



## Using MAP-IT to “Track” Healthy People 2020

Thank you for taking the "Using MAP-IT to Track 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 54 points). To receive the certificate of completion for credit you must pass with at least 70% (38 through 54 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)
  - . 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 **Track** web page box "**Healthy People 2020 Tools**" has a "**Measuring Progress**" pdf file that has a formula to calculate annual percentage change needed to achieve targets. What is the annual percent change needed to achieve the target for objective [NWS-14 - Increase the contribution of fruits to the diets of the population aged 2 years and older](#) which has a baseline rate of 0.5 cup equivalents of fruits per 1,000 calories and target rate of 0.9 cup equivalents? You can use the Excel sheets linked from the Study Guide (this link <http://www.healthedpartners.org/ceu/hp2020mapittrack/measuringprogress.htm>) (3 points, correct response = 3, incorrect = -3)
  - . A. -6.1%
  - . B. 6.1%
  - . C. -5.7%
  - . D. 5.7%
  
4. The **Track** web page box "**Healthy People 2020 Tools**" has a "**Measuring Progress**" pdf file that has a formula to calculate percent of target achieved. Consider the same objective in question 3. If the mid-course ("recent value" for the year 2015, "recent value) measure for cup equivalents of fruits per 1,000 calories is 1.1 cup what would the percent of target achieved? You can use the Excel sheets linked from the Study Guide (this link <http://www.healthedpartners.org/ceu/hp2020mapittrack/measuringprogress.htm>) (3 points, correct response = 3, incorrect = -3)
  - . A. -50%
  - . B. 25%
  - . C. 75%
  - . D. 150%
  
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. According to CTB's Chapter 36 **Introduction to Evaluation** Section 1 **A Framework for Program Evaluation** provides a six-step process. They are: (5 points, correct = 1 pt, incorrect = -1 pt)
- . A. Create a purpose statement
  - . B. Engage stakeholders
  - . C. Describe the program
  - . D. Focus the evaluation design
  - . E. Assess feasibility of conducting evaluation
  - . F. Gather credible evidence
  - . G. Justify conclusions
  - . H. Synthesize information found in the literature
  - . I. Ensure use and share lessons learned

7. Which of the other Chapter 36 sections (2, 3, 4, 5 or 6) did you read/study? What was significant for your work and/or how might you use what you learned? (5 points) **Click in each box after answering.**



8. CTB's Chapter 37 **Some Operations in Evaluating Community Interventions**, Section 3. **Choosing Questions and Planning the Evaluation** states that academics and other researchers may approach choosing programs to research and research questions differently from practitioners and community services workers. Which is the primary reason or approach for practitioners to choose research questions? (1 point, incorrect = -1 point)
- . A. The problem is interesting
  - . B. The problem ties into other work they are doing
  - . C. Improving what they are doing to enhance the quality of life for program participants

9. Which of the other Chapter 37 sections (2, 3, 4, 5 or 7) did you read/study? What was significant for your work and/or how might you use what you learned? (5 points)



10. CTB's Chapter 38 **Some Methods for Evaluating Comprehensive Community Initiatives** Section 1. **Measuring Success: Evaluating Comprehensive Community Initiatives** lists steps leading to a successful evaluation. According to CTB which of the following are those steps. (5 points, correct answers = 1 point, incorrect = -1 point)
- . A. You have to want to evaluate
  - . B. You need to evaluate in terms of your objectives or goals
  - . C. Collect data only after the program has ended
  - . D. Each objective needs criteria or indicators that provide reliable and valid measures
  - . E. Collect data on each indicator
  - . F. Use results to adjust the program as necessary



11. Which of Chapter 38 **Policy Change** other sections (2 through 10) 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 39 **Using Evaluation to Understand and Improve the Initiative** Section 2. **Providing Feedback to Improve the Initiative** says "Providing feedback should be done on an ongoing basis so that all can be kept up-to-date on what they're doing well and what can stand improvement." (1 points)

True .                  False .

13. CTB's Chapter 39 **Using Evaluation to Understand and Improve the Initiative** Section 4. **Communicating Information to Funders for Support and Accountability.** How would you or have you communicated information for support? Does it match what is described in this section? Based on what you read/studied in this section how might you have improved your communication if it could have been improved? (5 points)



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



## 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
<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 36:</b> Discuss advantages of and conduct optimal evaluations, purpose statement of logic model for the process					
<b>Chapter 37:</b> Develop evaluation questions, critique existing data collection, create evaluation plan					
<b>Chapter 38:</b> Collect baseline data, monitor implementation of programs and initiatives					
<b>Chapter 39:</b> Monitor programs, develop recommendations, interpret results, communicate findings					



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.

Score (passing  $\geq 38$ , 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, MCHES, ACSM-HFS, FACHA



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W - [www.csupomona.edu/~jvgrizzell](http://www.csupomona.edu/~jvgrizzell), <https://experts.csupomona.edu/expert.asp?id=476>

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. B (3 points)
4. D (3 point)
5. A, C, E, F, G (5 points)
6. B, C, F, G, I (5 points)
7. A typed appropriate answer in the text box\* (5 points)
8. C (1 point)
9. A typed appropriate answer in the text box (5 points)
10. A, B, D, E, F (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.