

Healthy People 2020 in Review:

# Tracking the Leading Health Indicators

Through a set of [Leading Health Indicators \(LHIs\)](#), Healthy People prioritizes some of the nation's most pressing public health issues. Tracking LHIs helps us see the progress we've made — and where we still have work to do.

## Spotlight on the Healthy People 2020 LHIs

Healthy People 2020 featured **26** LHIs. We carried over **14** Healthy People 2020 LHIs to Healthy People 2030. Of the 2020 LHIs carried over, **64 percent** of the 2030 LHIs met or exceeded — or made progress toward — the Healthy People 2020 targets:

<b>AHS-1.1</b>	Persons with medical insurance
<b>C-16</b>	Adults receiving colorectal cancer screening based on the most recent guidelines
<b>EH-1</b>	Air Quality Index > 100
<b>HDS-12</b>	Adults with hypertension whose blood pressure is under control
<b>HIV-13</b>	Knowledge of serostatus among HIV-positive persons
<b>MICH-1.3</b>	All infant deaths
<b>PA-2.4</b>	Adults meeting aerobic physical activity and muscle-strengthening objectives
<b>SA-14.3</b>	Binge drinking in the past month — adults
<b>TU-1.1</b>	Adult cigarette smoking

To continue tracking these Healthy People 2020 LHIs in the new decade, [check out their Healthy People 2030 equivalents](#).



## LHIs in action

**Organization:** [Iowa Department of Health and Human Services \(Iowa HHS\)](#) — a Healthy People 2030 Champion

**Approach:** Through its Iowa Get Screened: Colorectal Cancer Program, Iowa HHS is working to increase colorectal cancer screenings among low-income Iowans ages 45 to 75 years. Specifically, Iowa HHS collaborates with Iowa's federally qualified health centers and local public health agencies to implement evidence-based interventions for colorectal cancer screenings. The program focuses on Iowans who are at or below 300 percent of the federal poverty level and are uninsured or underinsured.

**Outcome:** By increasing colorectal cancer screenings among people who are underserved, Iowa HHS is helping to prevent cancer cases and deaths — and to reduce health disparities.

### Healthy People objectives addressed



**Healthy People 2020 LHI:** Adults receiving colorectal cancer screening based on the most recent guidelines — C-16



**Healthy People 2030 LHI:** [Increase the proportion of adults who get screened for colorectal cancer — C-07](#)

## LHIs in Healthy People 2030

Healthy People 2030 features **23 LHIs** — including **9** that are new LHIs this decade.

As a set, the [Healthy People 2030 LHIs](#) cover the lifespan and focus on upstream factors — like risk factors and behaviors — instead of disease outcomes. They help organizations, communities, and states across the nation focus their resources and efforts to improve the health and well-being of all people.



By addressing LHIs, together we can advance the Healthy People 2030 vision of a society in which all people can achieve their full potential for health and well-being across the lifespan!



**Interested in tracking LHIs over the decade?**

Check out our [Healthy People 2030 Leading Health Indicators Custom List](#).