Healthy People 2020

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Date:

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Healthy people, 2020 is a detailed document published by the US Department of Health and Human Services in 2010. The document is inclusive of an achievable 10-year agenda that aims to improve the Nation’s health. As a result, it has four overarching goals which include promoting the quality of life, creating environments that promote good health, enhancing the health of all groups and attaining longer lives free from injuries, disabilities or premature deaths (“Healthy People 2020”, 2018). It also guides individuals in informed decision-making towards their health. The mission and vision of the programs also focus on the wellbeing of the individuals in the society by prioritizing health improvement. It also covers an array of topic areas in the health sector where each topic area has a list of goals and objectives. In addition to the goals, evidence-based resources and background information is included about each health issue.

The topic areas included in the Healthy People 2020 document represent the broader thinking of ways to improve the health of the American people. Nutrition and weight status is one of the important topic areas that resonate with people in our community particularly because of poor eating habits. As highlighted in the halthypeople.gov, the goal in nutrition is to “Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights (“Healthy People 2020”, 2018).” With the increase in fast food consumption in children and health conditions related to poor eating habits in the US, this is a necessity. Despite the fact that overweight is related to an individual’s health status, nutritious diet or healthy eating habits are proven to reduce risks of many health conditions.

Poor nutrition and overweight are prevalent issues in the community that need to be addressed with urgency to promote individual’s health and quality of life. A practical approach to this would be taking action based on the Ottawa Charter five health promotion areas. For instance, in building the public health policy, the focus may be on the public health nutrition to improve the health of the population. This may include encouraging people to be healthier and guiding them on the best foods to take (“The Ottawa Charter for Health Promotion”, 2018). In the case of children, nutritionists address the issues of poor weaning habits on infants by providing guidance on the best feeding practices to promote children’s health.

Development of personal skills is another action in the Ottawa Charter that tell people what to do. It may involve formulating guidance on healthy eating habits based on the food available as well as the cultural traditions. This encourages people to develop the skill of always eating healthy foods. Another effective strategy would be to create supportive environments. For instance, calorie menu labeling on all foods is an excellent strategy of enabling people to eat healthy foods and also creates a market for healthier food options.

Strengthening community action is another priority area. This may involve increasing community action in promoting healthy nutrition activities such as healthy eating classes in schools for parents and students and promoting television cooking shows that encourage healthy eating. Reorienting health services which is the last area in the Ottawa Charter focus on enhancing better health through early prevention and intervention. In our case, this entails eradicating the consumption of fast foods, encouraging people to work out and eat healthy to prevent nutrition-related conditions such as obesity or heart diseases. Therefore, these strategies in the Ottawa Charter empower people to be healthier.

References

Nutrition and Weight Status | Healthy People 2020. (2018). Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status>

The Ottawa Charter for Health Promotion. (2018). Retrieved from <http://www.who.int/healthpromotion/conferences/previous/ottawa/en/index1.html>