Healthy People 2020: The State of the Leading Health Indicators
Public Health: Start Here

Georges C. Benjamin, MD
Executive Director
American Public Health Association

April 8, 2014
National Public Health Week: History

• APHA serves as lead organizer
• Focus on pertinent public health issues
• Seek to educate the general public, policy makers and practitioners about issues related to the year’s theme
• Three Pillar approach
  – Education
  – Communication
  – Advocacy
National Public Health Week 2014 Daily Themes

• Monday, April 7th: Be healthy from the start
• Tuesday, April 8th: Don’t panic
• Wednesday, April 9th: Get out ahead
• Thursday, April 10th: Eat well
• Friday, April 11th: Be the healthiest nation in one generation

http://www.nphw.org/tools-and-tips/themes
NPHW Planned Activities

- **Monday, April 7**: NPHW Forum: *Creating the Healthiest Nation Through System Transformation*
- **Tuesday, April 8**: *The State of the Leading Health Indicators Webinar: Progress to Date*
- **Wednesday, April 9**: 4th Annual NPHW Twitter Chat
- **Thursday, April 10**: *Food Justice, Obesity & the Social Determinants of Health webinar*
- **Friday, April 10**: *Google+ Hangout on Air: Active Transportation*

[http://www.nphw.org/events](http://www.nphw.org/events)
Leading Health Indicators

• In 2011, the Leading Health Indicators (LHI) were released at APHA’s Annual Meeting

• Each year, there are scientific sessions that address the LHIs and Healthy People 2020

• APHA supports the LHI webinars by:
  – Promoting to our membership and network
  – Providing free continued education credits
Leading Health Indicators

• Today’s webinar: Progress to Date

• News article in the March edition of *The Nation’s Health*

• Interview & video will be featured in the May edition of *The Nation’s Health*
Introduction of Speakers

• Speakers:
  – Howard Koh, MD, MPH, Assistant Secretary for Health with the U.S. Department of Health and Human Services
  – Joy Reed, Head of the Local Technical Assistance and Training Branch, North Carolina Division of Public Health
Howard Koh, MD, MPH
Assistant Secretary for Health
U.S. Department of Health and Human Services
Healthy People 2020 and the Leading Health Indicators

Healthy People:
- National agenda
- Strategic framework
- Measurable objectives with targets
- Data-driven outcomes

Leading Health Indicators:
- Critical health issues
- Linked to specific Healthy People objectives
- Intended to motivate action to improve health
HP2020 Leading Health Indicators—Progress Update

- 8 (30.8%) Target met
- 3 (11.5%) Improving
- 4 (15.4%) Little or no detectable change
- 1 (3.8%) Getting worse
- 1 (3.8%) Baseline only
Tobacco Use-11.1: Children exposed to secondhand smoke

Target met
Exposure of Non-Smokers to Second Hand Smoke among Children, 2009–2012

Percent

Total  Black, non-Hispanic  White, non-Hispanic  Hispanic/Latino

Race/Ethnicity

HP2020 Target: 47.0

NOTES: I= 95% confidence interval. Children aged 3-11 years are considered to be non-smokers if they had a serum cotinine level of less than or equal to 10 ng/ml. Children are considered to be exposed to second hand smoke if they had a cotinine level greater than or equal to 0.05 ng/ml and less than or equal to 10 ng/ml. Persons of Hispanic origin may be any race. Respondents were asked to select one or more races. Single race categories are for persons who reported only one racial group.

SOURCE: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

Obj. TU-11.1 Decrease desired
How Are We Doing on Colorectal Cancer Screening?

Cancer-16: Adults receiving colorectal cancer screening based on most recent guidelines

Improving
NOTES: Data are for persons aged 50 to 75 years who have had a blood stool test in the past year, sigmoidoscopy in the past 5 years and blood stool test in the past 3 years, or a colonoscopy in the past 10 years. Data are age adjusted to the 2000 U.S. standard population. I is 95% confidence interval.
SOURCE: National Health Interview Survey (NHIS), CDC/NCHS.
How Are We Doing on Mental Health?

Mental Health and Mental Disorders-1: Suicide

Getting worse

Mental Health and Mental Disorders-4.1: Adolescents with major depressive episodes

Getting worse
Major Depressive Episode, Adolescents, 2012

NOTES: I = 95% confidence interval. Data are for adolescents aged 12-17 years who reported having a Major Depressive Episode (MDE) in the past 12 months. American Indian includes Alaska Native. Native Hawaiian includes other Pacific Islander. The categories black and white exclude persons of Hispanic origin. Persons of Hispanic origin may be any race.
SOURCE: National Survey on Drug Use and Health (NSDUH), SAMHSA.
How Are We Doing on Physical Activity and Obesity?

Physical Activity-2.4: Adults meeting aerobic physical activity and muscle strengthening guidelines
Target met

Nutrition and Weight Status-9: Obesity among adults
Little or no detectable change

Nutrition and Weight Status-10.4: Obesity among children and adolescents
Little or no detectable change
Adults Who Meet the Guidelines for Aerobic Physical Activity and for Muscle-Strengthening Activity, 2012

Total

<High school

High school

Some college

Associates degree

4 year college degree

Advanced degree

NOTES: I = 95% confidence interval. Except for education levels, data are for adults 18 years and over who report light or moderate leisure time physical activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week; education-level data are for adults 25 years and over. Data are age adjusted to the 2000 standard population.

SOURCE: National Health Interview Survey (NHIS), CDC/NCHS.

NOTES: Obesity defined as BMI ≥ 30 for adults and BMI-for-age ≥ 95th percentile on the sex specific 2000 CDC Growth Charts for 2–19 years.
SOURCE: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.
Moving Forward with the LHIs

http://www.healthypeople.gov/2020/LHI/ProgressUpdate.aspx
Progress Towards A Better State of Health
Healthy North Carolina 2020

Joy Reed, EdD, RN, FAAN
NC Department of Health and Human Services
Head, Local Technical Assistance and Training Branch
Division of Public Health
Healthy North Carolina 2020

• Modeled after Healthy People processes
• State-specific health objectives developed every 10 years since 1990
• Developed with input from over 150 partners, stakeholders, public/community
Healthy North Carolina 2020

- Objectives are scientifically derived, aspirational, attainable and measurable
- Includes social determinants of health
- 13 focus areas, 40 objectives
- [Healthy North Carolina 2020: A Better State of Health](March 2011)
<table>
<thead>
<tr>
<th>Healthy North Carolina 2020 Focus Areas</th>
<th>Healthy People 2020 Leading Health Indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco Use</td>
<td>Tobacco</td>
</tr>
<tr>
<td>Physical Activity and Nutrition</td>
<td>Nutrition/Physical Activity/Obesity</td>
</tr>
<tr>
<td>Injury and Violence</td>
<td>Injury and Violence</td>
</tr>
<tr>
<td>Maternal and Infant Health</td>
<td>Maternal/Infant/Child Health</td>
</tr>
<tr>
<td>Sexually Transmitted Diseases and Unintended Pregnancy</td>
<td>Reproductive/Sexual Health</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>Substance Abuse</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Mental Health</td>
</tr>
<tr>
<td>Oral Health</td>
<td>Oral Health</td>
</tr>
<tr>
<td>Environmental Health</td>
<td>Environmental Quality</td>
</tr>
<tr>
<td>Infectious Disease and Foodborne Illness</td>
<td></td>
</tr>
<tr>
<td>Social Determinants of Health</td>
<td>Social Determinants</td>
</tr>
<tr>
<td>Chronic Disease</td>
<td>Clinical Preventive Services</td>
</tr>
<tr>
<td>Cross Cutting</td>
<td>Access to Health Services</td>
</tr>
</tbody>
</table>

*Items in red are HNC2020 priority focus areas*
Healthy North Carolina 2020

• Implementation of evidence based strategies is essential to achieving HNC2020

• Statewide recommendations documented in Improving North Carolina’s Health: Applying Evidence for Success (September 2012)
Healthy North Carolina 2020

• Some Task Force Recommendations:
  – Require Local Health Departments (LHD) to choose 2 HNC2020 objectives from different focus areas to address community identified priorities
  – Provide EBS training for DPH, LHD and community partners
  – Promote Learning Collaboratives and QI
  – Provide annual reporting of HNC2020 progress
Cardiovascular Disease Mortality Rate

• Declined from 256.6 in 2008 to 237.2 in 2012 (per 100,000 population)

• Goal is 161.5 (per 100,000 population) by 2020

• Contributing factors: Justus-Warren Heart Disease and Stroke Prevention Task Force
  – Legislative task force of strong statewide partnerships
  – Comprehensive state plan, focused on EBS/I
  – Million Hearts Campaign - ABCS

Data source: NC State Center for Health Statistics, January 2014
Tobacco Use

- Percentage of people exposed to second hand smoke in the workplace declined from 14.6% (2008) to 8.6% (2012).¹

- Contributing factors
  - NC Smoke-Free Restaurant and Bar Law (2010)
  - 100% of NC acute care hospitals tobacco free²
  - 100% of NC public schools tobacco free³

¹. State Center for Health Statistics, January 2014.
Tobacco Use- Contributing factors (continued)

• Community Transformation Grant focused on tobacco-free community colleges
• Multi-unit housing owners and managers working to move toward smoke free housing
• Other state operated hospitals and treatment centers may adopt a tobacco-free campus policy

Coordinated Efforts

• Increased coordination of efforts between key organizations
  – NC DPH Local Technical Assistance and Training Branch
  – Center for Public Health Quality
  – Center for Healthy North Carolina

• Increased provision of technical assistance to local health departments and community coalitions

• Emphasized the need to partner and include stakeholders and community in choosing/implementing EBS
Tools and Resources

- NC Institute of Medicine [http://www.nciom.org](http://www.nciom.org)
- Chronic Disease and Injury Section, NC Division of Public Health [http://publichealth.nc.gov/chronicdiseaseandinjury/](http://publichealth.nc.gov/chronicdiseaseandinjury/)
Healthy North Carolina 2020

• Questions?

• Contacts
  – Joy Reed, Division of Public Health
    joy.reed@dhhs.nc.gov
  – Greg Randolph, Center for Public Health Quality
    greg.randolph@phquality.org
  – Laura Edwards, Center for Healthy NC
    laura.edwards@centerforhealthync.org
Please join us as we review select Healthy People 2020 objectives in the Physical Activity and Nutrition and Weight Status topic areas.

May 9, 2014
12:30pm EDT

Hear from a community-based organization that is working to improve outcomes in the community.

To register, visit:
www.healthypeople.gov
NPHW Planned Activities

- **Monday, April 7:** NPHW Forum: *Creating the Healthiest Nation Through System Transformation*

- **Tuesday, April 8:** *The State of the Leading Health Indicators Webinar: Progress to Date*

- **Wednesday, April 9:** 4th Annual NPHW Twitter Chat

- **Thursday, April 10:** *Food Justice, Obesity & the Social Determinants of Health* webinar

- **Friday, April 10:** *Google+ Hangout on Air: Active Transportation*

[http://www.nphw.org/events](http://www.nphw.org/events)
A library of stories highlighting ways organizations across the country are implementing Healthy People 2020

Healthy People in Action - Sharing Library

http://healthypeople.gov/2020/implement/MapSharingLibrary.aspx
NPHW Twitter Chat

• Wednesday, April 9, 2-3 pm EDT
• Follow @NPHW
• Use #NPHWchat
• RSVP via the Twtvite - [http://twtvite.com/wjtpff64i1flg8e](http://twtvite.com/wjtpff64i1flg8e)
Join us on May 22\textsuperscript{nd} for a \textit{Who’s Leading the Leading Health Indicators?} Webinar

Learn how one group is working to address the importance of immunizations for children.

Register soon!
www.healthypeople.gov
Stay Connected

- Visit healthypeople.gov to learn more about the Healthy People 2020 Leading Health Indicators.

- To receive the latest information about Healthy People 2020 and related events, visit our website to:
  - Join the Healthy People 2020 Consortium
  - Share how your organization is working to achieve Healthy People goals

Follow us on Twitter @gohealthypeople

Join our Healthy People 2020 group on LinkedIn

Watch past Webinars at www.YouTube.com/ODPHP
Social Media

- Find NPHW at:
  - https://twitter.com/nphw

- Find APHA at:
  - https://www.facebook.com/AmericanPublicHealthAssociation
  - http://www.youtube.com/user/aphadc
  - http://instagram.com/americanpublichealth
LHI Progress Update

Healthy People 2020

AMERICAN PUBLIC HEALTH ASSOCIATION
For science. For action. For health.