

N263.18 Advanced Concepts in Clinical Prevention
and Population Health

Population Health Outcomes and Goals for US and International

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This Presentation

- Healthy People 2020 Framework, Topic Areas, and Objectives
- Critically review the outcomes of Healthy People 2020 goals
- Overview health outcomes for international, national and state health goals focused on health promotion and illness prevention for healthy and chronically ill populations

Population Health

- Definition: "the **health** outcomes of a group of individuals, including the distribution of such outcomes within the group" (Kindig & Stoddart, 2003).
- DNP competency: the needs of a panel of patients, a target population, a set of population, or a broad community (AACN, 2006).
- Change at the population level may impact the health of a community in the present and for the generation to come.
- Using data to target populations at risk

A Resource for Promoting Health and Preventing Disease Throughout the Nation



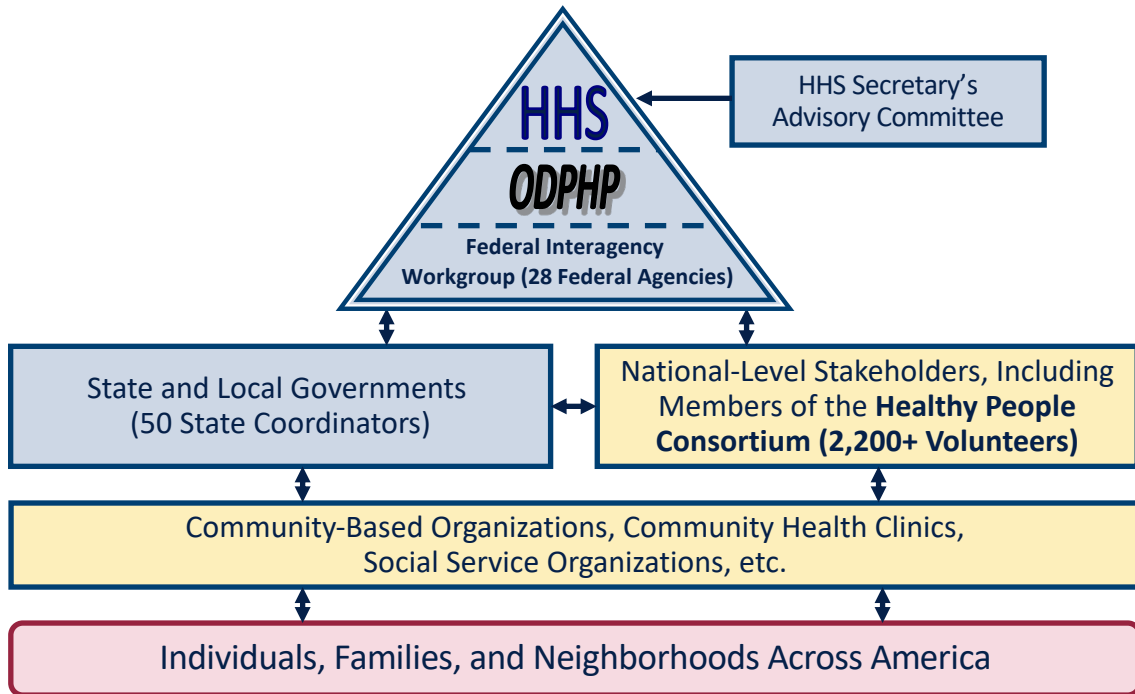
What Is Healthy People?

- A **national agenda** that communicates a vision for improving health and achieving health equity.
- A set of specific, **measurable objectives** with targets to be achieved over the decade.
- These objectives are organized within distinct 42 **Topic Areas**.

Key Features of Healthy People

- A comprehensive strategic framework
- Data-driven outcomes to monitor progress
- Multidisciplinary and multisectoral stakeholders at all levels
- Research, program planning, and policy guidelines
- Accountability requiring all PHS grants to demonstrate support of Healthy People objectives.

Federally Led, Stakeholder- Driven Process



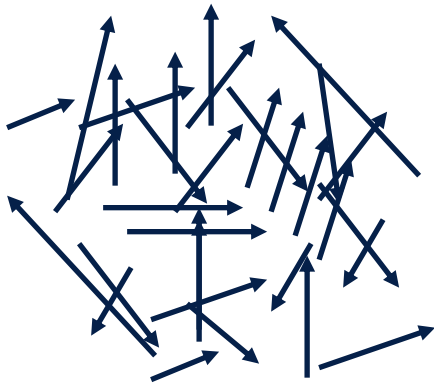
Evolution of Healthy People

Target Year	1990 	2000 	2010 	2020 
Overarching Goals	• Decrease mortality: infants—adults • Increase independence among older adults	• Increase span of healthy life • Reduce health disparities • Achieve access to preventive services for all	• Increase quality and years of healthy life • Eliminate health disparities	• Attain high-quality, longer lives free of preventable disease • Achieve health equity; eliminate disparities • Create social and physical environments that promote good health • Promote quality of life, healthy development, healthy behaviors across life stages
# Topic Areas	15	22	28	39*
# Objectives/Measures	226/NA	312/NA	467/1,000	>580/1200

* With objectives

Healthy People: Aligns Strategic Public Health Goals and Efforts Across the Nation

Non-Aligned Effort
Random Acts of Innovation



Aligned Effort
Strategic Goals



Healthy People 2020: Framework

Vision

A society in which all people live long, healthy lives.

Mission

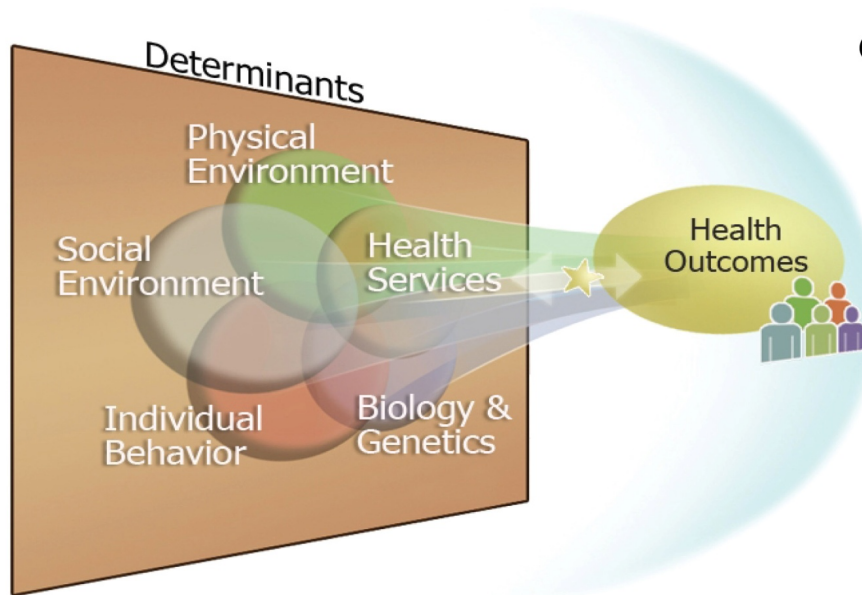
Healthy People 2020 strives to:

- Identify nationwide health improvement priorities;
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress;
- Provide measurable objectives and goals that are applicable at the national, state, and local levels;
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge;
- Identify critical research, evaluation, and data collection needs.



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.



[Home](#) » [2020 Topics & Objectives](#) » 2020 Topics and Objectives – Objectives A–Z

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2020 Topics and Objectives – Objectives A–Z



[Topic Area](#) [Data Source](#)

Select area or more Topic Areas to begin.

Now Online
Search the Healthy
People 2020 Data.

Select a topic area from the list below to get started.

Each topic area includes an overview, objectives and data,^a and evidence-based resources.

A

[Access to Health Services](#)[Adolescent Health ^{New}](#)[Arthritis, Osteoporosis, and Chronic Back Conditions](#)

B

[Blood Disorders and Blood Safety ^{New}](#)

C

[Cancer](#)

G

[Genomics ^{New}](#)[Global Health ^{New}](#)

H

[Health Communication and Health Information Technology](#)[Health-Related Quality of Life & Well-Being ^{New}](#)[Healthcare-Associated Infections ^{New}](#)[Hearing and Other Sensory or Communication](#)

N

[Nutrition and Weight Status](#)

O

[Occupational Safety and Health](#)[Older Adults ^{New}](#)[Oral Health](#)

P

[Physical Activity](#)

Healthy People 2020: Strengths and Challenges

Strengths

- Collaboration and consensus
- Wide array of diverse users
- Public access to data via internet
- Science- and evidence-based
- Data-driven
- Measurable objectives with targets

Challenges

- Encyclopedic approach versus targeted effort
- Data source funding and development
- Implementation plan
- Technical assistance



Goals

Health Across the Lifespan

All Californians should have optimal health. Being the healthiest state in the nation means that Californians throughout the lifespan—from our children to our seniors—are healthy.



Healthy Beginnings

Laying the foundation for a healthy life

[See All Indicators >](#)



Living Well

Preventing and Managing Chronic Disease

[See All Indicators >](#)



End of Life

Maintaining Dignity and Independence

[See All Indicators >](#)

Pathways to Health

<https://letsgethealthy.ca.gov/goals/>



Health Topics ▾

Countries ▾

News ▾

Emergencies ▾

About Us ▾

Health promotion

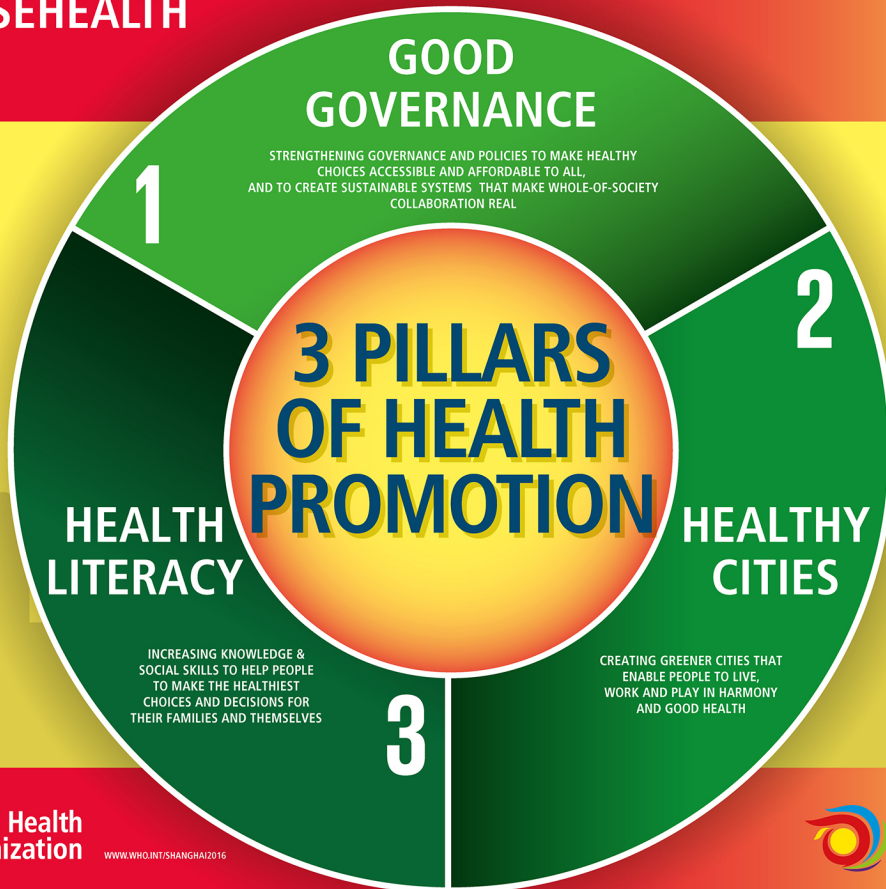
Promoting healthier populations

The Sustainable Development Goals (SDGs) provides a bold and ambitious agenda for the future. WHO is committed to helping the world meet the SDGs by championing health across all the goals. WHO's core mission is to promote health, alongside keeping the world safe and serving the vulnerable. Beyond fighting disease, we will work to ensure healthy lives and promote well-being for all at all ages, leaving no-one behind.

Our target is 1 billion more people enjoying better health and well-being by 2023.



#CHOOSEHEALTH



World Health Organization

WWW.WHO.INT/SHANGHAI2016



9th Global Conference
on Health Promotion
SHANGHAI 2016

#CHOOSEHEALTH

12 TIPS TO BE HEALTHY

1

EAT A
HEALTHY DIET



2

BE PHYSICALLY ACTIVE,
EVERY DAY, YOUR WAY



3

GET
VACCINATED



4

DON'T USE
ANY FORM
OF TOBACCO

5

AVOID OR MINIMIZE
USE OF ALCOHOL

6

MANAGE STRESS FOR
YOUR PHYSICAL
AND MENTAL HEALTH



7

PRACTICE
GOOD HYGIENE

8

DON'T SPEED,
OR DRINK AND DRIVE



9

WEAR A SEAT-BELT
WHEN DRIVING
AND HELMET
WHEN CYCLING

10

PRACTICE
SAFE SEX



11

REGULARLY CHECK
YOUR HEALTH

12

BREAST FEEDING:
BEST FOR BABIES



World Health
Organization

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