



## 1,000 Days Comments on Proposed Objectives for Healthy People 2030

Proposed Objective	Comment
<b>MICH-2030-15 Increase the proportion of infants who are breastfed exclusively through 6 months</b>	<p>1,000 Days strongly supports the inclusion of this measure.</p> <p>However, we are disappointed to lose many other breastfeeding objectives that were included in Healthy People 2020.</p> <ol style="list-style-type: none"><li>1. MICH-21 Increase the proportion of infants who are breastfed<ol style="list-style-type: none"><li>a. MICH-21.1 Increase the proportion of infants who are ever breastfed</li><li>b. MICH-21.3 Increase the proportion of infants who are breastfed at 1 year</li><li>c. MICH-21.4 Increase the proportion of infants who are breastfed exclusively through 3 months</li><li>d. MICH-21.5 Increase the proportion of infants who are breastfed exclusively through 6 months</li></ol></li><li>2. MICH-22 Increase the proportion of employers that have worksite lactation support programs</li><li>3. MICH-23 Reduce the proportion of breastfed newborns who receive formula supplementation within the first 2 days of life</li><li>4. MICH-24 Increase the proportion of live births that occur in facilities that provide recommended care for lactating mothers and their babies</li></ol> <p>Although 80% of women start breastfeeding, 17% of breastfed infants are receiving formula within 2 days of birth, and just 25% of babies are exclusively breastfeeding at 6 months in accordance with recommendations from the world's leading health agencies, including the American Academy of Pediatrics and the World Health Organization. Significant barriers exist in health care settings, in the community and in the workplace preventing women from reaching their breastfeeding goals. According to CDC, low rates of breastfeeding add \$2.2 billion a year to medical costs nationwide. The low rates of breastfeeding in the U.S. are driven by an overall lack of support for mothers to breastfeed, including a lack of access to paid maternity leave and too few programs in all settings that provide lactation support.</p>



It is critically important to continue to improve the proportion of U.S. infants who are breastfed at all points, and to increase the supports for lactating mothers. We strongly encourage Healthy People 2030 to retain all of the breastfeeding measures from Healthy People 2020 in order to facilitate progress on all of these important points.

**MICH-2030-01 Reduce the rate of fetal deaths at 20 or more weeks of gestation**

1,000 Days supports the inclusion of this measure.

**MICH-2030-02 Reduce the rate of all infant deaths within a year**

1,000 Days supports the inclusion of this measure.

**MICH-2030-04 Reduce maternal deaths**

1,000 Days strongly supports the inclusion of this measure.

**MICH-2030-05 Reduce severe maternal complications of pregnancy identified during labor and delivery hospitalizations**

1,000 Days strongly supports the inclusion of this measure.

**MICH-2030-06 Reduce cesarean births among low-risk women with no prior births**

1,000 Days strongly supports the inclusion of this measure.

**MICH-2030-07 Reduce preterm births**

1,000 Days strongly supports the inclusion of this measure.

This proposal does not include several measures that were included in Health People 2020 including:

- MICH-9.2 Reduce late preterm or live births at 34-36 weeks of gestation

- MICH-9.3 Recue live births at 32-33 weeks gestation
- MICH-9.4 Reduce very preterm or live births at less than 32 weeks gestation
- MICH-8.1 Reduce low birth weight (LBW)
- MICH-8.2 Reduce very low birth weight (VLBW)

Low birth weight is a leading cause of infant mortality in the U.S. and elsewhere throughout the world. A baby is considered to be low birth weight when she weighs less than 5 pounds, 8 ounces at birth. Low birth weight babies are at greater risk for long-term health and developmental problems. Evidence shows that there is a strong link between low birth weight and obesity, heart disease, and type 2 diabetes later in life. In a study examining the connections between newborn health and cognitive development, researchers found that birth weight was correlated with educational outcomes for children across all income groups. For these reasons, it is crucially important that Healthy People 2030 include measures to reduce both preterm and low birth weight babies.

**MICH-2030-08 Increase the proportion of pregnant women who receive early and adequate prenatal care**

1,000 Days strongly supports this measure.

We are disappointed that the proposal does not include the following measure from Healthy People 2020:

- Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester

The prenatal period is the foundation for healthy behaviors and deeply impacts health outcomes—and Healthy People 2030 should strive to increase pregnant women’s access to and use of prenatal care. The American College of Obstetricians and Gynecologists recommends that women begin prenatal care as soon as they know they are pregnant, so it is important to track the proportion of women who receive prenatal care beginning in the first trimester. Health providers play a key role influencing mothers’ behaviors around healthy eating, appropriate weight gain and other habits during pregnancy that impact the long-term development and well-being of children. Yet, according to one measure, only about 2/3 of pregnant women receive “adequate” prenatal care.

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**MICH-2030-09 Increase abstinence from alcohol among pregnant women**

1,000 Days strongly supports this measure.

We are disappointed that the proposal does not include the following measure from Healthy People 2020:

- Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester

Prenatal care is critically important at every stage and, in particular, during the first trimester. During pregnancy, the human brain develops at an astonishing speed. It begins to grow very early on in pregnancy: the neural tube forms just 16 days after conception and by 7 months a child's brain takes on a form that resembles that of an adult's. At the 4th week of pregnancy, the brain has an estimated 10,000 cells—by the 24th week, it contains 10 billion. A healthy maternal diet of nutrient-rich foods supports the optimal development and functioning of a baby's organs, metabolism, and musculoskeletal and cardiovascular systems. The prenatal period is the foundation for healthy behaviors and deeply impact health outcomes—and Healthy People 2030 should strive to increase pregnant women's access to and use of prenatal care.

**MICH-2030-10 Increase abstinence from cigarette smoking among pregnant women**

1,000 Days strongly supports this measure.

We are disappointed that the proposal does not include the following measure from Healthy People 2020:

- Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester

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baby's organs, metabolism, and musculoskeletal and cardiovascular systems. The prenatal period is the foundation for healthy behaviors and deeply impact health outcomes—and Healthy People 2030 should strive to increase pregnant women's access to and use of prenatal care.

**MICH-2030-11 Increase abstinence from illicit drugs among pregnant women**

1,000 Days strongly support this measure.

We are disappointed that the proposal does not include the following measure from Healthy People 2020:

- Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester

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**MICH-2030-12 Increase the proportion of women of childbearing age who have optimal red blood cell folate concentrations**

1,000 Days supports this measure.

We are disappointed that the proposal does not include the following measures from Healthy People 2020:

- MICH-14 Increase the proportion of women of childbearing potential with intake of at least 400 mg of folic acid daily from fortified foods or dietary supplements
- MICH-16 Increase the proportion of women delivering a live birth who received preconception care services and practiced key recommended preconception health behaviors

Folate is critical to the early development of the brain and spine. When a woman lacks sufficient folic acid before becoming pregnant and in the early weeks of her pregnancy, the development of the neural tube can go awry, leading to birth defects of the brain and spine (anencephaly and spina bifida) that can cause death or lifelong disability. It remains critical to increase the proportion of women of childbearing potential who have sufficient intake of folic acid—as well as other preconception services.

More broadly, a wide variety of woman’s health behaviors before she becomes pregnant can affect pregnancy and birth outcomes (e.g., preconception smoking, alcohol use, diet, weight, and physical activity levels). Preconception care aims at improving women’s health status and reducing behaviors and other factors that can contribute to poor outcomes. It is important for Healthy People 2030 to include the 2020 objectives related to preconception care and health behaviors.

**MICH-2030-13 Increase the proportion of women delivering a live birth who had a healthy weight prior to pregnancy**

1,000 Days supports this measure.

We are disappointed that the proposal does not include the following measures from Healthy People 2020:

- MICH-14 Increase the proportion of women of childbearing potential with intake of at least 400 mg of folic acid daily from fortified foods or dietary supplements
- MICH-16 Increase the proportion of women delivering a live birth who received preconception care services and practiced key recommended preconception health behaviors

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More broadly, a wide variety of woman’s health behaviors before she becomes pregnant can affect pregnancy and birth outcomes (e.g., preconception smoking, alcohol use, diet, weight, and physical activity levels). Preconception care aims at improving women’s health status and reducing behaviors and other factors that can contribute to poor outcomes. It is important for Healthy People 2030 to include the 2020 objectives related to preconception care and health behaviors.

**MICH-2030-D01 Increase the percentage of women who are screened for postpartum depression at the postpartum check up**

1,000 Days supports this measure.

We are disappointed that the proposal does not include the following postpartum measures from Healthy People 2020:

- MICH-18 Reduce postpartum relapse of smoking among women who quit smoking during pregnancy
- MICH-19 Increase the proportion of women giving birth who attend a postpartum care visit with a health care worker.

The postpartum visit is an opportunity important opportunity to screen for postpartum depression, but the postpartum visit is also an opportunity to assess a woman’s physical recovery from pregnancy and childbirth and to address: Chronic health conditions, such as diabetes and hypertension; Mental health status, including postpartum depression; and Family planning, including contraception and inter-conception counseling. It is also an opportunity to support healthy behaviors, including reducing postpartum relapse of smoking. These measures from Healthy People 2020 must be included to support the health and wellbeing of women during the postpartum period.

**NWS-2030-01 Reduce household food insecurity and in doing so reduce hunger**

1,000 Days supports this measure.

The rule fails to include one of the measures of food insecurity in Healthy People 2020:

- Eliminate very low food security among children.

Additionally, the rule entirely fails to include measures on healthier food access. Specifically, it fails to include the following measures from Healthy People 2020:

- NWS-1 Increase the number of states with nutrition standards for food and beverages provided to preschool-aged children in child care
- NWS-2 Increase the proportion of school that offer nutritious foods and beverages outside of school meals
- NWS-3 Increase the number of states that have state-level policies that incentivize food retail outlets to provide foods that are encouraged by the DGA
- NWS-4 Increase the proportion of Americans who have access to a food retail outlet that sells a variety of foods that are encouraged by the DGA

Access to healthy foods is critical for the health of families and communities. Without access to healthy foods, a nutritious diet and good health are out of reach, and the risk of obesity and other chronic diseases increases.

**NWS-2030-05**  
**Increase consumption of fruits in the population aged 2 years and older**

Importantly, the Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.

**NWS-2030-06**  
**Increase consumption of total vegetables in the population aged 2 years and older**

Importantly, the Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.

**NWS-2030-07**  
**Increase consumption of dark green vegetables, red and orange vegetables, and beans and peas in the population aged 2 years and older**

Importantly, the Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.

<p><b>NWS-2030-08</b>  <b>Increase consumption of whole grains in the population aged 2 years and older</b></p>	<p>Importantly, the Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.</p>
<p><b>NWS-2030-09</b>  <b>Reduce consumption of calories from added sugars in the population aged 2 years and older</b></p>	<p>This objective deals with the population ages 2 years and older, only. 1,000 Days recommends creating a similar objective for the pregnancy and birth to 24 months populations. The Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.</p>
<p><b>NWS-2030-10</b>  <b>Reduce consumption of saturated fat in the population aged 2 years and older</b></p>	<p>This objective deals with the population ages 2 years and older, only. 1,000 Days recommends creating a similar objective for the pregnancy and birth to 24 months populations. The Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.</p>
<p><b>WS-2030-11</b>  <b>Reduce consumption of sodium in the population aged 2 years and older</b></p>	<p>This objective deals with the population ages 2 years and older, only. 1,000 Days recommends creating a similar objective for the pregnancy and birth to 24 months populations. The Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.</p>
<p><b>NWS-2030-12</b></p>	<p>This objective deals with the population ages 2 years and older, only. 1,000 Days recommends creating a similar objective for the pregnancy and birth to 24 months populations. The Healthy People 2030 launch will take place close to the launch of the</p>



<b>Increase consumption of calcium in the population aged 2 years and older</b>	2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.
<b>NWS-2030-13 Increase consumption of potassium in the population aged 2 years and older</b>	This objective deals with the population ages 2 years and older, only. 1,000 Days recommends creating a similar objective for the pregnancy and birth to 24 months populations. The Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.
<b>NWS-2030-14 Increase consumption of vitamin D in the population aged 2 years and older</b>	This objective deals with the population ages 2 years and older, only. 1,000 Days recommends creating a similar objective for the pregnancy and birth to 24 months populations. The Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.
<b>NWS-2030-15: Reduce iron deficiency among children aged 1 to 2 years</b>	1,000 Days supports this measure.  Importantly, the Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It will be important for this measure to include children under age 1 (birth to 12 months).
<b>AHS-2030-01 Increase the proportion of persons with medical insurance</b>	1,000 Days strongly supports this objective.

**AHS-2030-02 Increase the proportion of persons with a usual primary care provider**

1,000 Days strongly supports this objective.

We are disappointed that HP2030 does not include the following objectives that were included in HP 2020:

- AHS-5.2 Increase the proportion of children and youth aged 17 years and under who have a specific source of ongoing care
- AHS-5.3 Increase the proportion of adults aged 18 to 64 years who have a specific source of ongoing care

A significant body of research has shown that having a usual source of care produces better health outcomes, reduced disparities, and reduced costs. This is true for children, adolescents and adults—however, their access to a usual source of care may vary based on a number of factors (i.e., health insurance status). As sources of coverage and access to providers may vary, it is important to separately measure the increase in access to a usual source of care for children and adults. We encourage that the measures from Healthy People 2020 be included.

**SDOH-2030-03 Reduce the proportion of persons living in poverty**

1,000 Days strongly supports this objective.

We are disappointed that HP2030 does not include the following objectives that were included in HP 2020:

- SDOH-3.2 Proportion of children aged 0-17 years living in poverty

About 1 out of 5 children in the United States lives in poverty. Poverty is associated with negative health outcomes, and it can impede a child's ability to learn and contribute to social, emotional, and behavioral problems. Healthy People 2030 should retain a focus on child poverty, in particular, to ensure continued progress and investment in reducing child poverty and giving all children a strong start to life.



### **Proposed new objective**

Topic area:  
Nutrition and weight status

New objective:  
Include dietary objectives for women who are pregnant, infants, and toddlers in alignment with the forthcoming 2020-2025 Dietary Guidelines for Americans

Objective Rationale:  
Proper nutrition during the earliest stages of life is critical to support healthy growth and development during childhood and to help promote health and prevent chronic disease through adulthood. The Healthy People 2030 launch will take place close to the launch of the 2020-25 edition of the Dietary Guidelines for Americans, which for the first time, will include guidance for infants and toddlers (from birth to age 24 months), and women who are pregnant. It is critical that HP2030 include guidelines for infants, toddlers and pregnant women, and that they align with the new Dietary Guidelines for Americans.

Proposed Baseline and Unit of Measure: Current intakes of specific foods, beverages, and dietary patterns, which should be chosen to align with the forthcoming recommendations in the 2020-2025 Dietary Guidelines for Americans.

Proposed Data Source: National Health and Nutrition Examination Survey (NHANES), Feeding Infants and Toddlers Study (FITS)

Anticipated number of data points throughout the decade: 5 data points from NHANES (available every 2 years); it is likely that there will be an additional 1 data point from a future round of the FITS study (previous studies were conducted in 2002, 2008, and 2016).