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# What Are the Leading Health Indicators?

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Leading Health Indicators are a small set of Healthy New Jersey 2020 (HNJ2020) objectives selected to communicate high-priority health issues and actions that can be taken to address them. New Jersey's Leading Health Indicators are intended to be a reflection of the state's major public health concerns. The HNJ2020 initiative is a comprehensive set of disease prevention and health promotion objectives for the state to achieve over the next decade.

## Identifying the Leading Health Indicators

New Jersey's Leading Health Indicators are the product of an extensive external and internal feedback process. In order to first identify local public health priorities, the New Jersey Department of Health administered the HNJ2020 Leading Health Indicator Poll to stakeholders throughout the State who were invited to attend one of three Healthy New Jersey 2020 Regional Meetings in 2011. Over 200 partners participated. A refined list of indicators based on the results of the HNJ2020 Leading Health Indicators Poll was presented to the Department's HNJ2020 Advisory Committee in the form of a survey for final determination.

The following five selected health indicators are the leading health issues facing New Jerseyans today. The Leading Health Indicators will be used to facilitate collaboration with public health partners and motivate action to improve health across the state for the remainder of the decade.

## The Leading Health Indicators

### 1. Access to Primary Care

**Measurement:** Increase the proportion of adults with a personal doctor or health care provider

**Baseline (2011):** 83.5%

**Target (2020):** 90.0%

### 2. Birth Outcomes

**Measurement:** Reduce the infant death rate

**Baseline (2007):** 5.1 per 1,000 live births

**Target (2020):** 4.8 per 1,000 live births

### 3. Childhood Immunization

**Measurement:** Increase the percentage of children aged 19 to 35 months who receive the recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella and pneumococcal conjugate vaccine (PCV)

**Baseline (2010):** 51.6%

**Target (2020):** 80.0%

### 4. Heart Disease

**Measurement:** Reduce the death rate due to coronary heart disease

**Baseline (2007):** 140.1 per 100,000 population (age-adjusted)

**Target (2020):** 112.1 per 100,000 population (age-adjusted)

### 5. Obesity

**Measurement:** Prevent an increase in the proportion of the population that is obese

**Baseline:**

- Adults (2011; 20 years+): 23.8%

- High school students (2009): 10.3%

**Targets:**

- Adults (2020): 23.8%

- High school students (2020): 10.3%

### 1. Access to Primary Care

**Measurement:** Increase the proportion of adults with a personal doctor or health care provider

|                        | Total Population | Race/Ethnicity |       |          |       |
|------------------------|------------------|----------------|-------|----------|-------|
|                        |                  | White          | Black | Hispanic | Asian |
| <b>Baseline (2011)</b> | 83.5%            | 88.8%          | 81.8% | 65.4%    | 84.1% |
| <b>2013</b>            | 81.4%            | 87.8%          | 79.6% | 62.0%    | 80.0% |
| <b>Target (2020)</b>   | 90.0%            | 90.0%          | 90.0% | 80.0%    | 90.0% |

### 2. Birth Outcomes

**Measurement:** Reduce the infant death rate (per 1,000 live births)

|                        | Total Population | Race/Ethnicity |       |          |       |
|------------------------|------------------|----------------|-------|----------|-------|
|                        |                  | White          | Black | Hispanic | Asian |
| <b>Baseline (2007)</b> | 5.1              | 3.1            | 10.9  | 5.4      | 2.3   |
| <b>2013</b>            | 4.5 ✓            | 2.6            | 10.6  | 4.0 ✓    | 3.0   |
| <b>Target (2020)</b>   | 4.8              | 1.9            | 6.0   | 4.5      | 2.2   |

### 3. Childhood Immunization

**Measurement:** Increase the percentage of children aged 19 to 35 months who receive the recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella and pneumococcal conjugate vaccine (PCV)

|                        | Total Population |
|------------------------|------------------|
| <b>Baseline (2010)</b> | 51.6%            |
| <b>2014</b>            | 67.2%            |
| <b>Target (2020)</b>   | 80.0%            |

### 4. Heart Disease

**Measurement:** Reduce the death rate due to coronary heart disease (age-adjusted per 100,000 population)

|                        | Total Population | Race/Ethnicity |         |          |       |
|------------------------|------------------|----------------|---------|----------|-------|
|                        |                  | White          | Black   | Hispanic | Asian |
| <b>Baseline (2007)</b> | 140.1            | 144.6          | 167.3   | 78.2     | 66.1  |
| <b>2013</b>            | 112.9            | 118.0          | 128.5 ✓ | 73.3     | 57.4  |
| <b>Target (2020)</b>   | 112.1            | 115.7          | 133.8   | 62.6     | 52.9  |

### 5. Obesity

**Measurement:** Prevent an increase in the proportion of the population that is obese

|  | Total Population | Race/Ethnicity |        |          |        |
|--|------------------|----------------|--------|----------|--------|
|  |                  | White          | Black  | Hispanic | Asian  |
| <b>Adult aged 20+: Baseline (2011) &amp; Target (2020)</b> | 23.8%            | 22.4%          | 32.5%  | 28.0%    | 11.0%  |
| <b>2013</b>  | 26.8%            | 26.1%          | 36.6%  | 30.2%    | 9.6% ✓ |
| <b>HS Student: Baseline (2009) &amp; Target (2020)</b>     | 10.3%            | 8.1%           | 11.1%  | 17.3%    | **     |
| <b>2013</b>  | 8.7% ✓           | 7.2% ✓         | 9.3% ✓ | 14.6% ✓  | 2.5%   |

\*\* The number in the sample is too small to compute reliable statistics.

*Data sources: New Jersey Behavioral Risk Factor Survey (NJBRFS), Matched Infant Death-Birth Certificate Database, Death certificate database, Center for Health Statistics, NJ Department of Health; National Immunization Survey, U.S. Centers for Disease Control and Prevention (Childhood immunization data by race/ethnicity are not available.); New Jersey Student Health Survey of High School Students, NJ Department of Education.*

✓ = target met based on most recent data available