

Healthy People 2020: A Framework for Health of Children, Adolescents & Families

By Brenda Nickel, Child and School Nurse Consultant

In 2010, the Healthy People 2020 objectives will be released along with guidance for achieving the new 10-year targets. There are 39 topic areas that have been reviewed and were under public comment until December 31, 2009. To view the topics and corresponding objectives for each, go to www.healthypeople.gov/hp2020/default.asp.

According to the Healthy People 2020 website:

Healthy People provide science-based, 10-year national objectives for promoting health and preventing disease. Since 1979, Healthy People has set and monitored national health objectives to meet a broad range of health needs, encourage collaborations across sectors, guide individuals toward making informed health decisions, and measure the impact of our prevention activity. Currently, Healthy People 2010 is leading the way to achieve increased quality and years of healthy life and the elimination of health disparities (HP2020, 2009).

Topics of particular interest to maternal and child health practitioners include:

- Access to Health Services
- Adolescent Health
- Diabetes
- Early and Middle Childhood
- Educational and Community-Based Programs
- Environmental Health
- Family Planning
- Food Safety
- Genomics
- Global Health
- Health Communication and Health IT
- Hearing and Other Sensory or Communication Disorders (Ear, Nose, Throat, Voice, Speech and Language)
- HIV
- Immunization and Infectious Diseases
- Injury and Violence Prevention
- Maternal, Infant and Child Health
- Mental Health and Mental Disorders
- Nutrition and Weight Status
- Oral Health
- Physical Activity and Fitness
- Public Health Infrastructure
- Quality of Life and Well-Being
- Respiratory Diseases
- Sexually Transmitted Diseases
- Social Determinants of Health
- Substance Abuse
- Tobacco Use
- Vision

There are specific objectives for each topic area. For Maternal, Infant, and Child Health, the objectives will guide the work of MCH providers over the next decade. There are 31 objectives that are unchanged from Healthy People 2010, retained but modified from Healthy People 2010 or have new objectives. Take time to explore topics and objectives ~ together we can improve health for Kansas and our global family! Image source www.fhs.usyd.edu.au/medical_imaging/images/news/global_health.jpg.

