

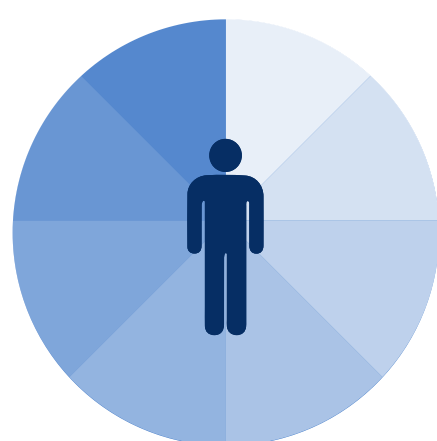
PROMOTING HEALTH & WELL-BEING

IN HEALTHY PEOPLE 2030

Healthy People 2030 expresses an expanded focus on health and well-being and an understanding that health and well-being for all people is a shared responsibility.

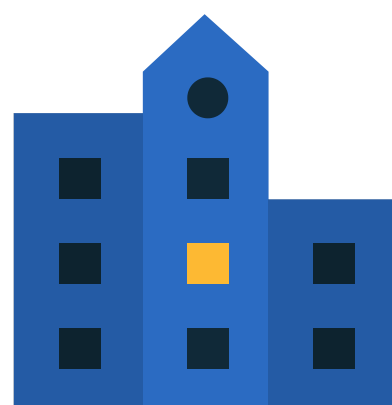
DEFINING HEALTH & WELL-BEING

The terms "health" and "well-being" refer to separate but related states. Health incorporates both physical and mental conditions and must be safeguarded from threats of injury, illness, or death. Well-being encompasses many aspects of life and states of being, including physical, mental, emotional, social, financial, occupational, intellectual, and spiritual.



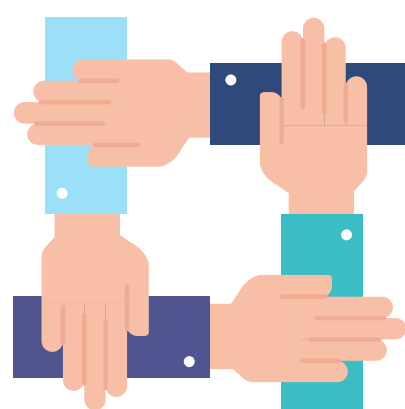
PROMOTING HEALTH & WELL-BEING

At the individual level, interventions to promote health and well-being might focus on health behaviors, employment, housing, food security, or childcare. Community level interventions target environmental quality, civic involvement, and settings where people spend their time, including home, school, work, community centers, and parks.



COLLABORATING TO ACHIEVE HEALTH & WELL-BEING

Achieving population-level improvements will require stakeholders working at all levels (local, state and community) to function across sectors, including public health, healthcare, education, business, social services, etc. Success depends on strengthening the capacity of communities to co-create their futures.



MEASURING HEALTH & WELL-BEING

Realizing the potential of Healthy People 2030 will require accurate data from credible sources at all levels. A data partnership infrastructure and network focused on Healthy People 2030 objectives could address and respond to new developments in data sources and data analytics.



Source: Nico Pronk; Dushanka V. Kleinman; Susan F. Goekler; Emmeline Ochiai; Carter Blakey; Karen H. Brewer. Promoting Health and Well-being in Healthy People 2030. *J Public Health Manage Pract.* Published ahead of print, Dec. 3, 2020. doi: 10.1097/PHH.0000000000001254

JPHMP Direct

The companion site of the *Journal of Public Health Management and Practice*