**Promoting Health and Well-being in Healthy People 2030
Summary Paragraph for JPHMP Supplement, Online Landing Page**

In 2016, the U.S. Department of Health and Human Services established the Secretary’s Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030 (the Committee), a Federal advisory committee, composed of non-federal, independent subject matter experts. The Committee was charged with providing recommendations to the Secretary of the U.S. Department of Health and Human Services (HHS) for the development and implementation of national health promotion and disease prevention objectives for 2030.

To provide a robust context for its recommendations, the Committee identified several cross-cutting topics requiring clarification, definitions, and additional perspectives. Through a series of [issue briefs](https://www.healthypeople.gov/sites/default/files/HP2030_Committee-Combined-Issue%20Briefs_2019-508c.pdf) on these topics, the Committee offered guidance to stakeholders who are who are involved in national-, state-, tribal, or community-level efforts that are related to Healthy People 2030. This article presents two key concepts that feature prominently in the briefs: “health and well-being,” and “health promotion.”

The Committee defines health and well-being as how people think, feel, and function—at a personal and social level—and how they evaluate their lives as a whole. The terms “health” and “well-being” describe separate but related states; health influences well-being and, conversely, well-being affects health. Promoting health and well-being is critical because determinants of health— the conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks—have disparate effects on vulnerable populations. To achieve the Healthy People 2030 objectives, targets, and overarching goals, including promoting health and well-being, it will be necessary to engage stakeholders from all sectors, address disparities, and promote health equity.