Study Guide for
Healthy People 2030 in Your Work

A self-study continuing education course providing 12.0* Category 1 NCHEC CECHs for
CHES® and MCHES® (**includes** 6.0 advanced CECHs for MCHES®)

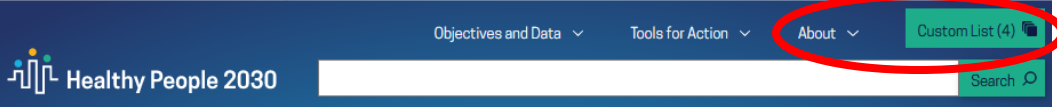|	
General Information	Instructor: Jim Grizzell, MBA, MA, MCHES®, ACSM-EP, FACHA Email: jimgrizzell@healthedpartners.org Phone: 909-856-3350 (cell, please call between 8 am - 7 pm PT Project Tools: All materials available online
Course Description	**Directed Self-Study:** a learning experience and skill development experience to meet CHES®/MCHES® responsibilities and competencies** related to using Healthy People 2030 resources to achieve the national objectives: 1. **Identifying needs and priority populations** – learn about national goals, see how they align with your priorities, focus on groups affected by health disparities (Areas I, II, VI) 2. **Set your own targets** – find data related to your work, use national data but set local targets. (Area I, II) 3. **Find inspiration and practical tools** – explore critical public health topics relevant to your work; learn about successful programs, policies, and interventions; look for evidence-based resources and tools your community, state or organization can use. (Areas II, III, V, VII) 4. **Monitor national progress – and use it as a benchmark** – check for updates on progress toward achieving national objectives, use national data to inform your policy and program planning, see how your progress compares to national data. (Area IV) The participant tailors portions of the learning experience by selecting materials to study the development of the national health promotion and disease prevention objectives for 2030. Studying is self-paced without regard to time or location.
Course Goals	The participant will be able to act as a knowledgeable resource person on development, planning, implementation and evaluation of local programs.
Course Requirements	*Study Materials:* Development of Healthy People 2030 web pages and documents *22-Question Test* (TF, Y/N, multiple choice, very short and short answer (≤50 words), passing ≥70% correct) *Course Evaluation* (included after last test question)
The course will be done electronically using the email and the web using links in the **Study Guide** **Study Guide**: www.healthedpartners.org/ceu/hp2030/hp2030studyguide.pdf **Test**: https://www.surveymonkey.com/r/hp2030inmywork
Course Completion Certificate	Course completion certificate for 12.0 CECHs (includes 6.0 advanced hours) for the National Commission on Health Education Credentialing will be awarded if test score is ≥70%, course evaluation is completed, and payment is received.

Contents

* Continuing education hours are based on reading speed of 250 words per minute and two minutes per slide.

** Key related CHES®/MCHES® responsibilities and competencies are in () and in Study Guide's Introduction section.

Health Education Partners	NCHEC	National Commission on Health Education Credentialing Provider #100538
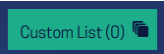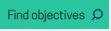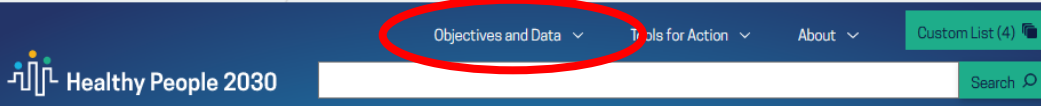
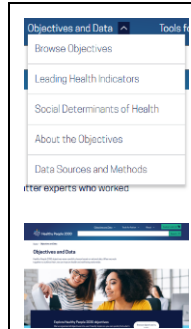| Estimated Time	Objectives and Assignments

~0.75 hours	**Introduction**
	
	• Review this **Study Guide**, and instructions for taking the test and receiving credit
	• Review the NCHEC Responsibilities and Competencies for Health Education Specialists – web page and pdf file linked from it
	    o https://www.nchec.org/responsibilities-and-competencies
	    o https://www.nchec.org/assets/2251/hespa_competencies_and_sub-competencies_052020.pdf
	• **NOTE:** you can study in small periods of time (e.g., 15- or 30-minutes) and answer test questions on the SurveyMonkey test as you study (be sure cookies are enabled, see enable cookies instructions in the test section on page 6)

~4.75 hours (in 10 to 30 minute sections)	
	
	Section 1: About
	
	After studying the materials, the participant will be able to:
	• Describe the Framework, vision, mission foundational principals, overarching goals, plan of action, and history of Healthy People
	• Describe changes from Healthy People 2020
	• List items in each of the three "Timeline" periods (2020, 2021 to 2029, 2028 to 2030)
	• Explain the work of Lead Federal Agency workgroups
	• Describe the Promoting Healthy People 2030 Toolkit
	• Create, save and use a customized list of objectives you may use in your work
	
	Assignments
	• **Read/study**
	• **1a. Healthy People 2030 Framework -** read text on the page and linked page (Learn how Healthy People 2030 and the framework were developed, and Learn more about Healthy People's history and impact) – note: there are two links showing on the page but they are identical but you will need to click on the + signs to read/study all the information). (~1 hour)
	    o https://health.gov/healthypeople/about/healthy-people-2030-framework
	    o **Learn how Healthy People 2030 and the framework were developed** *and* **Learn more about Healthy People's history and impact** – Read the text on each page – you don't need to click on links on each page for this course. Next to "About Healthy People 2030" click on the + signs to see and read/study the items in a drop-down list, (~15 minutes)
	    o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030
	    o **History of Healthy People** – read text on the page **(**~10 minutes)
	    o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030/history-healthy-people
	    o **Secretary's Advisory Committee –** read text on the page and select two (2) documents/presentations to read/study: one (1) full report and one (1) inaugural presentation. (~90 minutes)

- o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030/secretarys-advisory-committee
- o **The Secretary's Advisory Committee for 2030: Committee Reports and Meetings**
  - o https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030/Committee-Meetings?_ga=2.264722255.1954497446.1605910305-970393258.1546013527
  - o **From the bottom of the** page **select one** **(1) of the six inaugural meeting presentations** from the 1st Meeting that interests you. Be prepared to write the name of the presentation and write a brief answer describing what you learned and may use. Presentations have 10 to 90 slides. (read or review for up to ~45 minutes to get an understanding of the report content) (~45 minutes)
    - o Healthy People Overview [PDF – 670 KB] (11 slides)
    - o Healthy People: Data Requirements [PDF – 1 MB] (18 slides)
    - o HealthyPeople.gov and Interactive Tools [PDF – 470 KB] (10 slides)
    - o HP2020 Advisory Committee Recommendations [PDF – 320 KB] (26 slides)
    - o Who Uses Healthy People and How is it Used? [PDF – 3,875 KB] (22 slides)
    - o Final Report: 2015 Healthy People User Study [PDF – 1,430 KB] (61 slides)
  - o **From the top of the page** **select one** **(1) of the nine (9) full reports** (with bullet points at the top of the page). Be prepared to write a short answer with the name of the report and brief description of what it reports. Reports are four to 90 pages long. (read or review for up to ~45 minutes to get an understanding of the report content)
    - o Recommendations for an Approach to Healthy People 2030 [PDF - 628.8 KB] (10 pages)
    - o Recommendations for Developing Objectives, Setting Priorities, Identifying Data Needs, and Involving Stakeholders for Healthy People 2030 [PDF - 1.7 MB] (37 pages)
    - o Recommendations for the Healthy People 2030 Leading Health Indicators [PDF - 164 KB] (4 pages)
    - o Recommendations for Target-Setting Methodologies for Healthy People 2030 Objectives [PDF - 482 KB] (9 pages)
    - o Recommendations for Stakeholder Engagement and Communication for Healthy People 2030 [PDF - 500 KB] (45 pages)
    - o Issue Briefs to Inform the Development and Implementation of Healthy People 2030 [PDF - 3.2 MB] (90 pages)
    - o Assessment and Recommendations for Proposed Objectives for Healthy People 2030 [PDF - 642 KB] (57 pages)
    - o Implementation of Healthy People 2030: Recommendations for Implementation and the Framework Graphic for Healthy People 2030 [PDF - 470 KB] (27 pages)
    - o Recommendations for Building a Data Partnership Infrastructure for Healthy People 2030 [PDF - 373 KB] (20 pages)
- o **Healthy People 2030 Questions and Answers** – (~15 minutes)
- o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030/questions-answers
- o **Health Literacy in Healthy People –** (~15 minutes)

- o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030/health-literacy-healthy-people
- o **History of Health Literacy Definitions** – (~15 minutes)
- o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030/health-literacy-healthy-people/history-health-literacy-definitions
- o **1b. How has Healthy People changed? –** Read text on the page including the "**Learn more about Healthy People 2020 objective labels**" (click on the up/down arrow button ⊘⊗) (~30 minutes)
- o https://health.gov/healthypeople/about/how-has-healthy-people-changed
- o Do a <u>search on one</u> (1) objective number (if you are familiar with them) or topic using a key word (e.g., "marketing" for social marketing. Type an objective or topic area of your interest. Click on the [Find objectives 🔍] button. Be prepared to say what you found about it being retained, modified, related or removed for a test question. (~15 minutes)
- **1c. Timeline – read the items in each time period** (~15 minutes)
  - o https://health.gov/healthypeople/about/timeline
- **1d. Workgroups –** select (click on) and read about **one (1)** of the over 40 groups of federal subject matter experts of an area/topic of your interest. Read text on that page but, for this course, you do not need to click on and read links from your selected workgroup's page. Be prepared to very briefly describe the work of your one (1) selected workgroup on the test. (~30 minutes)
  - o https://health.gov/healthypeople/about/workgroups
- **1e. Promoting Healthy People 2030 –** just read the short paragraph. Do not click on and go to the "Go to the promotional toolkit at health.gov" yet. You will study this in Section 3 of this Study Guide. (~5 minutes)
  - o https://health.gov/healthypeople/about/promoting-healthy-people-2030
  - o **1f. Create your own customized list of objectives to use in your work –** follow the instructions on the page. Browse/explore the objectives. As you browse, use the Add to Custom List button on individual objectives pages. (~30 minutes)
    - o https://health.gov/healthypeople/custom-list
    - o You will see the number of objectives you selected in () in the green box. Their id numbers will be in the URL/web page link.
    - o Be sure to bookmark the custom list page. Use it each time you come back to work on this course or for your work using Healthy People 2030. **NOTE:** If you add or remove objectives on your list you will need to re-bookmark / book mark the page again. Consider renaming the bookmark.
    - o Be prepared to copy the link and paste it into the answer box on the test.
  - o **Study/review how Healthy People 2030 addresses COVID-19** – Check out the ODPHP COVID-19 Custom List. It is linked from the bottom of the Healthy People 2030 homepage (https://health.gov/healthypeople) and has this link: (~15 minutes)
    - o https://health.gov/healthypeople/custom-list?list=odphps-covid-19-custom-list

~4.0 hours (in 5 to 40 minutes sections)

Section 2: Objectives and Data

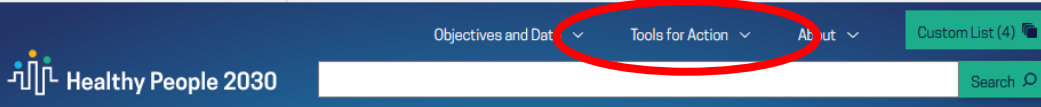After studying the material in this section, the participant will be able to:
- List the five "intuitive topics" their 62 combined respective topics
- Explain the small subset of high-priority Healthy People 2030 objectives in the Leading Health Indicators
- Describe the Social Determinants of Health and how Healthy People 2030 addresses them
- Explain the types of and development of the objectives
- Explain what the data source are and methods of target setting

Assignments
- **Read/study**
  - **2a. Browse the objectives** – Pick one (1) "intuitive topic" (e.g., Setting and Systems) plus an objective (e.g., Reduce exposure to lead – EH-07) you are interested in or related to your work and explore it. Be prepared to briefly state the topic area, objectives, Objective Status, and objective you selected. (~45 minutes)
    - https://health.gov/healthypeople/objectives-and-data/browse-objectives
  - **2b. Leading Health Indicators –** read the text on the web page (~5 minutes), and the recommendations from the Secretary's Advisory Committee (4-page document, ~20 minutes) and National Academies of Sciences, Engineering, and Medicine (Summary only, ~20 minutes).
    - https://health.gov/healthypeople/objectives-and-data/leading-health-indicators
    - **Read the 4-page recommendations** from the Secretary's Advisory Committee (1,800 words, ~20 minutes)
      - https://www.healthypeople.gov/sites/default/files/Committee-LHI-Report-to-Secretary_1.pdf
    - **Read the 7-page Summary** only of the National Academies of Sciences, Engineering, and Medicine, pages S-1 thru S-7 (12th thru 18th pages with a table in the 151-page document) (2,700 words, ~20 minutes), NOTE: if you want to just download the Summary section, use the second link.
      - **Entire 151-page file:** https://health.gov/sites/default/files/2020-02/NASEM%20HP2030%20LHI%20Committee%20-%20Report%202-%20January%2022%20202020.pdf
      - **Summary only with pages S-1 thru S-7** www.healthedpartners.org/ceu/hp2030/nasem-lhi-summary.pdf
  - **2c. Social Determinants of Health** – read text on the page (~3 minutes)
    - https://health.gov/healthypeople/objectives-and-data/social-determinants-health
    - Click on and read the text (including the Evidence-based resources related to the domain) of each of the 5 domains. Be prepared to describe what you learned about them to answer test questions (~15 minutes each, ~75 minutes total)
      - **Economic Stability**
        - https://health.gov/healthypeople/topic/economic-stability
      - **Education Access and Quality**
        - https://health.gov/healthypeople/topic/education-access-and-quality
      - **Health Care Access and Quality**
        - https://health.gov/healthypeople/topic/health-care-access-and-quality
      - **Neighborhood and Built Environment**

Foundation Health Measures

The Foundation Health Measures (FHMs) are broad, global outcome measures of overall health and well-being intended to assess the Healthy People 2030 Vision.

Healthy People 2030 FHMs are expected to be released in late 2020.

Learn about Objective Types

Healthy People 2030 includes 3 types of objectives — core, developmental, and research — that are maintained throughout the decade.

Learn about the different types of objectives

Data Sources and Methods

Healthy People 2030 uses dozens of data sources to set national targets and track progress toward achieving objectives.

Read more about Healthy People data

- o https://health.gov/healthypeople/topic/neighborhood-and-built-environment
  - **Social and Community Context**
    - o https://health.gov/healthypeople/topic/social-and-community-context
  - o **Review the topics and descriptions of research related to SDOH and other efforts to Address SDOH** – (~30 minutes)
    - o **Research**
    - o https://health.gov/healthypeople/objectives-and-data/social-determinants-health/literature-summaries
    - o **Partners**
    - o https://health.gov/healthypeople/objectives-and-data/social-determinants-health/healthy-people-partners-and-sdoh
- **2d. Foundation Health Measures –** at time of developing this course there is not a link on the "Objectives and Data" page. They are to be released in 2020 (see the Timeline). Here is the placeholder linked page (~5 minutes)
  - o https://health.gov/healthypeople/objectives-and-data/foundation-health-measures
- **2e. Learn about Objective Types – read text on the page** (~5 minutes)
  - o https://health.gov/healthypeople/objectives-and-data/about-objectives
- **2f. Data Sources and Methods** – Read the text on the page (and pages from the three sections (where data comes from target-setting methods, about NCHS) linked from the page (~5 minutes)
  - o **Where do Healthy People data come from? Data Sources** (~10 minutes)
    - o https://health.gov/healthypeople/objectives-and-data/data-sources-and-methods/data-sources
  - o **Target-Setting Methods -** ~15 minutes
    - o https://health.gov/healthypeople/objectives-and-data/data-sources-and-methods/target-setting-methods
  - o **About the National Center for Health Statistics (NCHS)** – read text on the NCHS home page (you don't need to click on and go to links from this page). (~15 minutes)
    - o https://www.cdc.gov/nchs/index.htm

~1.75 hours (in 10 to 60 minute sections)

Objectives and Data ⌄   Tools for Action ⌄   About ⌄   Custom List (4)

Healthy People 2030   [Search field]   Search

Tools for Action ⌄   About ⌄
Browse Evidence-Based Resources
Use Healthy People 2030 in Your Work

Section 3: Tools for Action

After studying the material in this section, the participant will be able to:
- Describe evidence-based resources (EBRs) and how to use them.
- Explain how to use the toolkit for Promoting Healthy People 2030 in your work

Assignments
- **Read/study –**
  - **3. Tools for Action** – read the text on the page (~10 minutes)
    - o https://health.gov/healthypeople/tools-action
  - **3a1. Explore the Evidence-Based Resources** – **1a)** explore the resources by reviewing several topics and their sub-topics. **1b)** Narrow your exploration to ones you may use in your work or of interest to you. Select one to describe the "about this Resource" and the "Reference(s)" in a text answer on the test.

Be prepared to describe an EBR you would like to consider using in your work. **2)** Also, read the text on the **Learn more about what EBRs are and how to use them**. (~60 minutes)

- o https://health.gov/healthypeople/tools-action/browse-evidence-based-resources
  - o **3a2. Learn more about what EBRs are and how to use them**
  - o https://health.gov/healthypeople/tools-action/browse-evidence-based-resources/evidence-based-resources
- **3b. Use Healthy People 2030 in Your Work –** read text on the web page, click on the "See the graphic" button. (~5 minutes)
  - o https://health.gov/healthypeople/tools-action/use-healthy-people-2030-your-work
  - o **3b1. Help promote Healthy People 2030** – click on and go to the **"Explore our promotional toolkit"** Click on the button. Read/study the text on the **Promoting Healthy People 2030 web page**. (~30 minutes)
    - o https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030
  - o **3b2. Sample Social Media Messages and Graphics -** Read each of the nine (9) sets of messages and graphics. Select one social message you might be able to use with an organization you work with, a listserv, a LinkedIn or Facebook group, or text message. For a test question copy the text for the message and paste it in the test question text box.
    - o https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#sample
  - o **3b3. Tips for Promoting Healthy People 2030 on Social Media**
    - o https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#tips
  - o **3b4. "How to Use Health People" Graphic**
    - o https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#howtousegraphic
  - o **3b5. Sample newsletter content**
    - o https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#newsletter

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~1.0 hour

Take 19 Question Test and Complete the Course Evaluation (included at end of test)

The test has 22 questions (two true/false, 10 multiple choice questions, and 10 very short and short answer (≤50 word) questions). To get the five points for answering the short answer questions be sure to click "Yes" on the question following the text box.

Be sure provide your name, and CHES/MCHES or other certificate **type, plus** ID/registration number that should be on your completion certificate. Give email address so your completion certificate can be emailed to you (usually emailed within 3 days after test completion notification is received).

You can go back and change answers even after you complete the test. You can "Exit" the test and return to answer more questions (only on this device (computer, laptop, cell phone; a cookie allows this).

Be sure to enable cookies for the for browser you will use. Here's a link to SurveyMonkey help on cookies: https://help.surveymonkey.com/articles/en_US/kb/How-do-I-enable-cookies-on-my-computer

After the last test and course evaluation questions you will see your score with percent correct and test answers, and summary of responses of other test takers. If you scored less than 70% you can go back and change answers or, even if =/>70%, to increase your score. You must use the same device (computer, laptop, cellphone) do be able to reopen the test web page (a cookie is saved on your computer to allow this).

After you complete the test a notification is automatically sent to Health Education Partners. To ensure, however, Health Education Partners knows you completed the test complete the short form on the web page you will be taken to after clicking the last "Done" button.

Completion certificates are usually emailed to participants within 72 hours (most often same day) after notification the test was completed.

Complete the test online at this link: https://www.surveymonkey.com/r/hp2030inyourwork

If you have any questions, contact Jim Grizzell at jimgrizzell@healthedpartners.org.

NCHEC
DESIGNATED PROVIDER
CHES® & MCHES® Category 1 CECH