



## Using MAP-IT to Implement (Part 1) for Healthy People 2020

Thank you for taking the "Using MAP-IT to Implement (Part 1) for Healthy People 2020" continuing education course. Part of the requirements is that you take a test and complete an evaluation of the course. Please answer the questions on the following pages. There are 13 multiple choices, TF and open ended response questions with varying point values (points are given at the end of each question and total 58 points). To receive the certificate of completion for credit you must pass with at least 70% (41 through 58 points). If you have questions please contact Jim Grizzell at jim@healthedpartners.org.

### Scoring and Submitting Answers

Your total score is calculated as you answer questions and is shown for you to check as you take the 8<sup>th</sup> page. Text answers will be reviewed to insure they related to the question. Instructions for submitting your answers are on that page also (submitting depends on the email program you use).

### Contact and Certification/License Information

Please provide contact information. **First and last names** and **email address** are required. These, at least, are needed for your certificate and emailing it to you.

**First Name:\*** \_\_\_\_\_  
**Last Name:\*** \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Address 2: \_\_\_\_\_  
 City/Town: \_\_\_\_\_  
 State: \_\_\_\_\_  
 ZIP Code: \_\_\_\_\_  
 Country: \_\_\_\_\_  
**Email Address:\*** \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

Provide the name or names of your certification, registration or, license name and number. This will be used on your certificate of passing the course. Example:       MCHES             2670      

Certification, registration or license name and number: \_\_\_\_\_  
 Certification, registration or license name and number: \_\_\_\_\_  
 Certification, registration or license name and number: \_\_\_\_\_

### Test Questions

1. The **Community Tool Box** (CTB) Chapter 1 describes its conceptual framework or model for building healthier communities has a dynamic and iterative process with which of these phases or broad competencies. (6 points, correct response = 1 pt, incorrect = -1 pt)
  - . A. Understanding Community Context
  - . B. Collaborative Planning
  - . C. Developing Leadership and Enhancing Participation
  - . D. Community Action and Intervention
  - . E. Understanding health status
  - . F. Addressing the determinants of health
  - . G. Reducing health disparities
  - . H. Evaluating Community Initiatives
  - . I. Increase quality and years of healthy life
  - . J. Promoting and sustaining the initiative
  - . K. Giving information to individuals to make them change behavior

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2. According to **Healthy People 2020's Funding Resources** web page what are tasks to do to make the case for funding? Check all that apply. (5 points, correct response = 1 pt, incorrect = -1 pt)
- . A. Get the data. Use Healthy People as a data source
  - . B. Compare your city or State to national baseline data in Healthy People
  - . C. Tie your local health promotion efforts to a national public health movement
  - . D. Identify new stakeholders and partners
  - . E. Ask for a range of dollars for funding
  - . F. Plan a strong public health program
3. The **Implement** web page box "**Healthy People 2020 Tools**" has a "**Communication Plan Template**" pdf file has six questions to help create a communication plan for a Healthy People initiative. For an initiative you would like to work on or are working on try to very briefly answer all six questions: whom do you want to reach, want them to do, benefits to the audience of doing this action, what would be hard for them to do, a single key message and media you might use? (5 points)




4. The **Implement** web page "**Other Resources**" section lists the "**Pink Book – Making Health Communication Programs Work.**" True or False: The Pink Book web page explains that conducting market research provides data on which to based conclusions about the success or failure and help to improve current and future communication programs. (1 points)
- True .                      False .
5. CTB's Chapter 1, Section 3 describes a **Work Group Logic Model: Our theory of Change**. What are the five basic parts of the model? Check the five that apply. (5 points, correct = 1 pt, incorrect = -1 pt)
- . A. Community context and planning
  - . B. Administrative, educational, epidemiological and social assessments
  - . C. Community action and intervention
  - . D. Implementation
  - . E. Community and system change
  - . F. Risk and protective factors and widespread behavior change
  - . G. Improving more distant outcomes (long-term goals)
6. CTB's Chapter 6 **Promoting Interest and Participation in Initiatives**, Section 1. **Developing a Plan for Communication** provides an eight-step process. The steps are: 1) identify purpose of the communication, 2) identify your audience, 3) plan and design message, 4) consider resources, 5) plan for obstacles, 6) strategize how to connect with media/others to spread message, 7) create action plan and decide on evaluation. For an initiative you would like to work on or are working on briefly describe a how you would communicate, do/did communicate or might improve the communication. (5 points)





7. Which of Chapter 6 sections (2 through 19) did you read/study? What was significant for your work and/or how might you use what you learned? (5 points)



8. CTB's Chapter 24 **Improving Services**, Section 3. **Promoting Coordination, Cooperative Agreements, and Collaborative Agreements among Agencies** has a section 'How groups begin to build organization relationships with each other?' with 11 ideas. For an organization with which you work how has it built relationships or might it build or build better relationships more effectively? (5 points)



9. CTB's Chapter 24 **Improving Services**, Section 4. **Develop Multisectoral Collaboration** defines and describes multisectoral collaboration and how to build a multisectoral collaborative. How might you have you or has your organization developed multisectoral collaboration? What groups were/are/could be in the collaborative? How effective is it? How might it be more effective? (5 points)



10. CTB's Chapter 25 **Changing Policies**, Section 1. **Policy Change: An Overview** gives reasons for changing policies and eight areas of general guidelines for changing policies and choosing tactics. How might you or have you (or your organization) applied some of those reasons and guidelines to achieve your objectives? If you learned something new what might help your policy change strategy be more effective. (5 points)



11. Which of Chapter 25 **Policy Change** other sections (2 through 6 and 9 through 11) did you read/study? What was significant for your work and/or how might you use what you learned? (5 points)





12. CTB's Chapter 26 **Changing the Physical and Social Environment** Section 12. **Promoting Neighborhood Action** says the best way to go about promoting neighborhood action begins with your answer to the following question: "Do residents believe there is a neighborhood issue that needs to be dealt with and resolved right now?" (5 point)

True .                      False .

13. Which of Chapter 26 sections (2, 3, 4, 6, 7, 8, 9, 11 or 13) did you read/study? What was significant for your work and/or how might you use what you learned? (5 points)

## Course Evaluation

Please evaluate this distance learning / self-study course.

	<b>Strongly agree</b>	<b>Agree</b>	<b>No opinion</b>	<b>Disagree</b>	<b>Strongly disagree</b>
Overall, I would rate this learning activity positively					
The learning activity effectively targeted my needs					
The activity was appropriate for my knowledge/skill level					
The format (e.g., readings, audio) of the course was effective					
Diversity issues could be addressed appropriately with course content.					
The activity met my expectations					
Learning the content will positively impact how I work.					
I would recommend this activity to a colleague					

**Please continue evaluation on next page and your total score and test submission instructions on the following page.**

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How well did the course meet the learning objectives for each major section of the course?

<b>Objectives</b> (summarized for each section)	<b>Extremely well met</b>	<b>Very well met</b>	<b>Adequately met</b>	<b>Not very well met</b>	<b>Not at all met</b>
<b>Orientation to “Implementing HP2020:</b> List contents of Implementing, define framework, making a case for funding					
<b>Orientation to Implementing:</b> Organize workplan in logical sequence, communication strategies					
<b>Orientation to Community Tool Box &amp; MAP-IT:</b> Describe the Toolbox, planning model, principles, assumptions, values					
<b>Chapter 6:</b> Describe and develop a communication plan, facilitate cooperation					
<b>Chapter 24:</b> Describe ways to develop and improve community services					
<b>Chapter 25:</b> Assess efficacy of changing policies as a strategy to achieve objectives					
<b>Chapter 26:</b> Assess issues, needs, assets, resources and readiness for community action					

How might this course have changed the way you practice health education, health promotion or wellness services so they may have improved outcomes. How will you be a more effective?

Please give comments and suggestions to improve the course.

**Please go to next page for your score and instructions for submitting test responses.**



Thank you for completing the test.

Your total score (you can return to the questions and change answers):

Be sure to save this file with answers to your computer and remember which folder or directory you placed it. Now you will need to **submit/send** your answers to get credit for successfully passing the course.

“**SUBMIT**” or **Send Test Instructions** – It depends on your email program. If you use Microsoft Outlook as your email program the form data should be sent automatically when you click the “Submit” button. If, however, you use another email program such as gmail, yahoo, aol or comcast you will email this saved file as an attachment to an email to [ce@healthedpartners.org](mailto:ce@healthedpartners.org). If you have your email set up to is Microsoft Outlook here is a dialogue box to look for immediately after clicking the submit button that should be in the upper right corner of the window where the test is open.



If you have any questions or would like to provide comments please send them or call me using the contact information below. Feel free to ask questions or get additional help from me.

Jim Grizzell, MBA, MA, CHES, ACSM-HFS, FACHA



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Correct answers are on the next page.

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**Correct Answers**

1. A, B, C, D, H, J (6 points)
2. A, B, C, D, F (5 points)
3. A typed appropriate\* answer in the text box (5 points)
4. False (1 point)
5. A, C, E, F, G (5 points)
6. A typed appropriate answer in the text box (5 points)
7. A typed appropriate answer in the text box (5 points)
8. A typed appropriate answer in the text box (5 points)
9. A typed appropriate answer in the text box (5 points)
10. A typed appropriate answer in the text box (5 points)
11. A typed appropriate answer in the text box (5 points)
12. True (1 point)
13. A typed appropriate answer in the text box (5 points)

\* text answers will be reviewed to insure the answer relates to the question.