



From Healthy People 2010 to Healthy People 2020: A Guide for Community Health Assessment and Planning Efforts

Background

Healthy People (HP) 2020 is a resource that provides a comprehensive, strategic framework for promoting health and preventing disease in the United States with science-based, 10-year national objectives for 42 unique topic areas. For three decades, Healthy People has established benchmarks for these topic areas and monitored progress over time in order to encourage collaborations across sectors, guide individuals toward making informed health decisions, and measure the impact of prevention activities. HP 2020 motivates, guides, and focuses national research, program planning, and policy efforts.

State and local stakeholders from public health, education, health care, environment, business, housing, transportation, and other sectors are currently using HP 2020. Stakeholders use HP 2020 as a:

- Baseline for measuring program performance
- Framework for program planning and development
- Framework for goal setting and agenda building
- Resource for teaching public health courses,
- Set of benchmarks for comparing state and local data
- Resource to engage nontraditional partners

HP 2020 works well in community health assessment and community health improvement planning efforts.

From Healthy People 2010 to Healthy People 2020:

➤ Changes in National Objectives

The Healthy People initiative is grounded in the principle that setting national objectives and monitoring progress can motivate action¹. For HP 2010, teams of experts from a variety of Federal agencies developed the objectives, intending that they would challenge all populations and jurisdictions, even for those performing relatively well on specific indicators and topics. When lead Federal Agencies began to draft objectives for HP 2020 in 2008, preliminary analyses suggested that the country has either progressed toward or met approximately 71% of HP 2010 objectives¹.

With HP 2020, the Secretary's Advisory Committee and the Healthy People Federal Interagency Workgroup decided to break new ground in scope, outreach and scientific underpinning of the initiative. HP 2020 utilizes a new framework for establishing national objectives that offers more flexibility for users and ensures that HP 2020 continues to be a current and adaptable resource. As a result, HP 2020 objectives can now change annually or every two years in areas where targets have been met, rather than the previous mechanism of publishing HP once every 10 years with a mid-course review after five years.

¹ <http://healthypeople.gov/2020/about/DefaultPressRelease.pdf>



➤ Other Changes

HP 2020 aims to provide a renewed focus on identifying, measuring, tracking, and reducing health disparities an approach featuring an ecological and determinants of health² approach. The HP 2020 website is now populated with evidence-based resources and interventions. Additionally, it provides an online community for users to connect and share best practices through Twitter, LinkedIn, YouTube, and more.

Challenges with Healthy People 2020

HP 2020 builds upon four previous Healthy People publications. However, there are major differences between HP 2010 and HP 2020, resulting in some confusion over many of the HP 2020 targets and delayed uptake of HP 2020 as a resource for community health assessment and improvement planning at the state and local level. Various communities have indicated that the HP 2020 targets are not as challenging as previous iterations, and their communities have met or exceeded the new targets despite not having met the HP 2010 target. Communities have also found it challenging to transition from the previous HP2010 framework to the new HP2020 framework without modifying current plans and documents.

Advantages and Methods for Using the Flexible HP 2020 Target-Setting Method

Despite challenges, communities can use the HP 2020 construct with a tailored approach to meet their individual needs. Below, a few key steps are outlined to undertake this:

- Review relevant primary and secondary baseline data for your community
- Connect data with HP 2020 topic areas and objectives
- Check for additional objectives in related topic areas (e.g., mental health)
- Determine if the national HP 2020 targets align with your community's priorities.
 - If not, tailor and frame the target to fit your community based on baseline data, priorities, and resources.
 - See NACCHO's website for brief videos on target-setting methods at <http://www.naccho.org/topics/infrastructure/healthy-people/index.cfm>
 - Use the HP 2020 construct to allow for comparison to HP objectives, and easy translation to HP's framework, as appropriate, in the future.
- Check for differences in outcomes on particular objectives within your community: areas where the residents may not enjoy the health status attained by the overall community
 - Frame local targets so that "no area is left behind;" that is, all areas of your community have met an identified target relating to a local priority.
 - In implementation planning, consider the role of the social determinants of health <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=39>

More Information

Healthy People is located within the Office of Disease Prevention and Health Promotion in the U.S. Department of Health and Human Services. The National Association of County and City Health Officials

² http://www.cdc.gov/nchs/data/hpdata2010/hp2010_final_review_overview.pdf



(NACCHO) partnership with HP 2020 is designed to support and increase the use of HP 2020 among local health departments (LHDs) and other organizations related to community health assessment and improvement planning. All programmatic activities are designed to support the HP 2020 10-year agenda for improving the Nation's health. For more information about the HP 2020-NACCHO Partnership, including a short video on setting local targets, visit www.naccho.org/healthypeople. The HP 2020-NACCHO Partnership is sponsored by the Office of Disease Prevention and Health Promotion in the U.S. Department of Health and Human Services.

With fewer resources and staff, many LHDs face significant challenges in providing essential services that ensure the health and safety of their communities. The HP 2020 approach offers an evidence-based, easy-to-use tool designed to aid LHDs and other organizations in community health assessment and improvement planning work. Visit www.healthypeople.gov/2020/ to learn more about HP 2020.