



## Implement Healthy People 2020

Thank you for taking the "Implement 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 20 multiple choice, TF and open ended response questions with varying point values (points are given at the end of each question). To receive the certificate of completion for full CECH value you must pass with at least 70% (56 through 80 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 on the 8th page as take the test. Text answers will be reviewed to insure they relate to the question. Instructions for submitting answers (this depends on your email program) are on the 8th page. Save this file with answers to your computer.

### 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: CHES 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 overarching goals of Healthy People 2020 include which of these? Check the four correct ones. (4 points, each correct response gets 1 point, each incorrect response gets -1 point)
  - . A. Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death
  - . B. Decrease mortality: infants - adults
  - . C. Achieve health equity, eliminate disparities, and improve the health of all groups
  - . D. Increase independence among older adults
  - . E. Create social and physical environments that promote good health for all
  - . F. Increase span of healthy life
  - . G. Reduce health disparities
  - . H. Achieve access to preventive services for all
  - . I. Increase quality and years of healthy life
  - . J. Eliminate health disparities
  - . K. Promote quality of life, healthy development, and healthy behaviors across all life stages

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2. According to Healthy People 2020 what are the five broad categories of health determinants? Check all that apply. (5 points, each correct response gets 1 point, each incorrect response gets -1 point)
- . A. Policymaking
  - . B. Increasing taxes on tobacco sales
  - . C. Social determinants
  - . D. Worksites
  - . E. Individual behavior
  - . F. Physical activity
  - . G. Biology and genetics
  - . H. Age
  - . I. Health services

3. Have any of the organizations of which you're a member joined the Healthy People Consortium? Provide the name of at least one organization that is a member OR which you could recommend joining. (5 points) **NOTE: For credit for typing an answer, verify by clicking the box.**



4. Which two race/ethnic groups and gender(s) did you compare in the “Closer Look: Health Disparities – Compare the Top 10 Causes of Death across Populations” and briefly describe what you found. (5 points)

List the two groups and gender(s) and brief description of findings? Write 1 to 3 short sentences (≤50 words, ≤4 lines, ≤400 characters). **NOTE: For credit for typing an answer, verify by clicking the box.**





5. The brochure says Healthy People 2020 includes broad, cross-cutting measures without targets that will be used to assess progress toward achieving the four overarching goals. What are two of the “Measures of Progress” for “Foundation Health Measure” “Determinants of Health?” (2 points, each incorrect = -0.5)

- . A. Natural and built environments
- . B. Chronic disease prevalence
- . C. Well-being/satisfaction
- . D. Policies and programs
- . E. Socioeconomic status
- . F. Participation in common activities

6. What's New for 2020? (4 points, incorrect response gets -2 points)

- . A. Online community
- . B. Measurable objectives
- . C. Evidence-based Resources
- . D. Putting Healthy People to Work
- . E. Focus on the Determinants of Health

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7. The Healthy People Implementation Conference occurred in 2010. (1 point)

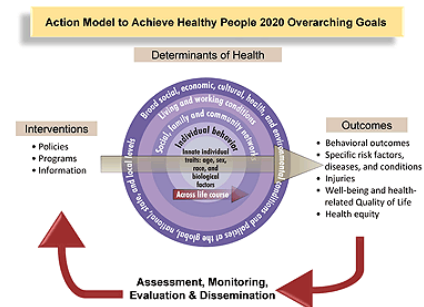
True . **False .**

8. The Healthy People 2020 objective selection criteria had criteria that were to be taken into consideration when the public commented on the proposed or suggested objectives (check all that apply, 4 points):

- . A. The result to be achieved should be important and understandable to a broad audience and support the Healthy People 2020 goals
- . B. Objectives should be prevention oriented and/or should address health improvements that can be achieved through population-based as well as individual actions, systems-based, environmental, health-service, or policy interventions.
- . C. Objectives should drive actions that will work toward the achievement of the proposed targets (defined as quantitative values to be achieved by the year 2020).
- . D. Objectives should be useful and reflect issues of national importance.
- . E. Continuity and comparability of measured phenomena from year to year are important, thus, when appropriate, retention of objectives from previous Healthy People iterations is encouraged.
- . F. The objectives should be supported by the best available scientific evidence.
- . G. Objectives should address population disparities.
- . H. Healthy People 2020, like past versions, will be heavily data driven. Valid, reliable, nationally representative data and data systems should be used for Healthy People 2020 objectives.

9. The Action Model to Achieve Healthy People Goals represents the impact of interventions (i.e., policies, programs, and information) on determinants of health at multiple levels (e.g., individual; social, family and community; living and working conditions; and broad social, economic, cultural, health, and environmental conditions) to improve outcomes. (1 point)

True . **False .**



10. An “example of the value of using evidence to guide public health practice is worksite risk assessments. In isolation, there is insufficient evidence to show that Assessment of Health Risk Factors (AHRF) is effective. In combination with health education and other interventions, however, a systematic review found strong evidence that AHRF is effective in improving one or more health behaviors or conditions in populations of workers.” (1 point)

True . **False .**

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11. Two critical approaches in Healthy People 2020 are examined in Advisory Committee report “Healthy People 2020: An opportunity to Address Societal Determinants of Health in the United States.” Select the correct choice between “are” and “are not.” (2 points)

a) Healthy People 2020 reflects scientific insights from past decades showing that family and social, economic, and physical environmental factors are or are not primary, interrelated determinants of health.

are .                      are not .

b) Healthy People 2020 encompasses both individual-level and population-level risk factors and disease-specific information and approaches. The Healthy People 2020 framework is based on the view that individual-level and population-level solutions are or are not complementary elements of an integrated, comprehensive strategy for disease prevention and health promotion in the United States. (1 points)

are .                      are not .

12. Which two Topic Areas did you select and what was significant to you for your interests and/or work with regard to the Overview, Objectives and Interventions & Resources. Write 1 to 3 short sentences (≤50 words for each Topic Area). (5 points for each Topic Area) **NOTE: Verify answering question.**

1<sup>st</sup> Topic Area

2<sup>nd</sup> Topic Area

13. An advanced competency for health educators is to organize health education into a logical sequence. How might the MAP-IT approach help the user develop a scope and sequence for the delivery of health education, health promotion and wellness policies, programs and services that is logical? Write 1 to 3 short sentences (≤50 words). (5 points) **Verify answering question.**

14. Match the MAP-IT component with the “Questions To Ask and Answer:” (5 points)

	<b>Mobilize</b>	<b>Assess</b>	<b>Plan</b>	<b>Implement</b>	<b>Track</b>
Are we following our plan?					
Are we evaluating our work?					
What is your goal?					
What resources do we have?					
Who should be represented?					



15. Match the MAP-IT component with the guidance and actions listed below the “Questions To Ask and Answer:” (5 points)

	Mobilize	Assess	Plan	Implement	Track
First, create a detailed workplan that lays out concrete action steps, . . . .					
Plan regular evaluations to measure and track your progress over time.					
A good plan includes clear objectives and concrete steps to achieve them.					
Assess both needs and assets (resources) in your community.					
Start by mobilizing key individuals and organization into a coalition.					

16. Health Impact Assessments are . . . .  
 True .                      False .

17. Which of the “Action Guides” has strategies you could use or be able to apply to your work or interests and why/how? (≤50 words). (5 points) **Verify answering the question by clicking on the box.**



18. Which of the “Implementation Examples: MAP-IT at Work” did you review and how might you apply what you read in it? (5 points) **Verify answering the question by clicking on the box.**



19. For what target audience would you adapt the PowerPoint presentation from the Consortium Toolkit and how might you adapt? (5 points) **Verify answering the question by clicking on the box.**





20. Which of the Tools for Professionals from the “Stay Connected” web page could you use and how? (5 points) **Verify answering the question by clicking on the box.**

## 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>Home:</b> Explain or describe each major heading of Healthy People 2020, disparities, what’s new, use and brochure					
<b>About Healthy People:</b> Explain the vision, mission, goals; development; use, foundation health measures; framework					
<b>2020 Topics and Objectives:</b> Describe Overview, Objectives and Interventions & Resources of two topics areas					
<b>Implementation:</b> Describe and explain MAP-IT, planning resources and making a case for funding					
<b>Consortium &amp; Partners:</b> Explain how to use the Toolkit, find members and State Coordinators					
<b>Stay Connected:</b> Explain methods to stay connected to Healthy People 2020 and sign up for one or more					



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 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.

Here is 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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W - [www.csupomona.edu/~jvgrizzell](http://www.csupomona.edu/~jvgrizzell), <https://experts.csupomona.edu/expert.asp?id=120>

Correct answers are on the next page.

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**Correct Answers** - Please feel free to ask Jim Grizzell\* for the references to the answers.

1. A, C, E, K
2. A, C, E, G, I
3. A typed appropriate\*\* answer in the text box and checked box
4. A typed appropriate answer in the text box and checked box
5. A, D
6. A, C, D, E
7. False
8. A, B, C, D, E, F, G, H
9. True
10. True
11. "are" for a) and b)
12. A typed appropriate answer in the text box and checked box for each Topic Area
13. A typed appropriate answer in the text box and checked box
- 14.

	Mobilize	Assess	Plan	Implement	Track
Are we following our plan?				X	
Are we evaluating our work?					X
What is your goal?			X		
What resources do we have?		X			
Who should be represented?	X				

15.

	Mobilize	Assess	Plan	Implement	Track
First, create a detailed workplan that lays out concrete action steps, . . . .				X	
Plan regular evaluations to measure and track your progress over time.					X
A good plan includes clear objectives and concrete steps to achieve them.			X		
Assess both needs and assets (resources) in your community.		X			
Start by mobilizing key individuals and organization into a coalition.	X				

16. True
17. A typed appropriate answer in the text box and checked box
18. A typed appropriate answer in the text box and checked box
19. A typed appropriate answer in the text box and checked box
20. A typed appropriate answer in the text box and checked box

\* Email: [jimgrizzell@healthedpartners.org](mailto:jimgrizzell@healthedpartners.org)

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