

Healthy People 2020

Student's Name:

Institutional Affiliation:

## HEALTHY PEOPLE 2020

### **Introduction**

Health people 2010, is a comprehensive nationwide health promotion and disease prevention initiative. This initiative gave guideline through which the American people health is to be improved in the initial years of the 21<sup>st</sup> century. Health people 2000, whose objective was to enhance the nation's general health at the close of 20th century, preceded this initiative (Davis, 2010). The initiative was committed in promoting health, preventing disability and reducing premature deaths.

### **Purpose of Health People 2010**

The purposes of Health People 2010 were increasing the years and quality of people and get rid of inequalities related to health. The initiative objective is derived from the initiative goals. The first initiative objective is aimed at increasing the average number of years lived by people from birth. This would be done by availing quality medical services in a timely manner to people requiring them. In addition, it is aimed at increasing the state of satisfaction with the neighbourhoods and the life we are living. In this context, the quality of life implies the rights, beliefs, recreations, culture, health, values and aspirations together with factor supporting the life experiencing these elements. Life expectancy goal can be measured easily; however, measuring the quality of life is involving (Healthy people 2010).

The second goal of healthy people is to eliminate the inadequacies experienced in a population. These inadequacies stratify the population along various lines like sexual orientation, geographical location, education, ethnicity, disability, income, race and gender (Keppel, Percy, Heron, 2010). This initiative would identify these disparities and establish ways of eliminating them. In healthcare, the American population has been facing significant disparities. This situation has led to a neglect of some population portions regarding provision

## HEALTHY PEOPLE 2020

of healthcare. This initiative would come up with a health care structure that would make sure that all people get health care fairly. Disparities elimination will make certain that all people receive healthcare equally.

### **Target Population**

The initiative objective is enhancing health behaviours and ensures that people have access to quality health care. Realizing these objectives was due to including communities as well as the public aimed at fostering the initiative achievements. The objectives emphasize on reducing illness, disability, premature deaths amongst the communities. Others are focusing on the disparity issue and therefore, stress on improving access to quality health care and enhancement of health services together with availability of information concerning healthcare. For instance, these communities are urged to ensure that the youth take part in physical activities. This would enable the youth to exercise, which in turn would help them get rid of some ailments like obesity and heart diseases. Being occupied in constructive activities would reduce their chances of engaging in drug abuse.

In the target communities, the initiative would as well address financial, personal and structural barriers in the system of healthcare that limit the community from personal health care access. These barriers may comprise of lack of insurance or inability of covering health expenses, which the insurance cover may not cater.

### **Program Benefits**

Health People 2010 ensure that people have access to quality health care. Many people will be able to access health care facilities without discrimination. This will benefit marginalized communities and groups that have been unable to get quality healthcare. Therefore, people are assured that they have access to health facilities irrespective of their status. The initiative

## HEALTHY PEOPLE 2020

focuses on various areas like environment, family planning, medical product safety, chronic diseases, and physical activity and fitness among others. This implies that it touches on almost all aspects of health care. Preventive measures have been put in place through the initiative and this helps in preventing the occurrence of various health conditions that can be fatal. There are strategies for dealing with health conditions at different age levels.

### **Budget Justification**

The initiative would be costly as it would involve many activities. Nonetheless, the costs involved in the initiative cannot be matched with the benefits that would be observed from the process. The cost incurred would have short term and long-term benefits that justify the budget. For instance, some ailments would be eliminated from the community. Eliminating these ailments would in turn save the people from costs they would have incurred treating these conditions in future (Sondik, Huang, Klein & Satcher, 2010). It shows a situation that involves money being used to save a worse situation that could have occurred in the future. Through the initiative, many people would be able to access health care facilities.

### **Program Evaluation**

The program evaluation will be based on various health indicators. The indicators comprise of environmental status, mental health, sexual behavior, substance abuse, weight and obesity, levels of physical activity, and access to healthcare. Health care access would be evaluated by considering income levels, access to health insurance, primary healthcare provision. These indicators would help in determining the ability of an individual to cater for their health needs. Inability to cater for health expenses in the general population resembles poor health in the population (Sondik, Huang, Klein & Satcher, 2010).

## HEALTHY PEOPLE 2020

In addition, these indicators were evaluated based on whether the services were delivered at the right time. Evaluation was also undertaken through collection and analysis of data detailing the health status together with problems within the population.

### References

Davis, R.M. (2010). "Healthy People 2010": national health objectives for the United States.

BMJ. 2008; 317:1513–1517.

'Healthy people 2010', (2008). Healthy People 2010: Understanding and improving health.

Retrieved from <http://www.healthypeople.gov/document/tableofcontents.htm#under>,  
on August 6, 2013.

Keppel K.G., Pearcy, J.N., Heron, M.P. (2010). Is there progress toward eliminating

racial/ethnic disparities in leading causes of death? *Public Health Rep.* 125(5):689–97

Sondik, E.J., Huang, D.T., Klein R.J., Satcher D. (2010). Progress toward the Healthy People

2010 goals and objectives. *Annu. Rev. Public Health* 31:271–81

Order a custom written paper of high quality

[ORDER NOW](#) or [FREE INQUIRY](#)



Qualified writers only



Plagiarism free  
guarantee



It'll take you just  
2 minutes