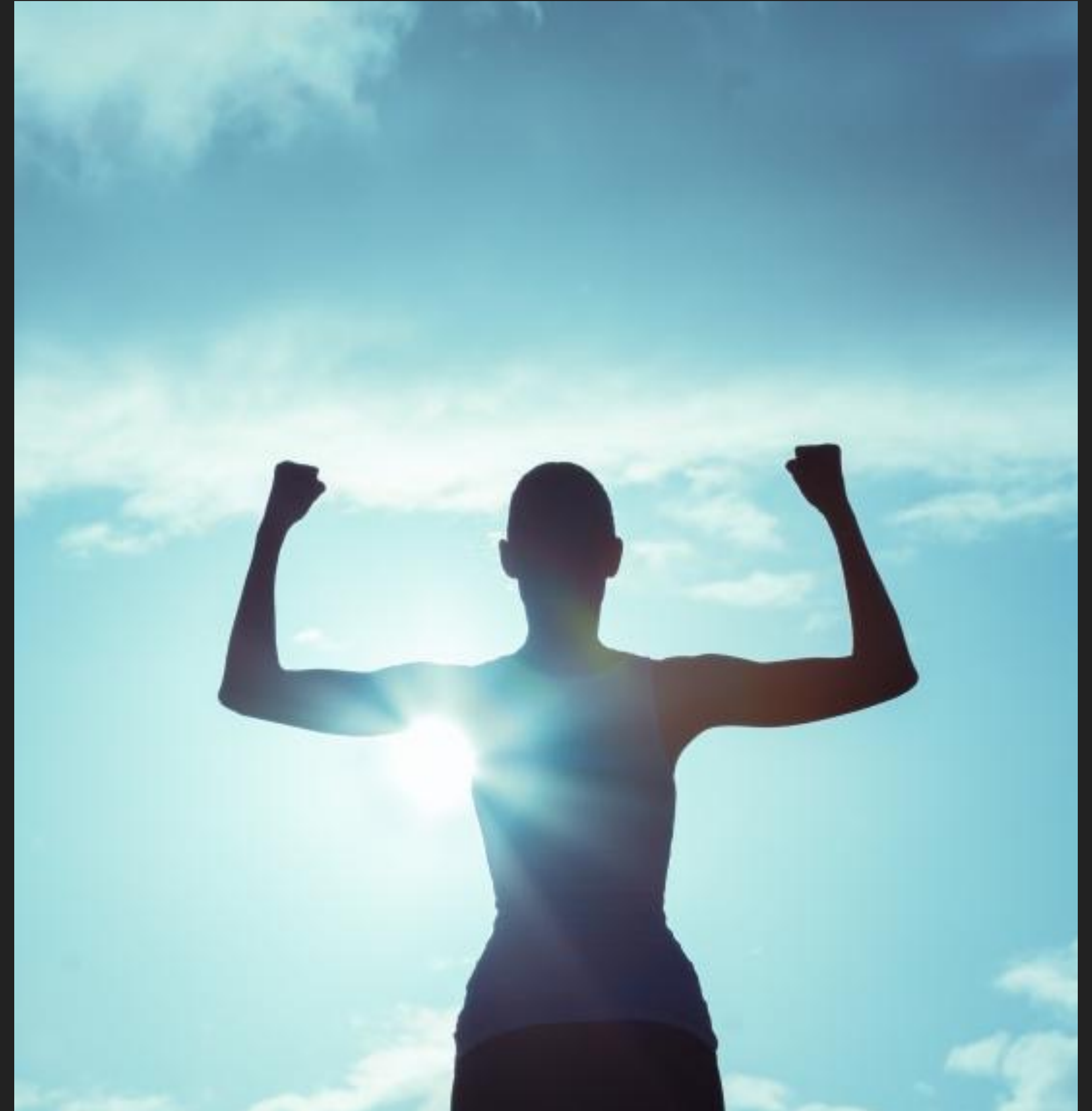

HEALTHY PEOPLE 2030

AGENDA

- A. Introduction to Healthy People
- B. Healthy People 2030
- C. Healthy People & Health Literacy
- D. Objectives
- E. Summary

WHAT IS HEALTHY PEOPLE?

- ▶ Healthy People is a program that provides science-based objectives that are designed to **guide health promotion** and **disease prevention efforts** to improve the health of all Americans.
- ▶ U.S. Dept. of Health and Human Services (HHS)
- ▶ 10-year Agenda
 - ▶ Encourage collaborations across communities and sectors
 - ▶ Empower individuals toward making informed health decisions
 - ▶ Measure impact of prevention activities



WHAT IS HEALTHY PEOPLE (CONT.)

- ▶ Healthy People has created standards in order to:
 - ▶ Identify health improvement priorities.
 - ▶ Increase public awareness and understanding.
 - ▶ Provide measurable objectives and goals.
 - ▶ Engage multiple sectors to take actions.
 - ▶ Identify critical research, evaluation, and data collection needs.

WHY DOES HEALTHY PEOPLE MATTER?

- ▶ Demonstrates alignment to national standards
- ▶ Identifies priorities for the federal landscape for the next 10 years
- ▶ Helps with grant writing
- ▶ Road map for disease prevention and health promotion activities.

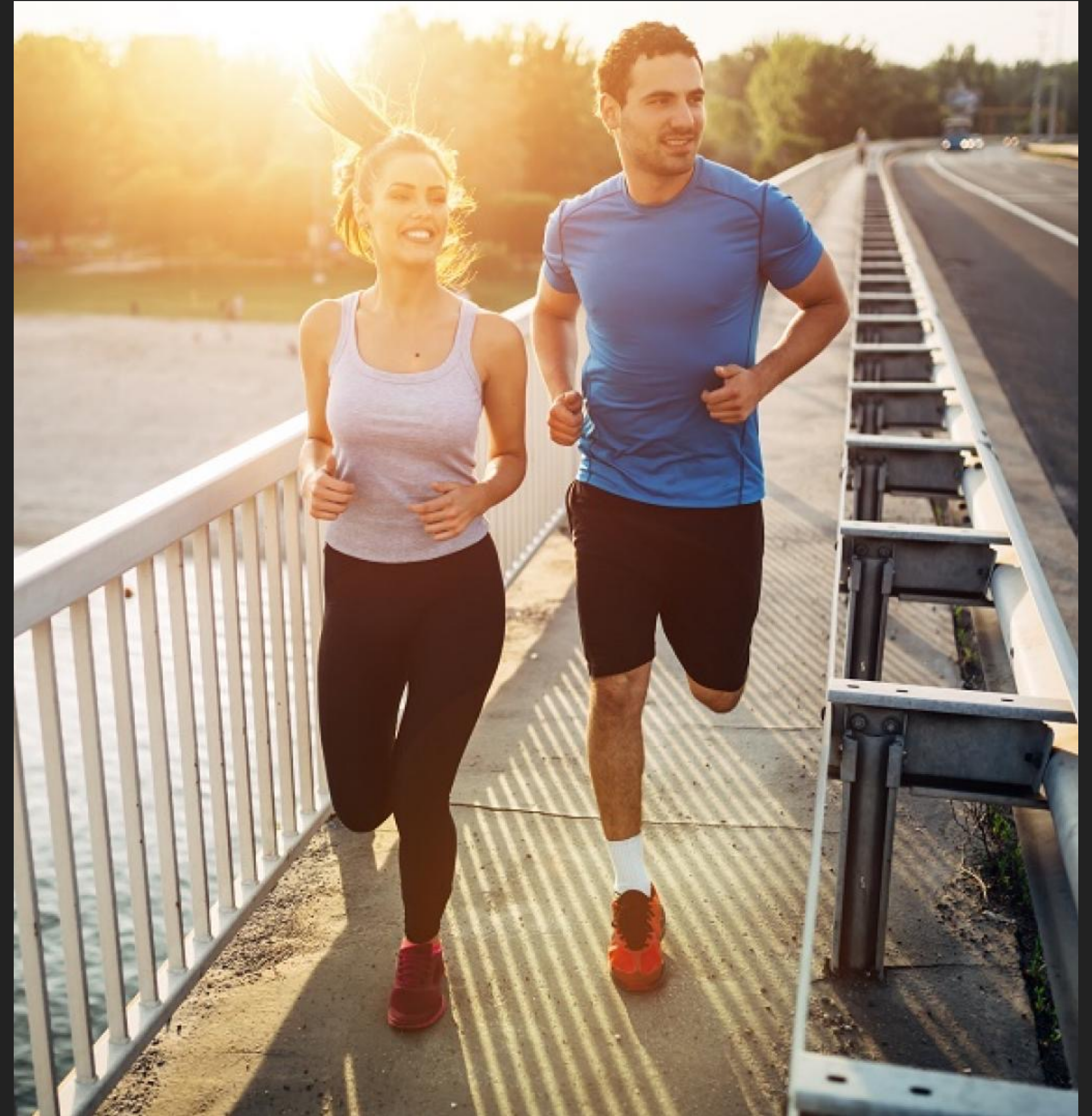
HOW HAS HEALTHY PEOPLE CHANGED?

- ▶ For Healthy People 2030, the biggest change is reducing the number of objectives.

1000 → **355**

HEALTHY PEOPLE 2030

- ▶ Selecting Healthy People 2030 objectives was a multiyear process with input from a diverse group of subject matter experts, organizations, and members of the public.
 1. Committee recommendations
 2. Feedback from individuals and organizations
 3. Objectives reviewed and finalized from HHS



OBJECTIVE TYPES

- ▶ **Core**

- ▶ **Baseline only** – *Found in beginning; used for comparison*
- ▶ **Target met or exceeded** – *Achieved the target*
- ▶ **Improving** – *Making progress*
- ▶ **Little or no detectable change** – *Have NOT made progress*
- ▶ **Getting worse** – *Farther away from meeting their target*

- ▶ **Developmental**

- ▶ **Research**

TOPICS

- ▶ Health Conditions
- ▶ Health Behaviors
- ▶ Populations
- ▶ Settings & Systems
- ▶ Social Determinants of Health ★

SOCIAL DETERMINANTS OF HEALTH

“Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.”

- ▶ Healthy People 2030 features many objectives related to SDOH. These objectives highlight the importance of “upstream” factors — usually unrelated to health care delivery — in improving health and reducing health disparities.

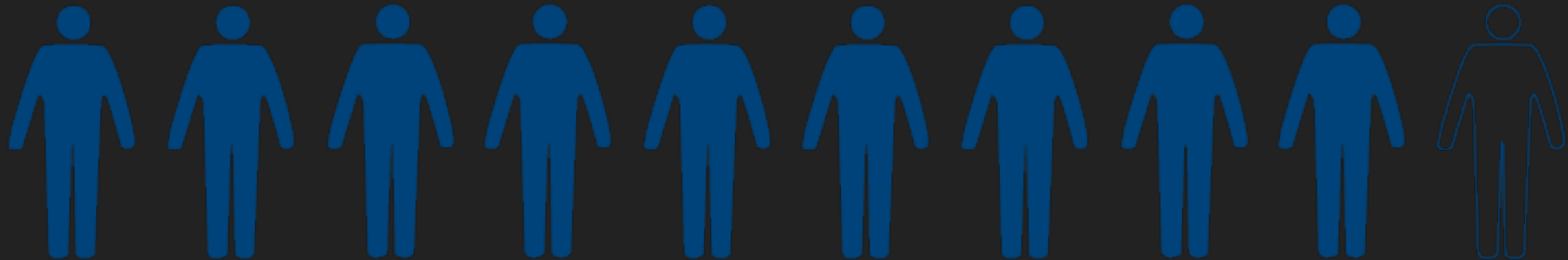


HEALTH LITERACY

- ▶ Definition of health literacy:
 - ▶ The degree to which an individual has the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.
- ▶ Healthy People 2030 addresses both **personal health literacy** and **organizational health literacy**:
 - ▶ **Personal health literacy** is the degree to which *individuals* have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
 - ▶ **Organizational health literacy** the degree to which *organizations* equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

IMPORTANCE OF HEALTH LITERACY

- ▶ It enables people to develop the skills and confidence to make informed decisions about their health and the health of their families
- ▶ **9 out of 10** adults struggle to understand and use health information when it is unfamiliar, complex or jargon-filled.



HEALTH LITERACY & HEALTHY PEOPLE 2030

- ▶ Healthy People 2030

- ▶ *“Eliminate health disparities, achieve health equity, & attain health literacy to improve the health & well-being of all.”*

- ▶ Health disparities: A particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage.

- ▶ Healthy equity: Implies that ideally everyone should have a fair opportunity to attain their full health potential and that no one should be disadvantaged from achieving this potential.

- ▶ 6 objectives are related to health literacy

- ▶ Examples:

- ▶ Increase the proportion of adults whose health care provider checked their understanding

- ▶ Increase the proportion of people who say their online medical record is easy to understand

**WHY DO WE NEED TO KNOW ABOUT
HEALTHY PEOPLE 2030 AND HOW
DOES THIS RELATE TO OUR WORK?**

Everyone in the room

SUBSTANCE USE OBJECTIVES (OPIOIDS)

- ▶ Reduce the proportion of people who misused prescription opioids in the past year — SU-19
 - ▶ 3.6% → 3.3%
- ▶ Reduce the proportion of people who had opioid use disorder in the past year — SU-18
 - ▶ 0.7% → 0.5%
- ▶ Increase the rate of people with an opioid use disorder getting medications for addiction treatment — SU-D03
 - ▶ Developmental
- ▶ Reduce the rate of opioid-related emergency department visits — SU-D04
 - ▶ Developmental

SUBSTANCE USE OBJECTIVES (OPIOIDS) CONT.



SUBSTANCE USE OBJECTIVES (ADOLESCENTS)

- ▶ Reduce the proportion of adolescents who used drugs in the past month — SU-05
 - ▶ 8% → 5.5%
- ▶ Reduce the proportion of adolescents who used marijuana in the past month — SU-06
 - ▶ 6.7% → 5.8%
- ▶ Reduce the proportion of people under 21 years who engaged in binge drinking in the past month — SU-09
 - ▶ 11.4% → 8.4%
- ▶ Increase the proportion of adolescents who think substance abuse is risky — SU-R01
 - ▶ (Research)

SUBSTANCE USE OBJECTIVES (ADOLESCENTS) CONT.

- ▶ School based programs
- ▶ Screenings
- ▶ Evidence-based interventions
 - ▶ Behavioral and family-based approaches
 - ▶ Medications for addiction treatment
 - ▶ Recovery support services
- ▶ Computer-based interventions
- ▶ Behavioral therapy
- ▶ Treatment for mental health
- ▶ Social and emotional learning – parent and teacher training
- ▶ Alcohol prices



SUBSTANCE USE OBJECTIVES (LGBT)

- ▶ Reduce the proportion of lesbian, gay, or bisexual high school students who have used illicit drugs — LGBT-07
 - ▶ 23.1% → 16.1%
- ▶ Reduce the proportion of transgender high school students who have used illicit drugs — LGBT-D03
 - ▶ Developmental

MENTAL HEALTH (LGBT)

- ▶ Reduce suicidal thoughts in lesbian, gay, or bisexual high school students – LGBT-06
 - ▶ 58.5% → 52.1%
- ▶ Reduce suicidal thoughts in lesbian, gay, or transgender students – LGBT-D02
 - ▶ Developmental

SUBSTANCE USE/MENTAL HEALTH OBJECTIVES (LGBT)

- ▶ Community Interventions
- ▶ Family Interventions



TOBACCO USE OBJECTIVES (ADOLESCENTS)

- ▶ Reduce current tobacco use in adolescents — TU-04
 - ▶ 18.3% → 11.3%
- ▶ Reduce current e-cigarette use in adolescents — TU-05
 - ▶ 13.8% → 10.5%
- ▶ Reduce current use of flavored tobacco products in adolescents who use tobacco — TU-09
 - ▶ 64.1% → 59.2%
- ▶ Eliminate cigarette smoking initiation in adolescents and young adults — TU-10
 - ▶ 4% → 0%

TOBACCO USE OBJECTIVES (ADOLESCENTS) CONT.

- ▶ Price increases
- ▶ Mass media campaigns
- ▶ Smoke-free policies
- ▶ Flavored tobacco policies
- ▶ 21 years and over



TOBACCO USE OBJECTIVES (HEALTH POLICY)

- ▶ Increase the number of states, territories, and DC that raise the minimum age for tobacco sales to 21 years — TU-23
 - ▶ 9 → 30 (including District of Columbia and some territories)
- ▶ Increase Medicaid coverage of evidence-based treatment to help people quit using tobacco — TU-16
 - ▶ 15 states → 51 states (not including District of Columbia)
 - ▶ (NV does not)
- ▶ Reduce the proportion of adolescents exposed to tobacco marketing- TU-22
 - ▶ 82.1% → 59.7%

TOBACCO USE OBJECTIVES (HEALTH POLICY)

- ▶ Smoke-free policies
- ▶ Local policies
- ▶ 21 years and over
- ▶ Comprehensive Medicaid coverage

IT'S THE LAW

The sale of tobacco including electronic vaping products to persons under **21 years of age** is prohibited.



Nevada Tobacco Quitline 1-800-QUIT-NOW

PEOPLE WITH DISABILITIES (HOUSING AND HOMES)

- ▶ Reduce the proportion of people with intellectual and developmental disabilities who live in institutional setting with 7 or more people–DH–03
 - ▶ 11.5% → 22.7%
- ▶ Increase the proportion of occupied homes and residential buildings that have a no-step entrance as a visitable feature–DH–04
 - ▶ 51.1% → 51.3%

PEOPLE WITH DISABILITIES (MENTAL HEALTH AND MENTAL DISORDERS)

- ▶ Reduce the proportion of adults with disabilities who delay preventative care because of cost-DH-01

37.2% → 34.9%

- ▶ Reduce the proportion of adults with disabilities who experience serious psychological distress-DH-02

- ▶ 8.7% → 7.6%

MENTAL HEALTH AND MENTAL DISORDERS (GENERAL)

- ▶ Increase the proportion of people with substance use and mental health disorders who get treatment for both—MHMD-07
 - ▶ 3.4% → 8.2%
- ▶ Increase the proportion of primary care office visits where adolescents and adults are screened for depression
 - ▶ 8.5% → 13.5%

MENTAL HEALTH (ADOLESCENTS)

- ▶ Increase the proportion of children with mental health problems who get treatment—MHMD-03
 - ▶ 73.3% → 82.4%
- ▶ Increase the proportion of adolescents with depression who get treatment—MHMD-06
 - ▶ 41.4% → 46.4%

MENTAL HEALTH (HEALTH CARE)

- ▶ **Increase the proportion of adults with serious mental illness who get treatment–MHMD–04**
 - ▶ 64.1% → 68.8%
- ▶ **Increase the proportion of adults with depression who get treatment–MHMD–05**
 - ▶ 64.8% → 69.5%
- ▶ **Increase the proportion of homeless adults with mental health problems who get mental health services–MHMD–R01**
 - ▶ Research

MENTAL HEALTH (HOSPITAL CARE)

- ▶ Reduce emergency department visits related to nonmedical use of prescription opioids—MPS-02
 - ▶ 3.9 visits → 3.5 visits

MENTAL HEALTH (INJURY PREVENTION)

- ▶ **Reduce suicide rates– MHMD-01**
 - ▶ 14.2 suicides per 100,000 population → 12.8 suicides per 100,000 population
- ▶ **Reduce suicide attempts by adolescents–MHMD-02**
 - ▶ 2.4 suicides per 100 population → 1.8 suicides attempts per 100 population

SUMMARY

- ▶ Identifies health priorities
- ▶ Increase awareness and understanding
- ▶ Provides measurable goals

[HTTPS://HEALTH.GOV/HEALTHYPEOPLE](https://health.gov/healthypeople)

RESOURCES

- ▶ CDC
 - ▶ https://www.cdc.gov/nchs/healthy_people/index.htm
 - ▶ https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_prevention.pdf
 - ▶ <https://www.cdc.gov/healthliteracy/learn/Understanding.html>
 - ▶ <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.htm>
- ▶ Foundations Recovery Network
 - ▶ <https://dualdiagnosis.org/mental-health-and-addiction/>
- ▶ Healthy People 2030
 - ▶ <https://health.gov/healthypeople>
 - ▶ <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
 - ▶ <https://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>
- ▶ NIDA
 - ▶ <https://www.drugabuse.gov/publications/research-reports/marijuana/marijuana-addictive>
- ▶ NNLM
 - ▶ <https://nnlm.gov/initiatives/topics/health-literacy>
- ▶ National Center for Transgender Equality
 - ▶ <https://transequality.org/issues/research-data-needs>
- ▶ Public Health Law Center
 - ▶ <https://publichealthlawcenter.org/sites/default/files/resources/tclc-fs-preemption-tobacco-control-challenge-2014.pdf>
- ▶ SAMHSA
 - ▶ <https://www.samhsa.gov/find-help/disorders>
- ▶ The Growing Proportion of Smokers in Medicaid and Implications for Public Policy - Zhou, Anderson, Wong, & Kohatsu
 - ▶ <https://www.sciencedirect.com/science/article/pii/S0749379718321329>
- ▶ Tobacco Free Kids
 - ▶ <https://www.tobaccofreekids.org/assets/factsheets/0222.pdf>
- ▶ Why Clinicians Don't Report Adverse Drug Events: Qualitative Study - Hohl et al.
 - ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5849794/>
- ▶ WHO
 - ▶ https://www.who.int/topics/health_equity/en/

THANK YOU!

Questions?

Maegan Wong

PACT Coalition

mwong@drugfreeLasvegas.org