Healthy People 2020

**What is Healthy People 2020?**

- *Healthy People 2020* – with its 42 topic areas and over 500 objectives – is the framework that sets the nation’s health prevention and promotion goals for the next decade.

- Its purpose is to attain high-quality, longer lives free of preventable disease, disability, injury and premature death as well as to promote a better quality of life, healthy development and healthy behaviors across all stages of life.

**Why is Healthy People 2020 important?**

- In the public health community, *Healthy People* is the most important framework for prioritizing health issues.

- It is the guiding document for budgetary and programmatic decisions of agencies at all levels of government.

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**Healthy People 2020 Alzheimer’s Objectives**

- Increase the proportion of persons with diagnosed Alzheimer’s disease and other dementias, or their caregivers, who are aware of the diagnosis.

- Reduce the proportion of preventable hospitalizations in persons with diagnosed Alzheimer’s disease and other dementias.

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**What does Healthy People 2020 say about Alzheimer’s disease?**

- For the first time since the *Healthy People* process was created in 1979, Alzheimer’s and other dementias are included in the report, underscoring the growing public health threat that Alzheimer’s and other dementias pose to the nation.

- The new topic area – “Dementias, including Alzheimer’s” – contains specific objectives regarding increasing diagnosis and reducing preventable hospitalizations.

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**Is there anything else in Healthy People 2020 relevant to Alzheimer’s disease?**

- The “Older Adults” topic area contains three objectives that are important in the fight against Alzheimer’s disease.

- Those objectives focus on increasing unpaid caregiver support, reducing functional limitations and increasing physical activity among seniors.