



HEALTHY PEOPLE 2020: TEXAS' PROGRESS

About Healthy People 2020

Provides science-based, 10-year national objectives for improving the health of all Americans.

Healthy People has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across communities and sectors.
- Empower individuals toward making informed health decisions.
- Measure the impact of prevention activities.

Goals of Healthy People 2020

1. Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
2. Achieve health equity, eliminate disparities, and improve the health of all groups.
3. Create social and physical environments that promote good health for all.
4. Promote quality of life, healthy development, and healthy behaviors across all life stages.

Four Health Measures



1. General Health Status
2. Health-Related Quality of Life and Well-Being
3. Determinants of Health
4. Disparities

General Health Status

Measures provide information on the health of a population.

Throughout the decade, Healthy People 2020 will assess the general health status of the U.S. population by monitoring:

- Life expectancy (with international comparison)
- Healthy life expectancy
- Years of potential life lost (YPLL) (with international comparison)
- Physically and mentally unhealthy days
- Self-assessed health status
- Limitation of activity
- Chronic disease prevalence

Health-Related Quality of Life and Well-Being

- A multi-dimensional concept that includes domains related to physical, mental, emotional and social functioning.
- Goes beyond direct measures of population health, life expectancy and causes of death, and focuses on the impact health status has on quality of life.
- A related concept of HRQoL is well-being, which assesses the positive aspects of a person's life, such as positive emotions and life satisfaction.

Determinants of Health

□ **Determinants of health:**

- What makes some people healthy and others unhealthy?
- How can we create a society in which everyone has a chance to live long healthy lives?

□ **Healthy People 2020 is exploring these questions by:**

- Developing objectives that address the relationship between health status and biology, individual behavior, health services, social factors, and policies.
- Emphasizing an ecological approach to disease prevention and health promotion. An ecological approach focuses on both individual-level and population-level determinants of health and interventions.

Disparities

- Often interpreted to mean racial or ethnic disparities.
- Race or ethnicity, sex, sexual identity, age, disability, socioeconomic status, and geographic location all contribute to an individual's ability to achieve good health.
- *Healthy People 2020* strives to improve the health of all groups.

Cancer & Healthy People 2020



Goal:

Reduce the number of new cancer cases, as well as the illness, disability, and death caused by cancer.

Cancer & Healthy People 2020



Objectives:

Total 20 cancer-related objectives

Cancer & Healthy People 2020

Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas	Year of Texas Data	Data Source*
C-1 Reduce the overall cancer death rate	161.4 deaths per 100,000 population	161.5 deaths per 100,000 population	2011	Cancer data have been provided by the Texas Cancer Registry, Cancer Epidemiology and Surveillance Branch, Texas Department of State Health Services, 211 E. 7th Street, Suite 325, Austin, TX 78701, http://www.dshs.state.tx.us/tcr/default.shtm, or (512) 305-8506.

Cancer & Healthy People 2020

Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas
C-2 Reduce the lung cancer death rate	45.5 deaths per 100,000 population	42.4 deaths per 100,000 population
C-3 Reduce the female breast cancer death rate	20.7 deaths per 100,000 females	20.2 deaths per 100,000 females
C-4 Reduce the death rate from cancer of the uterine cervix	2.2 deaths per 100,000 females	2.8 deaths per 100,000 females
C-5 Reduce the colorectal cancer death rate	14.5 deaths per 100,000 population	14.9 deaths per 100,000 population

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Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas
C-6 Reduce the oropharyngeal cancer death rate	2.3 deaths per 100,000 population	2.6 deaths per 100,000 population
C-7 Reduce the prostate cancer death rate	21.8 deaths per 100,000 males	18.8 deaths per 100,000 males
C-8 Reduce the melanoma cancer death rate	2.4 deaths per 100,000 population	2.3 deaths per 100,000 population
C-9 Reduce invasive colorectal cancer	38.6 new cases per 100,000 population	38.4 new cases per 100,000 population
C-10 Reduce invasive uterine cervical cancer	7.1 new cases per 100,000 females	9.0 new cases per 100,000 females
C-11 Reduce late-stage female breast cancer	41.0 new cases per 100,000 females	36.0 new cases per 100,000 females

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Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas
C-12 Increase the number of central, population-based registries from the 50 States and the District of Columbia that capture case information on at least 95 percent of the expected number of reportable cancers	51 (50 states and District of Columbia)	Not applicable
C-13 Increase the proportion of cancer survivors who are living 5 years or longer after diagnosis	72.8 percent	62.4 percent
C-14 (Developmental) Increase the mental and physical health-related quality of life of cancer survivors	-	-

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Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas
C-15 Increase the proportion of women who receive a cervical cancer screening based on the most recent guidelines	93.0 percent	80.6 percent
C-16 Increase the proportion of adults who receive a colorectal cancer screening based on the most recent guidelines	70.5 percent	56.4 percent
C-17 Increase the proportion of women who receive a breast cancer screening based on the most recent guidelines	81.1 percent	73.1 percent

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Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas
C-18 Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines		No available data source.
18.1 Increase the proportion of women who were counseled by their providers about mammograms	76.8 percent	No available data source.
18.2 Increase the proportion of women who were counseled by their providers about Pap tests	66.2 percent	No available data source.
18.3 (Developmental) Increase the proportion of adults who were counseled by their providers about colorectal cancer screening	-	No available data source.

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Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas
C-19 Increase the proportion of men who have discussed the advantages and disadvantages of the prostate-specific antigen (PSA) test to screen for prostate cancer with their health care provider	15.9 percent	22.8 percent
C-20 Increase the proportion of persons who participate in behaviors that reduce their exposure to harmful ultraviolet (UV) irradiation and avoid sunburn		
20.1 (Developmental) Reduce the proportion of adolescents in grades 9 through 12 who report sunburn	-	-

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Healthy People 2020 Objectives	National Target	Most Recent Data Available for Texas
20.2 Reduce the proportion of adults aged 18 years and older who report sunburn	33.8 percent	No available data source.
20.3 Reduce the proportion of adolescents in grades 9 through 12 who report using artificial sources of ultraviolet light for tanning	14.0 percent	No available data source.
20.4 Reduce the proportion of adults aged 18 and older who report using artificial sources of ultraviolet light for tanning	3.6 percent	No available data source.
20.5 Increase the proportion of adolescents in grades 9 through 12 who follow protective measures that may reduce the risk of skin cancer	11.2 percent	No available data source.
20.6 Increase the proportion of adults aged 18 years and older who follow protective measures that may reduce the risk of skin cancer	73.7 percent	No available data source.

Cancer & Healthy People 2020



- Stay Tuned For Future Updates
- Do your part to help accomplish these objectives.



For the data sources on all the objectives please contact Jill Maughan for the file with actual links to the data.

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