

Healthy People 2020 Pharm 766, Public Health Homework Assignment 2

HP2020 up on website: AACP was successful in pursuing a new objective in the Education and Community-Based Programs (ECBP) goals of Healthy People 2020. ECBP 17 states: *"Increase the inclusion of core clinical prevention and population health content in Doctor of Pharmacy (PharmD) granting colleges and schools of pharmacy."*

Pharmacy education joins its health professions colleagues that were included in a similar HP2010 objective and continued into HP2020. AACP members contribute to the data related to this objective through participation in the institutional research surveys.

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Go to <http://healthypeople.gov/2020/default.aspx>.

1. Use the "About Healthy People" tab to answer the following questions in your own words (15 points)
:
 - Who developed the Healthy People initiative and what is its purpose?
 - Healthy People was first implemented by the Surgeon General in 1979 and is now managed by the Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS).
 - How are the Healthy People objectives developed?
 - Draft objectives are prepared by various federal agencies, made available for public review/comment, reviewed by the Federal Interagency Workgroup which selects the final objects.
 - How are the objectives tracked and monitored?
 - Four foundation health measures are used to monitor progress towards promoting health,

preventing disease and disability, eliminating disparities, and improving quality of life.

- General Health Status
 - Life expectancy, healthy life expectancy, years of potential life lost, physically and mentally unhealthy days, self-assessed health status, limitation of activity
- Health-Related Quality of Life and Well-Being
 - Physical, mental, and social health-related quality of life, well-being/satisfaction, participation in common activities
- Determinants of Health
 - Social, economic, environmental factors influencing health status
- Disparities
 - Among race/ethnicity, gender, physical and mental ability, geography.

2. Go to the “2020 Topics and Objectives” tab, for your health topic area, read the “Goal and Overview” section

Topic Area Title: Colon Cancer

- Tell why it is a 2020 Topic Area:
 - Advances in cancer research contribute to decline in incidence and death rates for all cancers. Yet, cancer remains among leading causes of death in US. Healthy People 2020 objectives include monitoring trends in cancer incidence, mortality and survival and promote screening for cervical, colorectal and breast cancer.
- List an emerging issue or other concern raised in the (25 points)
- overview.
 - Over the past few decades obesity has been identified as an additional risk factor for developing certain types of cancers including colorectal cancer, breast cancer, uterine and kidney cancers.
- Go to the “Objectives” tab and then “Expand All Objectives”. Read the objectives and select two objectives in your topic area that are most interesting. Using links, complete the table below:

Objective title	Baseline rate and year	Goal	Data Source
Increase the proportion of adults who receive a colorectal cancer	52.1% of adults 50-75 received colorectal cancer screening in 2008	70.5%	National Health Interview Survey (NHIS), CDC/NCHS

screen based on the most recent guidelines			
Reduce the colorectal cancer death rate	17.1 colorectal cancer death rates per 100,000 occurred in 2007	14.5 deaths per 100,000	National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS, Population Estimates, Census

Note: You may find additional data by clicking on the following links present in some objectives. Not all objectives have these links however.



[Data from the HHS Health Indicators Warehouse](#)

- Go to the “interventions and Resources” tab and describe one intervention in your own words.
 - Use of client reminders in the form of letter, postcard, telephone or email advising people that they are due for screening have been shown to effectively increase screening rates via fecal occult blood testing.

- 3. Go to <http://healthypeople.gov/2020/topicsobjectives2020/default.aspx> and select any topic area that is marked “new”. Review the “Goal and Overview” and “Objectives” tabs. (15 points)

- Topic area selected: Genomics

- Tell why it was added
 - Increasing scientific evidence supports health benefits of genomic screening to guide clinical practice. Breast cancers as well as certain types of cervical cancers show genetic patterns that may be identifiable through genomic screening. Additionally, family members may benefit from

knowing whether certain cancers run in their family, prompting them to take preventative measures. Additionally genomics plays a significant role in some of the top leading causes of death. Timely identification of genetic risk factors for these disease may allow for early intervention and disease prevention.

- List one objective, and its target:
 - Increase the proportion of women with a family history of breast and/or ovarian cancer who receive genetic counseling.
 - 38.1 percent
- 4. List 3 measures in Healthy People 2020 that will involve actions or activities of pharmacists and describe those activities of pharmacists and how this will help achieve the objective. Your answer should be 250 words or more. (20 points)
 - Tobacco use counseling: pregnant women
 - The US Preventative Task Force recommends that clinicians ask all pregnant women about tobacco use and provide augmented, pregnancy-tailored counseling to those who smoke.
 - Pharmacist working in the community setting could identify women who currently smoke or are at risk for smoking and counsel them appropriately based on the sexual activity. Additionally, pharmacists in the community setting can identify pregnant women who smoke or are at risk of smoking to provide relevant counseling points regarding smoking cessation and health consequences to the child. Pharmacists can also provide support to ensure that women who quit smoking prior to pregnancy do not relapse and provide appropriate pharmacologic/nonpharmacologic therapy as necessary.
 - Alcohol misuse: screening and counseling
 - The US Preventative Service Task Force recommends that clinicians screen adults age 18 years or older for alcohol misuse and provide persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce alcohol misuse.

- Community pharmacists are among the most accessible healthcare providers in the country, as such they have many opportunities to intervene in patients' health. By screening patients at risk for substance abuse or providing counseling to patients demonstrating substance abuse, pharmacist can reduce risky/hazardous behavior associated with alcohol misuse.
- Obesity screening and counseling: adults
 - The US Preventative Services Task Force (USPSTF) recommends screening all adults for obesity. Clinicians should offer or refer patients with a body mass index of 30kg/m² or higher to intensive, multicomponent behavioral interventions.
 - Community pharmacists can provide screening and counseling on weight loss and weight loss management as well as coaching/programs that help patients meet goals. Pharmacists can counsel on the significance of weight loss management as well as the health consequences of obesity. Pharmacists can also provide recommendations on exercise requirements as well as caloric/nutritional intake. As well as counseling regarding weight loss products, nutritional supplements and alternative medicine. If patients struggle to reach goals with nonpharmacologic/lifestyle modifications, pharmacologic agents can be attempted upon referral to appropriate provider. Once referral has been made, the pharmacist can provide long-term guidance and coaching to guide patients to their goals.