

PICture This

Programs and Policies
Affecting Today's Families

Healthy People 2010 is a set of health objectives for the country to improve the health of children, individuals, families and communities. It can be used by many different people and groups to determine and develop needed programs in their areas so that everyone lives healthier lives.

How did the initiative begin?

In 1979 the Surgeon General's Report, Healthy People, and Healthy People 2000: National Health Promotion and Disease Prevention Objectives laid out health objectives/goals for the nation to meet by 2000. From these objectives, government agencies developed community programs to improve the health of all Americans.



How are the goals designed?

Through public and professional opinion and guidance, the objectives of Healthy People 2000 have been revised to reflect today's health status and needs and are now called Healthy People 2010 (HP 2010).

What are the goals?

Healthy People 2010 is designed to achieve two main goals:

- Goal 1: Increase an Individual's Quality of Life and Years of Healthy Life
- Goal 2: Eliminate Health Disparities- Efforts to improve health for those from varied racial and ethnic backgrounds.

There are 28 chosen, health focus areas that have specific goals and objectives designed to meet the two main goals. Among the focus areas are:

- Disability and secondary conditions
- Environmental health
- Family planning
- Maternal, infant, and child health
- Mental health and mental disorders
- Nutrition and overweight
- Oral health

What agencies are carrying out these goals?

The Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services (DHHS) coordinates Healthy People 2010. Several Federal agencies coordinate the specific focus areas.

More than 400 organizations - health departments, volunteer and private organizations, and businesses - form a consortium. Consortium members commented and redefined HP 2000

into today's goals. Other members bring the goals to life by: incorporating them into their mission statements; developing health programs in the community; or assisting others to develop programs in their communities.

For children with special health care needs (cshcn), the Maternal and Child Health (MCH) Bureau has updated the National Agenda for Children with Special Health Care Needs introduced by Surgeon General Koop in 1988 to reflect Healthy People Goals. For more information visit www.mchb.hrsa.gov/html/achieving_measuringsuccess.html. The Bureau is working on a draft document, Achieving Success for All CSHCN, that will accompany HP2010. To review the document and share your comments visit <http://cshcnleaders.ichp.edu/measuresachievementsuccess.htm>

How will we know we're living healthier lives?

Agencies will use leading health indicators to determine how the health of Americans has changed over time. The 10 leading health indicators are: Physical Activity ♦ Overweight and Obesity ♦ Tobacco Use ♦ Substance Abuse ♦ Responsible Sexual Behavior ♦ Mental Health ♦ Injury and Violence ♦ Environmental Quality ♦ Immunization ♦ Access to Health Care. For each indicator, changes in individual behaviors, physical, social, and environmental factors, and health systems will be studied to get a picture of the health of communities.

How can you use these goals?

As an individual or a family, you can live a healthier lifestyle or choose a health care provider and health plan to meet your needs. Visit www.healthfinder.gov for information on health topics or health care organizations to help you make healthy choices for yourself and your family. En español vaya a www.healthfinder.gov/espanol/

As a community or an organization, you can integrate goals into meetings, forums, publications, or events. You can collaborate with groups already working on HP2010 projects. Become a HP 2010 partner by emailing hp2010@osophs.dhhs.gov.

For more information about Healthy People 2010 or the 2010 Health Consortium visit www.health.gov/healthypeople or call (800) 367-4725 ■

Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices is working to encourage partnerships between families and professionals for children's good health.

PICture This is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities going on in the maternal and child health (mch) community. We hope to encourage flourishing partnerships! ■

Partners...

(Family and professional partners)

The National Institute for Health Care Management Research and Educational Foundation (NIHCM

Foundation) is a non-profit, non-partisan organization that conducts research, policy analysis and educational activities on health care issues. The Foundation publishes research findings that promote and enhance access to health care and the efficiency and effectiveness of health care services and delivery.

NIHCM Foundation also holds forums and briefings for policy makers, the health care industry, consumers, the government, and the media to increase understanding of issues affecting the health care system. Research topics include health care coverage for the uninsured, child health, coverage for young adults, pharmaceutical issues, and prevention. To access their Action Briefs on child health, go to www.nihcm.org/childframe.html

Through a Partnership for Information and Communication (PIC) cooperative agreement from the MCH Bureau - Department of Health and Human Services, NIHCM Foundation promotes Bright Futures (national child health initiative-visit www.brightfutures.org for more information) to managed care systems through forums and publications. NIHCM Foundation is planning their next Bright Futures forum for October 3, 2001. The meeting will focus on childhood obesity, highlighting the Bright Futures in Practice: Physical Activity and Bright Futures in Practice: Nutrition books. For more information, contact Therese Finan at (202) 296-4426.

NIHCM Foundation 1225 19th Street, NW, Suite 710, Washington, DC 20036 ❖ TEL: 202-296-4426 ❖ FAX: 202-296-4319 ❖ Email: nihcm@nihcm.org ❖ www.nihcm.org ■



What's new in research?

Developmental Assets Reduce Risky Eating Behaviors.

A study indicates that adolescents with "developmental assets" such as positive family communication, positive peer influence, and positive identity are less likely to engage in binge/purge and weight loss behaviors, compared to those without such assets. See French SA, Leffert N, Story M. Adolescents binge/purge and weight loss behaviors: Associations with developmental assets. Journal of Adolescent Health 28(3):211-221.



Father's Involvement Important to Children's Healthy Development

According to a research brief published by Child Trends, many fathers today are more engaged in caring for their children compared to past years. Fathers may be involved in their children's lives in somewhat different ways than mothers, but many fathers take on a significant part of the parenting role. Visit www.childtrends.org/pdf/June_2001.pdf

NICHHD Study Looks at Water Safety for Children

A study released by the National Institute of Child Health and Human Development (NICHD) of the National Institute of Health examines the locations where most childhood drowning incidents occur. According to the study, infants are most likely to drown in bath tubs, toddlers in swimming pools, and older children in freshwater sites (rivers, lakes, etc). For more information to encourage water safety for all children visit www.nichd.nih.gov/new/releases/drowning.htm ■



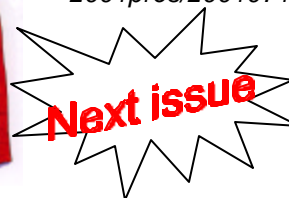
Tidbits for the Month

Healthy People 2010 Micro Grants

The United States Department of Health and Human Services (US-DHHS) announces the availability of "micro grants" to encourage local and community groups to promote health education, quality care, access to care, and other projects designed eliminate health disparities. The grants are up to \$2,010 each and will be awarded to activities at the local level that promote Healthy People 2010 or the 10 leading health indicators. For more information visit www.hhs.gov/news/press/2001pres/20010716.html ■

Highlights for the next PICTURE This...

- Getting ready for school
- August 1-7 is World Breastfeeding Week



Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Kathy Cruz at kcruz@fcsn.org or fax at (617) 572-2094 with your tidbits. To subscribe to the newsletter, email or call Kathy at (617) 236-7210 ■

Family Resource Corner

* Oral Health - Frequently Asked Questions

The American Dental Association has developed a list of frequently asked questions covering several oral and dental health topics (access to dental care, diet and dental health, oral health for infants and children). Visit www.ada.org/public/faq/index.html

* Health Education Materials in Other Languages

The Australian Department of Health provides health information in several languages (Arabic, Chinese, Khmer, Portuguese, Russian, Spanish, Thai etc.) covering various health topics. Visit www.mhcs.health.nsw.gov.au

* **Kids' Cancer Pages** This is a comprehensive web site with hundreds of resources for families relating to all aspects of pediatric cancer. Visit the web site www.childrenscancerassociation.org ■

