, Infant, and Child Health</b>			
	<b>MICH-1.3</b> Infant deaths (per 1,000 live births, <1 year)	6.7 (2006)	6.1 (2010)	6.0
	<b>MICH-9.1</b> Total preterm live births (percent, <37 weeks gestation)	12.7% (2007)	11.5% (2012)	11.4%
	<b>Mental Health</b>			
	<b>MHMD-1</b> Suicide (age adjusted, per 100,000 population)	11.3 (2007)	12.1 (2010)	10.2
	<b>MHMD-4.1</b> Adolescents with major depressive episodes (percent, 12–17 years)	8.3% (2008)	9.1% (2012)	7.5%
	<b>Nutrition, Physical Activity, and Obesity</b>			
	<b>PA-2.4</b> Adults meeting aerobic physical activity and muscle-strengthening Federal guidelines (age adjusted, percent, 18+ years)	18.2% (2008)	20.6% (2012)	20.1%
	<b>NWS-9</b> Obesity among adults (age adjusted, percent, 20+ years)	33.9% (2005–08)	35.3% (2009–12)	30.5%
	<b>NWS-10.4</b> Obesity among children and adolescents (percent, 2–19 years)	16.1% (2005–08)	16.9% (2009–12)	14.5%
	<b>NWS-15.1</b> Mean daily intake of total vegetables (age adjusted, cup equivalents per 1,000 calories, 2+ years)	0.8 (2001–04)	0.8 (2007–10)	1.1

# Healthy People 2020 Leading Health Indicators: Progress Update (continued)



Target met<sup>1</sup>



Improving<sup>2</sup>



Little or no detectable change<sup>3</sup>



Getting worse<sup>4</sup>

Progress Toward Target <sup>5,6</sup>	Leading Health Topic and Indicator	Baseline (Year)	Most Recent (Year)	Target
	<b>Oral Health</b>			
	<b>OH-7</b> Persons who visited the dentist in the past year (age adjusted, percent, 2+ years)	44.5% (2007)	41.8% (2011)	49.0%
	<b>Reproductive and Sexual Health</b>			
Baseline data only <sup>7</sup>	<b>FP-7.1</b> Sexually experienced females receiving reproductive health services in the past 12 months (percent, 15–44 years)	78.6% (2006–10)	Not available	86.5%
	<b>HIV-13</b> Knowledge of serostatus among HIV-positive persons (percent, 13+ years)	80.9% (2006)	84.2% (2010)	90.0%
	<b>Social Determinants</b>			
	<b>AH-5.1</b> Students awarded a high school diploma 4 years after starting 9th grade (percent)	74.9% (2007–08)	78.2% (2009–10)	82.4%
	<b>Substance Abuse</b>			
	<b>SA-13.1</b> Adolescents using alcohol or illicit drugs in past 30 days (percent, 12–17 years)	18.4% (2008)	17.4% (2012)	16.6%
	<b>SA-14.3</b> Binge drinking in past 30 days—Adults (percent, 18+ years)	27.1% (2008)	27.1% (2012)	24.4%
	<b>Tobacco</b>			
	<b>TU-1.1</b> Adult cigarette smoking (age adjusted, percent, 18+ years)	20.6% (2008)	18.2% (2012)	12.0%
	<b>TU-2.2</b> Adolescent cigarette smoking in past 30 days (percent, grades 9–12)	19.5% (2009)	18.1% (2011)	16.0%

## NOTES

<sup>1</sup> Target met or exceeded

<sup>2</sup> Movement is *toward* the target and is:

- Statistically significant when measures of variability are available\* – OR –
- 10% or more of the targeted change when measures of variability are unavailable\*

<sup>3</sup> Objective demonstrates little or no detectable change, because either:

- Movement toward/away from the target is not statistically significant when measures of variability are available\* – OR –
- Movement is toward the target but the objective has achieved less than 10% of the targeted change when measures of variability are unavailable\* – OR –
- Movement is away from the target but the objective has moved less than 10% relative to its baseline when measures of variability are unavailable\* – OR –
- No change between baseline and most recent data point

<sup>4</sup> Movement is *away from* the target and is:

- Statistically significant when measures of variability are available\* – OR –
- 10% or more relative to the baseline when measures of variability are unavailable\*

<sup>5</sup> For objectives moving away from their baselines (and, therefore, their targets) progress is measured as the magnitude of the percent change from baseline, quantified as follows:

$$\text{Magnitude of percent change from baseline} = \frac{|\text{Most recent value} - \text{Baseline value}|}{\text{Baseline value}} \times 100.$$

<sup>6</sup> For objectives moving toward their targets, progress is measured as the percent of targeted change achieved, quantified as follows:

$$\text{Percent of targeted change achieved} = \frac{\text{Most recent value} - \text{Baseline value}}{\text{HP2020 target} - \text{Baseline value}} \times 100.$$

<sup>7</sup> Baseline data only; progress cannot be assessed

\* When measures of variability are available, statistical significance of the percent of targeted change achieved or the magnitude of the percent change from baseline is assessed at the 0.05 level using a one-sided test. When measures of variability are unavailable, the percent of targeted change achieved and the percent change from baseline are assessed only for their magnitude (e.g., <10% or ≥10%).

## DATA SOURCES

AH-5.1	Common Core of Data (CCD), ED/NCES
AHS-1.1	National Health Interview Survey (NHIS), CDC/NCHS
AHS-3	Medical Expenditure Panel Survey (MEPS), AHRQ
C-16	National Health Interview Survey (NHIS), CDC/NCHS
D-5.1	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS
EH-1	Air Quality System (AQS), EPA
FP-7.1	National Survey of Family Growth (NSFG), CDC/NCHS
HDS-12	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS
HIV-13	National HIV Surveillance System (NHSS), CDC/NCHHSTP
IID-8	National Immunization Survey (NIS), CDC/NCIRD and CDC/NCHS
IVP-1.1	National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS
IVP-29	National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS
MHMD-1	National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS
MHMD-4.1	National Survey on Drug Use and Health (NSDUH), SAMHSA
MICH-1.3	Linked Birth/Infant Death Data Set, CDC/NCHS
MICH-9.1	National Vital Statistics System-Nativity (NVSS-N), CDC/NCHS
NWS-9	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS
NWS-10.4	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS
NWS-15.1	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS
OH-7	Medical Expenditure Panel Survey (MEPS), AHRQ
PA-2.4	National Health Interview Survey (NHIS), CDC/NCHS
SA-13.1	National Survey on Drug Use and Health (NSDUH), SAMHSA
SA-14.3	National Survey on Drug Use and Health (NSDUH), SAMHSA
TU-1.1	National Health Interview Survey (NHIS), CDC/NCHS
TU-2.2	Youth Risk Behavior Surveillance System (YRBSS), CDC/NCHHSTP
TU-11.1	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS



**U.S. Department of Health and Human Services**  
Office of Disease Prevention and Health Promotion