

# Framing Adolescent and Young Adult Health through Healthy People 2020



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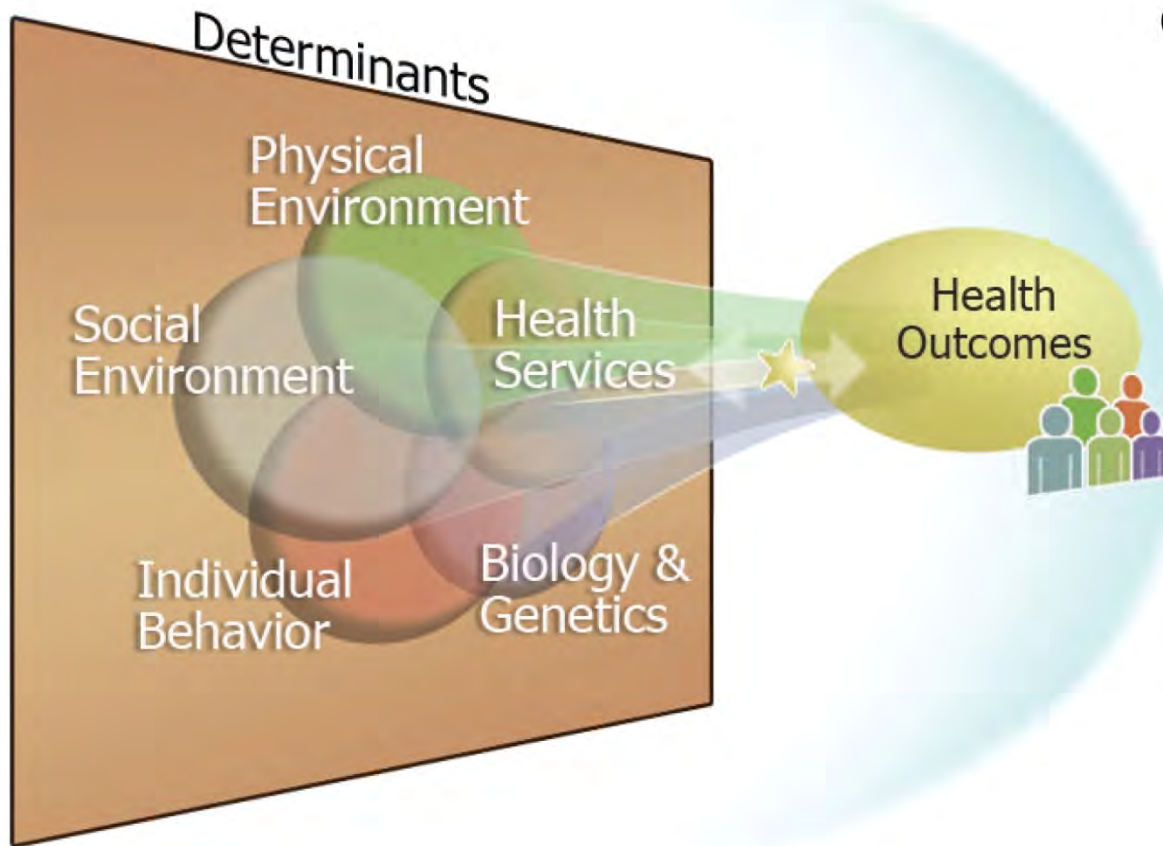


# What Is Healthy People?

- 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





Target Year	1990	2000	2010	2020
				
<b>Overarching Goals</b>	<ul style="list-style-type: none"> <li>• Decrease mortality: infants–adults</li> <li>• Increase independence among older adults</li> </ul>	<ul style="list-style-type: none"> <li>• Increase span of healthy life</li> <li>• Reduce health disparities</li> <li>• Achieve access to preventive services for all</li> </ul>	<ul style="list-style-type: none"> <li>• Increase quality and years of healthy life</li> <li>• Eliminate health disparities</li> </ul>	<ul style="list-style-type: none"> <li>• Attain high-quality, longer lives free of preventable disease</li> <li>• Achieve health equity; eliminate disparities</li> <li>• Create social and physical environments that promote good health</li> <li>• Promote quality of life, healthy development, healthy behaviors across life stages</li> </ul>
<b># Topic Areas</b>	15	22	28	42
<b># Objectives/ Measures</b>	226/NA	312/NA	467/1,000	~600/1200
<b>Leading Health Indicators</b>	N/A	N/A	22*	26*

\*selected from the full set of Healthy People objectives

[Home](#) > [2020 Topics & Objectives](#)

## Topics & Objectives Index - Healthy People

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  [E-mail](#) | 
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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](#).

- |  |  |  |
|--|--|--|
| <p><b>A</b></p> <ul style="list-style-type: none"> <li><a href="#">Access to Health Services</a></li> <li><a href="#">Adolescent Health <i>New</i></a></li> <li><a href="#">Arthritis, Osteoporosis, and Chronic Back Conditions</a></li> </ul> <p><b>B</b></p> <ul style="list-style-type: none"> <li><a href="#">Blood Disorders and Blood Safety <i>New</i></a></li> </ul> <p><b>C</b></p> <ul style="list-style-type: none"> <li><a href="#">Cancer</a></li> <li><a href="#">Chronic Kidney Disease</a></li> </ul> <p><b>D</b></p> <ul style="list-style-type: none"> <li><a href="#">Dementias, Including Alzheimer's Disease <i>New</i></a></li> </ul> | <p><b>G</b></p> <ul style="list-style-type: none"> <li><a href="#">Genomics <i>New</i></a></li> <li><a href="#">Global Health <i>New</i></a></li> </ul> <p><b>H</b></p> <ul style="list-style-type: none"> <li><a href="#">Health Communication and Health Information Technology</a></li> <li><a href="#">Healthcare-Associated Infections <i>New</i></a></li> <li><a href="#">Health-Related Quality of Life &amp; Well-Being <i>New</i></a></li> <li><a href="#">Hearing and Other Sensory or Communication Disorders</a></li> <li><a href="#">Heart Disease and Stroke</a></li> <li><a href="#">HIV</a></li> </ul> <p><b>I</b></p> | <p><b>N</b></p> <ul style="list-style-type: none"> <li><a href="#">Nutrition and Weight Status</a></li> </ul> <p><b>O</b></p> <ul style="list-style-type: none"> <li><a href="#">Occupational Safety and Health</a></li> <li><a href="#">Older Adults <i>New</i></a></li> <li><a href="#">Oral Health</a></li> </ul> <p><b>P</b></p> <ul style="list-style-type: none"> <li><a href="#">Physical Activity</a></li> <li><a href="#">Preparedness <i>New</i></a></li> <li><a href="#">Public Health Infrastructure</a></li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li><a href="#">Respiratory Diseases</a></li> </ul> |
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# Cherie Gray, M.A., Public Health Analyst Division of Adolescent and School Health Centers for Disease Control and Prevention







***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 CHOs
  - 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?

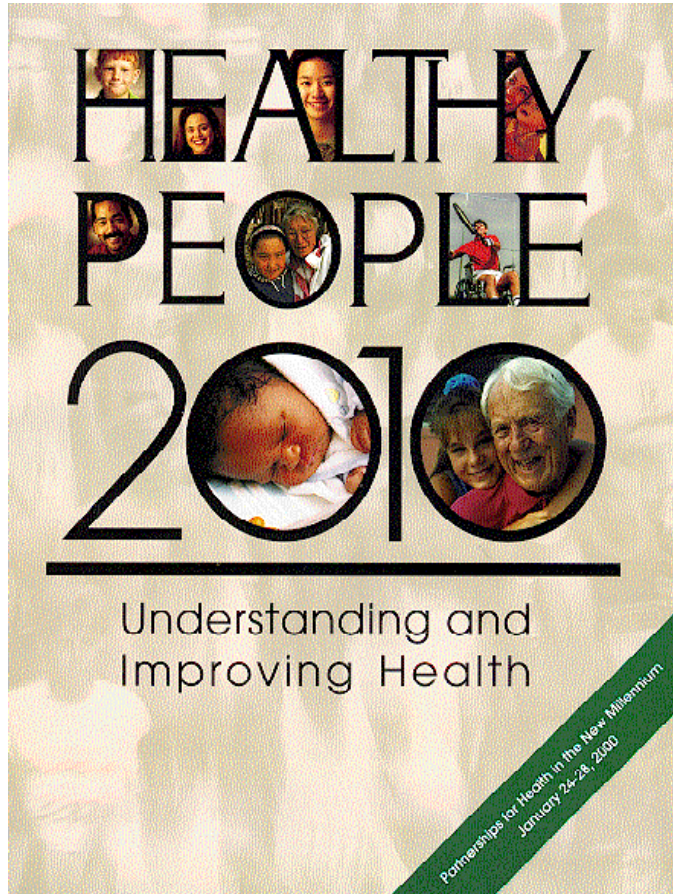
- Key transitional and dynamic period in life course.
- Tremendous physical, social, emotional, and cognitive growth and development – impact upon lifelong health outcomes.
- Health promotion, primary preventive and secondary interventions during adolescence can have profound and positive lasting health,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

*National Adolescent Health Information Center*





# 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



# HP2010 – Did We Make a Difference in Adolescent Health?

## 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*

Final Review

HEALTHY  
PEOPLE  
2010

Jiang, N, Kolbe, LJ, Seo, Dong-Chul, Kay, N, and Brindis, CD, Health of Adolescents and Young Adults: Trends in Achieving the 21 Critical National Health Objectives by 2010, Journal of Adolescent Health, Volume 49;2; 124-132, August 2011.

National Adolescent Health Information Center







# HP2010 – Did We Make a Difference in Adolescent Health?

## 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.

Jiang, N, Kolbe, LJ, Seo, Dong-Chul, Kay, N, and Brindis, CD, Health of Adolescents and Young Adults: Trends in Achieving the 21 Critical National Health Objectives by 2010, Journal of Adolescent Health, Volume 49;2; 124-132, August 2011.

*National Adolescent Health Information Center*





# 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



STATE AND NATIONAL PROFILES  
of Adolescent and Young Adult Health >

The state and national summary pages and data tables have been updated with 2009 data for each of the 21 Critical Health Objectives of Healthy People 2010.

[Read more >](#)





# 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)



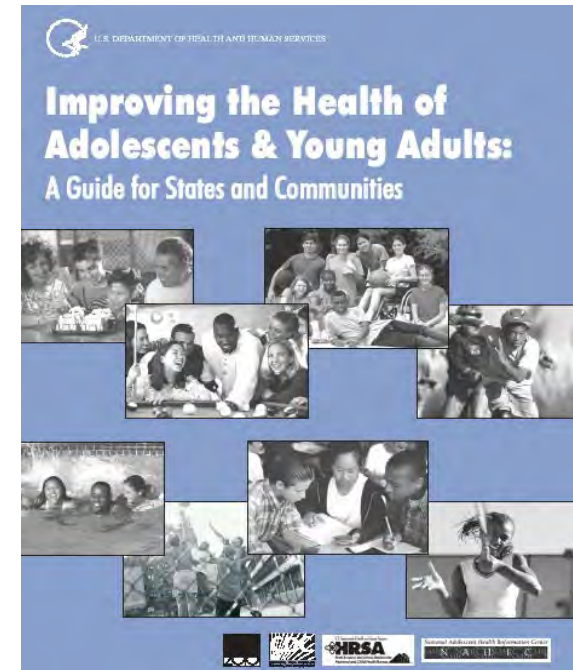
# Investigate, Analyze, and Take Action

- 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  
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**Public Policy Analysis & Education Center  
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*National Adolescent Health Information Center*





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# 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 Adolescent Health Workgroup

- HP 2020 represents first time that adolescent health included as a topic area

The screenshot shows the HealthyPeople.gov website interface. At the top, there is a search bar for 'HealthyPeople.gov' and social media links for Twitter, LinkedIn, and YouTube. Below the search bar is a navigation menu with tabs for Home, About Healthy People, 2020 Topics & Objectives (selected), Implementing Healthy People, Consortium & Partners, Stay Connected, and Leading Health Indicators. The main content area is titled 'Adolescent Health' with a 'New' badge. It features a sub-navigation bar with 'Overview' (selected), 'Objectives', and 'Interventions & Resources'. The 'Goal' section states: 'Improve the healthy development, health, safety, and well-being of adolescents and young adults.' The 'Overview' section states: 'Adolescents (ages 10 to 19) and young adults (ages 20 to 24) make up 21 percent of the population of the United States<sup>1</sup>. The behavioral patterns established during these developmental periods help determine young people's current health status and their risk for developing chronic diseases in adulthood.<sup>2</sup>' To the right of the text is a photograph of a diverse group of young people walking outdoors. At the bottom, a partial paragraph begins: 'Although adolescence and young adulthood are generally healthy times of life, several important public health and social problems either peak or start during these years. Examples include:'



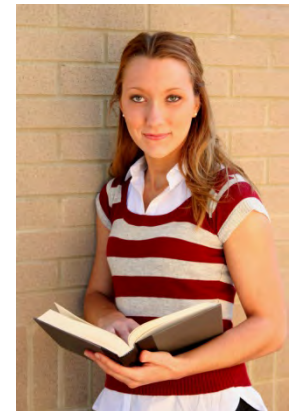
# HP 2020 Adolescent Health Workgroup

- 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.*



# HP 2020 Adolescent Health Topic Area Objectives


- New objectives developed by Adolescent Health Workgroup (cont)
  - Educational achievement
    - ❖ On-time high school graduation - LHI
    - ❖ Graduation for students served under IDEA
    - ❖ Reading skills (4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup> grades)
    - ❖ Arithmetic skills (4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup> 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





# Context for Adolescent & Young Adult Health (AYAH) Draft Core Indicators

- 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

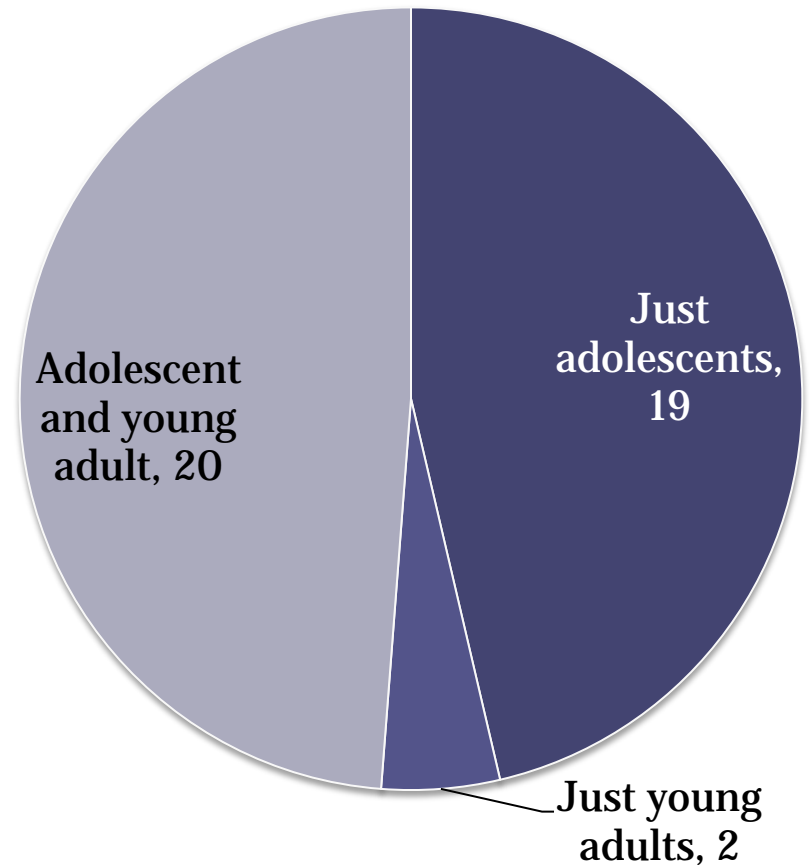
- Stakeholder input – Several groups were asked to rate the 167 draft HP 2020 objectives relevant to adolescent & young adult health for priority as core (late 2009). Received 351 responses.
  - Rating/selection criteria
    - ❖ Substantive importance
    - ❖ Proportion of young people affected
    - ❖ 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





# 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)



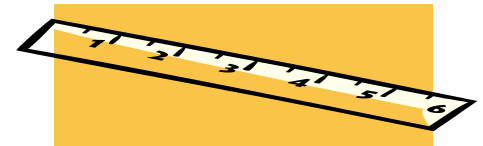
# Selection of Draft Core AYA/H Indicators

- 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

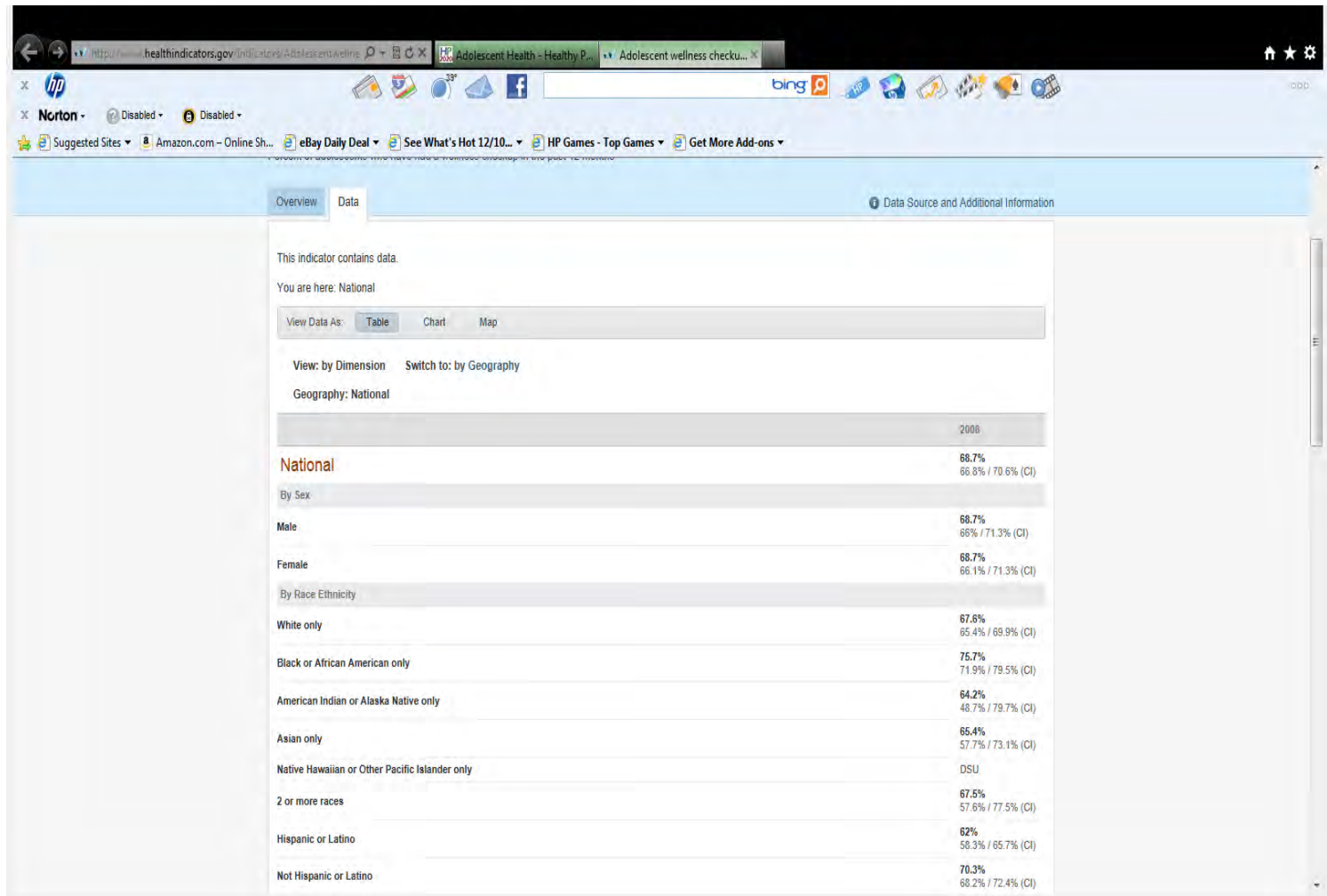
The screenshot shows a web browser window with the URL <http://www.healthypeople.gov/2020/topics/objectives/2020/objectives>. The page has three tabs: "Overview", "Objectives", and "Interventions & Resources". The "Objectives" tab is active. At the top of the content area, there are links for "Download all Adolescent Health Objectives [PDF — 21 KB]" and "Expand All Objectives +". Below this, the details for objective AH-1 are displayed. The objective is "Increase the proportion of adolescents who have had a wellness checkup in the past 12 months". A table provides the following information:

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 (NHIS), CDC, NCHS
More Information:	<a href="#">Data from the HHS Health Indicators Warehouse</a>

Below the table, there is a "Close Details" button. Further down, the details for objectives AH-2, AH-3, and AH-4 are listed, each with a "View Details" button. Objective AH-3 includes sub-objectives AH-3.1 and AH-3.2. Objective AH-4 is labeled as "(Developmental)".



# 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

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# Theresa C. Lewallen, MA, CHES Managing Director, Constituent Programs ASCD



**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

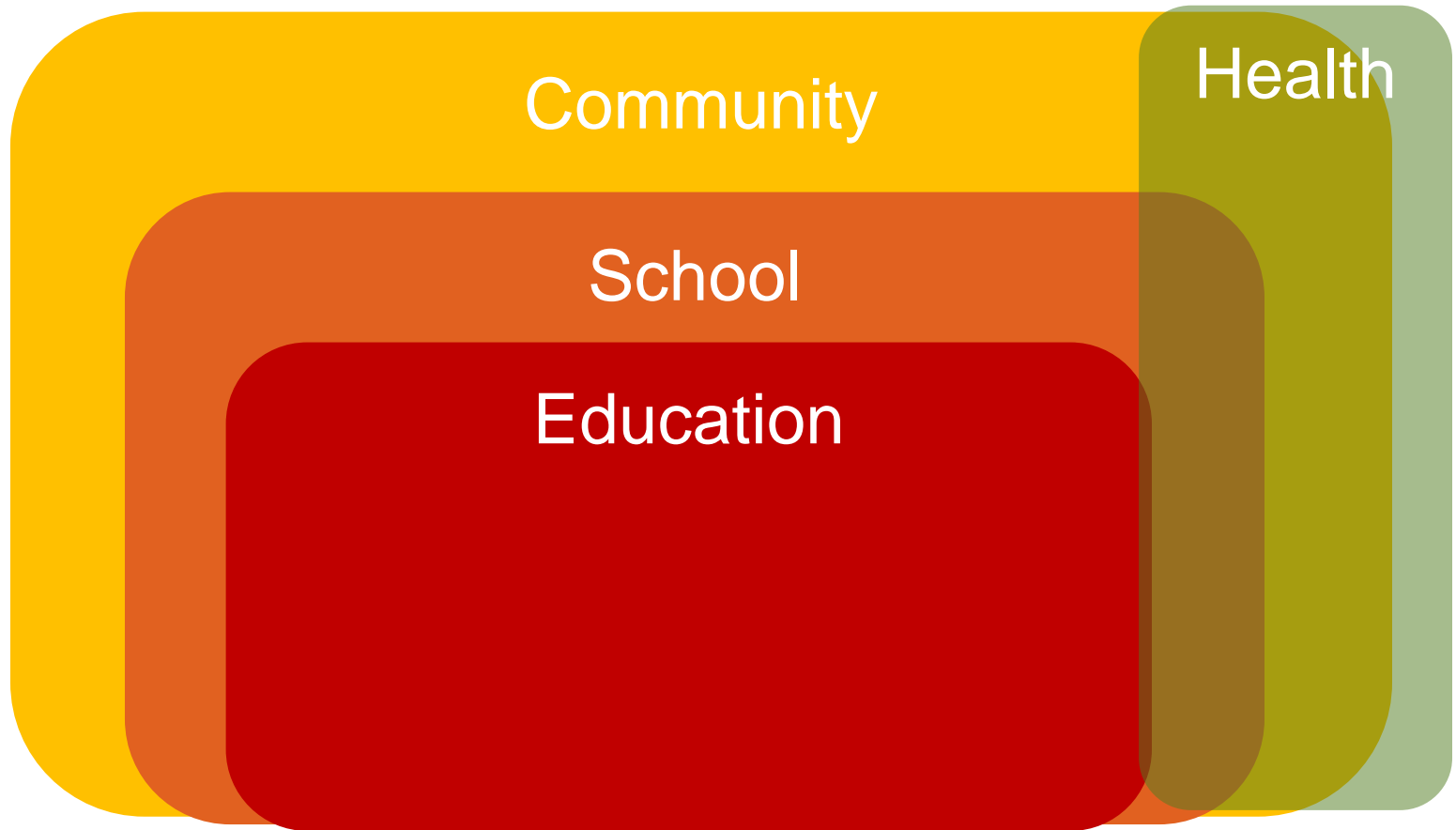


# Relationships between education and health agencies

- 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

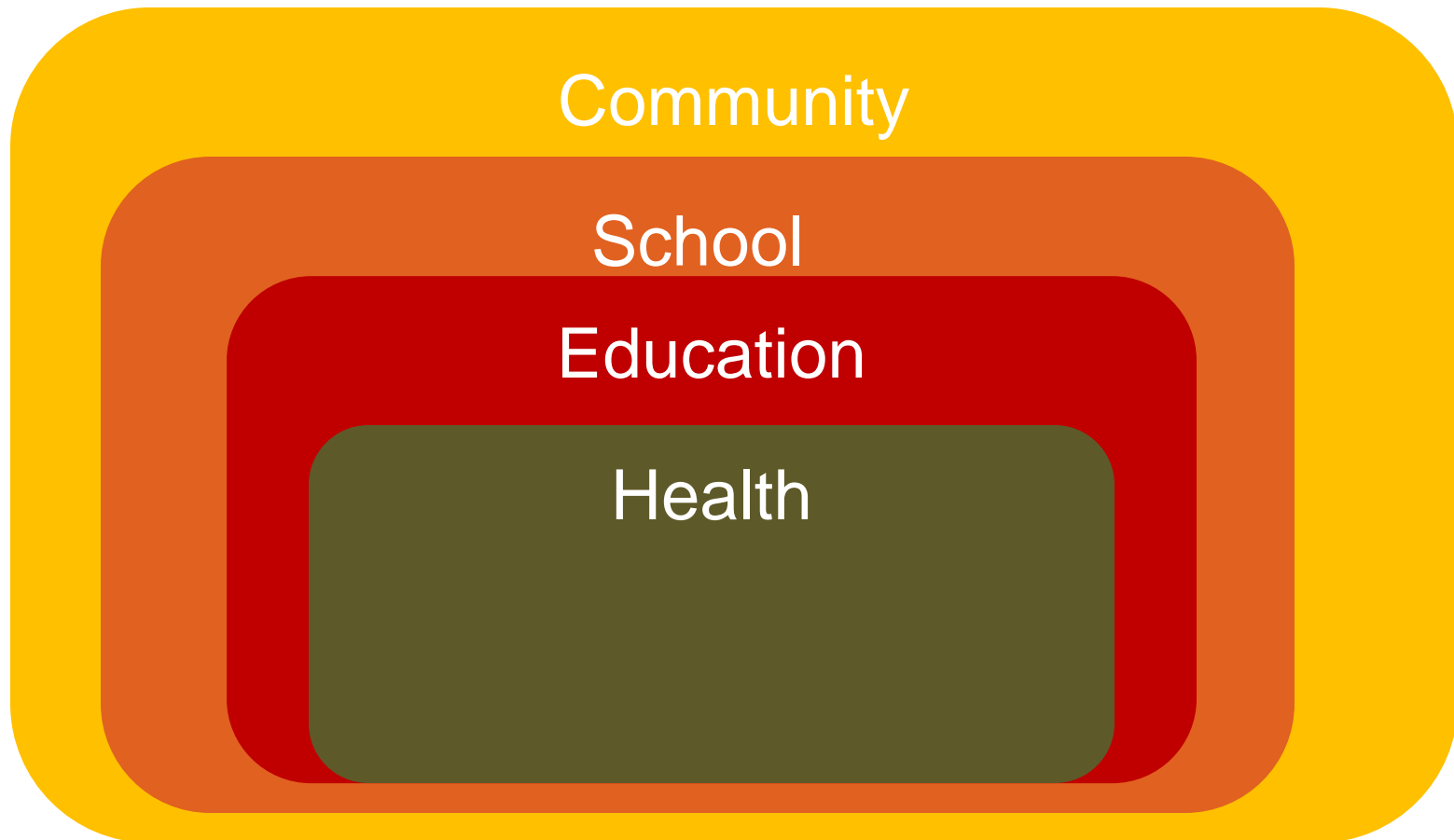
National Association of City and County Health Officials. 2010 National Profile of Local Health Departments, 2011. Retrieved from:  
[http://www.naccho.org/topics/infrastructure/profile/resources/2010report/upload/2010\\_Profile\\_main\\_report-web.pdf](http://www.naccho.org/topics/infrastructure/profile/resources/2010report/upload/2010_Profile_main_report-web.pdf)

# Most common relationship between education and health





# Healthy People 2020: Shifting to a holistic view





# 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 21<sup>st</sup> century skills—including health literacy
- Decrease in disparities
- Increased percentage of healthy, productive adults





# References

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# Questions & Answers

**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.**