



Using MAP-IT to “Plan” for Healthy People 2020

Thank you for taking the "Using MAP-IT to Mobilize 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 16 multiple choices, TF and open ended response questions valued varying point values (points are given at the end of each question totaling 74 points). To receive the certificate of completion for credit you must pass with at least 70% (52 through 74 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 8th 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 described 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)
 - . 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)
- . 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 **Plan** web page box "**Healthy People 2020 Tools**" has a "**Defining Terms: Vision, Goal, Objective, Strategy**" pdf file defining Match the terms and definitions with the Phase. (5 points)

Definition \ Key Term	Vision	Goal	Objective	Strategy	Baseline & Target
Specifies activities to be planned					
First data point & desired end point					
Specific & measurable milestones					
What the plan is to accomplish					
Broad and lofty purpose statement					

4. The **Plan** web page box "**Healthy People 2020 Tools**" has a "**Potential Health Measures**" pdf file focusing on setting targets for health outcomes and performance. Has an organization you work(ed) with set targets using some or all of the six steps listed? Briefly describe something about the target(s), an analysis. Were/are the targets achievable and realistic? Why or why not? (5 points)



5. The **Plan** web page box "**Healthy People 2020 Tools**" has a "**Setting Targets for Objectives**" pdf listing different types of measures for a community plan and used to develop and monitor health objectives. What are some? (5 points)



6. 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)
- . 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)



7. The **Plan** web page section “**Other Resources**” has the **State Program Evaluation guides: Developing and Using a Logic Model**. Match the Guide’s Steps (description and number) for developing a logic model and definitions with the Phase. (6 point)

Description	Step	1	2	3	4	5	6
Explore the research, knowledge base and what other have done							
Construct a series of linked activities and outcomes							
Understand the situation using program goal as your anchor							
Determine a focus for the logic model: Single intervention, etc.							
Convene stakeholders							
Determine purpose of the logic model							

8. CTB’s Chapter 8 Developing a Strategic Plan Section 2 Proclaiming Your Dream: Developing vision and Mission Statement described five phases for creating vision and mission statements. These included learning what is important to people in the community, the focus of your organization, developing the vision and mission statements, obtaining consensus on them, and deciding how you will use them. Does your organization have vision and mission statements? Did your organization follow some or all of these steps? How much or well? Could they be improved? How? (5 points)

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

10. According to CTB’s Chapter 9 Section 1 common roles of organizational structure include a steering committee, coordinating council, an executive director, action committees, support committees grantmakers, support organizations and partner organizations. (5 points)

True . False .

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



12. Which of the CTB Chapter 14 Core Functions in Leadership sections 2, 3, 4, 5, 6, 7, 8, 9 or 10 did you read/study? What was significant for your work and/or how might you use what you learned? (5 points)



13. CTB's Chapter 19 Section 6 Promoting the Adoption and Use of Best Practiced gives these benefits: makes it easier to justify the work, bolsters the creditably, makes it easier to get funding, removes a lot of guesswork from planning, best practice originators are known and might be available to consult on how to do the best practice and we know best practices work. (5 points)



14. Which of Chapter 19 sections (1, 2, 3, 4, or 5) did you read/study? What was significant for your work and/or how might you use what you learned? (5 points)



15. According to CTB's Chapter 42 Getting Grants and Financial Resources Section 1 Developing a Plan for Financial Sustainability reasons for completing a plan for financial sustainability include increase focus on your real work, becoming more competitive in your field easier transitions and following guidelines. (4 point)

True . False .

16. Which of Chapter 42 sections (2, 3, 4 or 5) did you read/study? What was significant for your work and/or how might you use what you learned? (5 points)



Please continue to the 2 next pages to complete the evaluation and the next to see your total score and instructions for getting the answers sent or submitted.





Course Evaluation

Please evaluate this distance learning / self-study course.

	Strongly agree	Agree	No opinion	Disagree	Strongly disagree
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					

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

Objectives (summarized for each section)	Extremely well met	Very well met	Adequately met	Not very well met	Not at all met
Orientation to "Implementing HP2020: List contents of Implementing, define framework, making a case for funding					
Orientation to Planning: Describe key terms, health measures, set targets, logic models					
Orientation to Community Tool Box & MAP-IT: Describe the Toolbox, planning model, principles, assumptions, values					
Chapter 1: Describe community change, types of community and organization					
Chapter 8: Organize a strategic plan; develop vision, mission and goals; select strategies; make an action plan					
Chapter 9: Develop an organization structure, promote collaboration and cooperation, describe contracts					
Chapter 14: Describe leadership skills, obtain acceptance and support for programs, sustain relationships					
Chapter 19: Describe best practices, select strategies and interventions to achieve objectives					
Chapter 42: Identify fiscal and other resources, develop a plan for financial sustainability					
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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.

Total score (52 to 74 is passing, 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. 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.

Definition \ Key Term	Vision	Goal	Objective	Strategy	Baseline & Target
Specifies activities to be planned				X	
First data point & desired end point					X
Specific & measurable milestones			X		
What the plan is to accomplish		X			
Broad and lofty purpose statement	X				

(5 points)

4. A typed appropriate answer in the text box (5 points)
5. A typed appropriate answer in the text box (5 points)
6. A, C, E, F, G (5 points)
- 7.

Description	Step	1	2	3	4	5	6
Explore the research, knowledge base and what other have done						X	
Construct a series of linked activities and outcomes							X
Understand the situation using program goal as your anchor					X		
Determine a focus for the logic model: Single intervention, etc.				X			
Convene stakeholders			X				
Determine purpose of the logic model		X					

(6 points)

8. A typed appropriate answer in the text box (5 points)
9. A typed appropriate answer in the text box (5 points)
10. True (5 points)
11. A typed appropriate answer in the text box (5 points)
12. A typed appropriate answer in the text box (5 points)
13. A typed appropriate answer in the text box (5 points)
14. A typed appropriate answer in the text box (5 points)
15. True (4 points)
16. A typed appropriate answer in the text box (5 points)

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