Study Guide for
Social Determinants of Health in Healthy People 2030

A self-study continuing education course providing 15.0* Category 1 NCHEC CECHs for
CHES® and MCHES® (**includes** 7.0 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
Healthy People 2030 ***Course Description***	**Directed Self-Study:** a learning experience and skill development experience to meet CHES®/MCHES® responsibilities and competencies** related to addressing the Social Determinants of Health to achieve the Healthy People 2030 the national objectives: 1. **Identify public health** priorities to help individuals, organizations and communities across the United States improve health and well-being. 2. **Describe the five domains, and conditions** in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. 3. **Determine, for the populations with which you work,** which national objectives highlight how personal social, economic, and environmental factors can impact the health. 4. **Promote Healthy People 2030 in your work** by spreading by using the promotional toolkit to engage your organization, community, or state. 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:* Healthy People 2030 web pages and documents *25-Question Test* (T/F, 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/sdoh-hp2030/sdoh-hp2030studyguide.pdf **Test**: https://www.surveymonkey.com/r/sdohinhp2030
Course Completion Certificate	Course completion certificate for 15.0 CECHs (includes 7.0 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

Social Determinants of Health in Healthy People 2030

Estimated Time	Objectives and Assignments

~0.75 hours	**Introduction**
	
	After studying the Study Guide, the participant will be able to:
	• Review this **Study Guide**, and instructions for taking the test and receiving credit
	• Study, review and/or read web page and pdf materials
	• Enable cookies to be able to start, exit and return to complete the test on SurveyMonkey in multiple sessions
	• Submit a notification to let Health Education Partners know the test has been completed
	• 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)
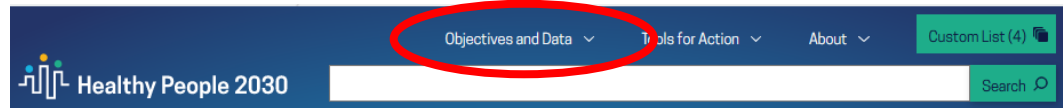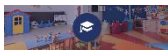- o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030/questions-answers
- o **Health Literacy in Healthy People –** (~15 minutes)
- o https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030/health-literacy-healthy-people
- o **History of Health Literacy Definitions** – (~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

2020 → **2030**

Timeline

Workgroups

Custom List (0) 📋
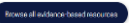
~6.5 hours
(in 30 to 60
minute
sections)

Section 2: Objectives and Data – Social Determinants of Health
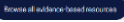
After studying the material in this section, the participant will be able to:
- Describe the five Social Determinants of Health and
- Explain how Healthy People 2030 addresses them
- Find evidence-based resources for each determinant
- Describe objectives related to the determinants

Assignments
- **Read/study**
  - **2a. Social Determinants of Health** – read text on the page (~5 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.

  - **2b. Economic Stability –** read/study the text about **Overview and Objectives** page. (~60 minutes for this domain)
    https://health.gov/healthypeople/objectives-and-data/browse-objectives/economic-stability
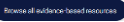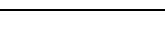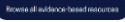   - Select, click on and read / study / review **one** (1) of the **Economic Stability Objectives** of interest to you or might relate to your work.
    - **NOTE:** After reviewing an objective, the reference and Evidence-based resources be prepared to write a short answer describe what you learned and how you might use the objective.
    - Click on, download the reference (a pdf file, only one at time course was created) "Income and Poverty in the United States" and read at least the "Summary of Findings" on page 1.
      https://www.census.gov/content/dam/Census/library/publications/2019/demo/p60-266.pdf
    - Select and read/study one of the **Evidence-based Resources** (link is at top left of the web page) related to Economic Stability.
      https://health.gov/healthypeople/objectives-and-data/browse-objectives/economic-stability/evidence-based-resources
      - Notice the "Browse all evidence-based resources" button. You do not need to use it for this course.

  - **2c. Education Access and Quality** – read/study text on the **Overview and Objectives** page. (~60 minutes for this domain)
    https://health.gov/healthypeople/topic/education-access-and-quality
    - Select, click on and read / study / review **one** (1) of the **Education Access and Quality Objectives** of interest to you or might relate to your work.
    - **NOTE:** After reviewing an objective, the reference and Evidence-based resources be prepared to write a short answer describe what you learned and how you might use the objective.
    - Select and read/study the (only one at time course was created) **Evidence-based Resources** related to Education Access and Quality.
      https://health.gov/healthypeople/tools-action/browse-evidence-based-

resources/high-school-completion-programs-community-guide-systematic-economic-review

- Notice the "Browse all evidence-based resources" button. You do not need to use it for this course.

- **2d. Health Care Access and** Quality – read/study text on the **Overview and Objectives** on the page. (~60 minutes for this domain) https://health.gov/healthypeople/topic/health-care-access-and-quality
  - Select, click on and read / study / review one (1) of the **Health Care Access and Quality Objectives** of interest to you or might relate to your work
  - **NOTE:** After reviewing an <u>objective</u>, the <u>reference</u> and Evidence-based <u>resources</u> be prepared to write a short answer describe what you learned and how you might use the objective.
  - Select, and read / study one (1) of the 12 **Evidence-Based Resources** related to Health Care Access and Quality from this web page https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality/evidence-based-resources
    - Notice the "Browse all evidence-based resources" button. You do not need to use it for this course.

- **2e. Neighborhood and Built Environment** – read/study text on the Overview and Objectives on the page. (~60 minutes for this domain) https://health.gov/healthypeople/topic/neighborhood-and-built-environment
  - Select, click on and read / study / review one (1) of the **Neighborhood and Built Environment Objectives** of interest to you or might relate to your work
  - **NOTE:** After reviewing an <u>objective</u> be prepared to write a short answer describe what you learned and how you might use the objective.
  - At the time this Study Guide was made there were no **Evidence-Based Resources** related to Neighborhood and Built Environment

- **2f. Social and Community Context** – read/study text on the Overview and Objectives on the page. (~60 minutes for this domain)
  - Select, click on and read / study / review one (1) of the 14 **Social and Community Context Objectives** of interest to you or might relate to your work. https://health.gov/healthypeople/topic/social-and-community-context
  - **NOTE:** After reviewing an <u>objective</u>, the <u>reference</u> and Evidence-based <u>resources</u> be prepared to write a short answer describe what you learned and how you might use the objective.
  - Select and read/study the **Evidence-based Resource** related to Social and Community Context. At the time this Study Guide was made there was only one resource: "Interventions for Female Drug-Using Offenders" https://health.gov/healthypeople/tools-action/browse-evidence-based-resources/interventions-female-drug-using-offenders .
  - Notice the "Browse all evidence-based resources" button. You do not need to use it for this course.

- **2g. Review the topics and descriptions of research related to SDOH and other efforts to Address SDOH** – link located at the bottom of the SDOH page https://health.gov/healthypeople/objectives-and-data/social-determinants-health

Explore Research Related to SDOH
Social determinants of health affect nearly everyone in one way or another. Our literature summaries provide a snapshot of the latest research related to specific SDOH.

Read SDOH literature summaries

Learn About Other Efforts to Address SDOH
Across the United States, people and organizations at the local, state, territorial, tribal, and national level are working hard to improve health and reduce health disparities by addressing SDOH.

Check out what our partners are doing

- **2g1. Explore Research Related to SDOH** – select one (1) of the Social Determinants of Health Literature Summaries of interest to you to read/study/review on of the https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries. Be prepared to write a short description of what you learned and might use from the one you selected. (~45 minutes)
- **2g2. Learn About Other Efforts to Address SDOH – Healthy People Partners and SDOH** – Select one of the six examples of interest to you. Be prepared to write a short answer describing the one you select https://health.gov/healthypeople/objectives-and-data/social-determinants-health/healthy-people-partners-and-sdoh - (~45 minutes)

~1.75 hours (in 10 to 60 minute sections)

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

See the graphic

Explore our promotional toolkit

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

ᴊ⌷ᴵ Healthy People 2030   Search 🔍

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)
    - 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)
    - https://health.gov/healthypeople/tools-action/browse-evidence-based-resources
      - **3a2. Learn more about what EBRs are and how to use them**
      - 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)
    - https://health.gov/healthypeople/tools-action/use-healthy-people-2030-your-work
      - **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)
        - https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030
      - **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

~1.0 hour	**Take 25 Question Test and Complete the Course Evaluation** (included at end of test) The test has 25 questions (2 true/false, 7 multiple choice questions, and 16 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/sdohinhp2030 If you have any questions, contact Jim Grizzell at jimgrizzell@healthedpartners.org.