



Healthy People 2020: Get Ready to Use It

Self-study continuing education course providing 5.0 Category 1 hours (includes 2.0 advanced).

General Information	Instructor: Jim Grizzell, MBA, MA, CHES, ACSM-HFS Email: jim@healthedpartners.org Phone: 909-856-3350 (cell, please call between 9 am - 8 pm ET) Project Tools: All materials available online
Course Description	This is a learning experience on the <u>background and development</u> of Healthy People 2020 prior to Healthy People 2020's launch in December of 2010. The course includes an assessment (test) and evaluation to be submitted for credit.
Course Goals and Objectives	The goal is to prepare health professionals to be ready to use Healthy People 2020 when it is released in November 2010. Objectives are to be able to explain the background and rationale of the new concepts being applied in development and planned implementation of Healthy People 2020.
Course Requirements	<u>Study Materials:</u> Healthy People planning documents and web pages in choices of text and audio / speech <u>15-Question Assessment</u> (pass with ≥70% correct) <u>Course Evaluation</u>
<p style="text-align: center;">The entire course will be done electronically using the web and email.</p> <p style="text-align: center;">Here is a link to a page with course syllabus, materials and resources: www.healthedpartners.org/ceu/hp2020/hp2020studyguide.pdf</p> <p style="text-align: center;">15-question multiple choice post-course assessment (required) www.healthedpartners.org/ceu/hp2020/healthypeople2020_getreadytouse_test_distributed.pdf</p> <p style="text-align: center;">Course Evaluation (required) www.surveymonkey.com/s/hp2020evaluation</p>	
Course Completion Certificate	Course completion certificate for 5.0 (continuing education contact hours, includes 2.0 advanced hours) will be awarded if a score of 70% (11 of 15) is achieved and the Course Evaluation is completed. Payment of fee is required.

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Introduction

The goal of this course is to help health professionals be prepared to use Healthy People 2020 when it is released late in 2010. They will be able to explain the determinants of health and online data bases can be used to select, design, implement and evaluate evidence-based interventions; and disseminate and refine actions to achieve the national goals and objectives.

The course has three sections. The first will get you familiar with the Healthy People web site. The first part of this will also help you discuss the history and outcomes of three decades of Healthy People and you can access details of Healthy People 2010 and mid-course review outcomes if you want to later on your own. The Healthy People 2020 web pages will help you explain the process being used to develop Healthy People 2020.

The second section provides a background of the methods used to develop recommendations; historical context; and proposed elements for the Healthy People 2020 framework. During the first phase of its work (January 2008 - October 2008), the Advisory Committee produced recommendations for the Healthy People 2020 form (i.e., medium or format), framework (i.e., vision statement, mission statement, overarching goals, graphic model); and guidelines for implementation. The recommendations are summarized in the Phase I Report that you will study.

The third section covers Phase 2 in which the major components of the final Healthy People 2020 product have been approved. During the second phase of its work (October 2008 - September 2009), the Advisory Committee provided additional guidance to the Secretary on topics such as designing and selecting useful objectives, presenting information for specific user groups, and preparing implementation strategies and tools for inclusion in Healthy People 2020 to increase the likelihood that objectives will be reached and progress can be tracked.

Sometime early or the middle of 2010, a complete set of objectives and strategies for achieving those objectives will be available for comment and available for a completed document release at the American Public Health Association conference late in 2010. The third section will help you be ready to integrate social determinants of health, evidence-based actions and interventions and online Healthy People 2020 data bases to achieve national goals and targets for objectives.

Read and/or Listen to the Assignments

You have 2 ways to “read” the text of articles and web pages.

1. You can choose to read text from pdf files or web pages. Estimated time to read text is based on reading speeds of 250 words per minute (wpm) to faster speed at 300 wpm.
2. You can also listen to the same text of most pdf and html files with MP3/Audio files. See page 5 if you would like hints and help using the pdf, html and mp3/audio files. Listening time is generally around 100 to 110 wpm. An advantage to listening may be that you will be able to listen while multitasking. And if you read the text or, at least, skim and understand formats/sections of documents listening may enhance your understanding of the content.

NOTE: Since Healthy People 2020 has been launched web pages with the development process have new URLs/links. Links in this Study Guide have been update. **You may get a page with this text, “Continue to the Healthy People 2010 Archive site >” – click on the text/link.** If you have problems try using these links to navigate to assignments:

- [Healthy People Home](http://www.healthypeople.gov/2010/Default.htm) (www.healthypeople.gov/2010/Default.htm)
- Healthy People Home > [Health People 2020](http://www.healthypeople.gov/2010/hp2020/default.asp) (www.healthypeople.gov/2010/hp2020/default.asp)

Estimated Time	Objectives and Assignments																												
~0.25 hours	<p>Introduction</p> <p>Review this Study Guide (~15 min)</p> <p>NOTE: Since Healthy People 2020 has been launched web pages with the development process have new URLs/links. Links in this Study Guide have been update. You may get a page with this text, “Continue to the Healthy People 2010 Archive site >” – click on the text/link. If you have problems try using these links to navigate to assignments:</p> <ul style="list-style-type: none"> • Healthy People Home (http://www.healthypeople.gov/2010/Default.htm) • Healthy People Home > Health People 2020 (http://www.healthypeople.gov/2010/hp2020/default.asp) 																												
~1.0 hour	<p>Healthy People 2020 Web Pages</p> <p>After studying the materials the participant will be able to:</p> <ul style="list-style-type: none"> • Provide expert assistance on Healthy People processes for improving health • Explain the purpose of the Consortium and how to join • List meetings of the DHHS Secretary’s Advisory Committee • Describe how people help set national goals and objectives • State topics and content of public comments <p>Reading Assignments</p> <table border="1" data-bbox="418 909 1396 1417"> <tbody> <tr> <td>• Healthy People (read each of the pages from the “About Healthy People” pages. See left side of the page. (~10 min)</td> <td>HTML</td> </tr> <tr> <td> o What Is Healthy People?</td> <td>HTML</td> </tr> <tr> <td> o What Are Its Goals? (click on back button or link at the right)</td> <td>HTML</td> </tr> <tr> <td> o Who Is Working on It? (click on back button or link at the right)</td> <td>HTML</td> </tr> <tr> <td> o How Will the Objectives Be Used? (back button or link at the right)</td> <td>HTML</td> </tr> <tr> <td> o How Was Healthy People 2010 Developed? (back button or link)</td> <td>HTML</td> </tr> <tr> <td> o What Is Its History? (click on back button or link at the right)</td> <td>HTML</td> </tr> <tr> <td>• Healthy People 2020: The Road Ahead (~5 min)</td> <td>HTML</td> </tr> <tr> <td>• Consortium (~4 min)</td> <td>HTML</td> </tr> <tr> <td>• DHHS Secretary’s Advisory Committee (~5 min)</td> <td>HTML</td> </tr> <tr> <td>• Public Meetings (~5 min)</td> <td>HTML</td> </tr> <tr> <td>• Public Comments (~5 min)</td> <td>HTML</td> </tr> <tr> <td> o Create a Profile (if no profile already, ~5 min)</td> <td>HTML</td> </tr> <tr> <td> o Login & read comments (select, search for your own (~30 min)</td> <td>HTML</td> </tr> </tbody> </table>	• Healthy People (read each of the pages from the “ About Healthy People ” pages. See left side of the page. (~10 min)	HTML	o What Is Healthy People?	HTML	o What Are Its Goals? (click on back button or link at the right)	HTML	o Who Is Working on It? (click on back button or link at the right)	HTML	o How Will the Objectives Be Used? (back button or link at the right)	HTML	o How Was Healthy People 2010 Developed? (back button or link)	HTML	o What Is Its History? (click on back button or link at the right)	HTML	• Healthy People 2020: The Road Ahead (~5 min)	HTML	• Consortium (~4 min)	HTML	• DHHS Secretary’s Advisory Committee (~5 min)	HTML	• Public Meetings (~5 min)	HTML	• Public Comments (~5 min)	HTML	o Create a Profile (if no profile already, ~5 min)	HTML	o Login & read comments (select, search for your own (~30 min)	HTML
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~1.6 hours	<p>Phase I Report</p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> • Describe the methods used to develop recommendations; historical context; and proposed elements for the Healthy People 2020 framework <p>Reading and/or Listening Assignments</p> <ul style="list-style-type: none"> • Recommendations for the Framework and Format of Healthy People 2020 (Dated October 28, 2008, 92 pages, ~85 to ~100 min) HTML PDF o Executive Summary (listening time ~20 min) AUDIO1 o Section 1 (listening time ~5 min) AUDIO2 o Sections 2 and 3 (~13 min) AUDIO3 o Section 4 (~50 min) AUDIO4 o Sections 5 and 6 (~20 min) AUDIO5 																												

	<ul style="list-style-type: none"> ○ Glossary through Appendix 6 (~30 min) AUDIO6 ○ Appendices 7 through 10 (~25 min) AUDIO7 ○ Appendices 11 through 15 (~20 min) AUDIO8
~1.5 hour	<p>Phase II: Advisory Committee Final In-Person Meeting and Final Recommendations and Reports</p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> ● Assess efficacy of strategies using online resources to find recommended evidence-based actions and strategies ● Define evidence-based public health practice ● Explain prioritization criteria (qualitative, quantitative) for selecting and sorting objectives ● Analyze factors for learning and skill development considering determinants of health and sequence of programs Action Model <p>Reading and/or Listening Assignments</p> <ul style="list-style-type: none"> ● Agenda (~3 min) HTML PDF ● Action Steps & Evidence for Healthy People 2020 (Final, ~5 min) PDF AUDIO ● Tagging Table (~5 min) PDF ● Evidence-Based Clinical and Public Health (Final, ~18 min) PDF AUDIO ● Compilation of Priorities (~17 min) PDF AUDIO ● Priority Setting Matrix (~3 min) PDF ● An Opportunity to Address the Determinants of Health in the US (Final, ~11 min) PDF AUDIO ● Data and Information Technology Recommendations (Approved, ~8 min) PDF AUDIO ● Recommendations for Implementing Healthy People 2020 (Final, ~8 min) PDF AUDIO ● Meeting slides (72 slides, ~20 min) PDF AUDIO
~0.6 hours	<p>The Objectives</p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> ● Find objectives by topic area ● Explain how the online resources can be used to find recommended evidence-based actions and strategies ● Define evidence-based public health practice ● Explain prioritization criteria for selecting and sorting objectives ● Analyze factors for learning and skill development with determinants of health and organize programs in logical sequence with the Action Model ● Share the recommendations for implementing Healthy People 2020 <p>Reading and/or Listening Assignments</p> <ul style="list-style-type: none"> ● Agenda (~3 min) HTML PDF ● Action Steps & Evidence for Healthy People 2020 (Final, ~5 min) PDF AUDIO ● Tagging Table (~5 min) PDF ● Evidence-Based Clinical and Public Health (Final, ~18 min) PDF AUDIO
~0.25 hours	<p>Take test and complete evaluation</p> <ul style="list-style-type: none"> ● 15 question test PDF ● Course evaluation HTML

Hints to Download, Read, Listen to and Do Key Word Searches of Course Materials

PDF and HTML Files

You'll need Adobe Reader or another program that opens pdf files. Permalinks in the Division assignments that follow take you to the Congressional Research Service online version.

To open these files click the left button of your mouse. Be sure you are connected to the internet.

To save files to your computer click the right button and follow instructions on the screen.

AUDIO Files

These are the same text from articles and web pages. They are spoken at about 125 words per minute so listening time is about twice that of reading the pdf files or web pages. The text can sound awkward since it is converted to speech using text-to-speech software. Also, text may have gone through several conversions from pdf to Word to plain text before conversion to speech. As a result some words are not pronounced the way we're familiar. A suggestion is to listen for the concepts in the article and try to ignore the voice.

What to Use for Listening: Audio files read from assignment text are in mp3 format. You can listen to these with many programs such as Windows Media Player, RealPlayer or QuickTime. If you prefer to listen to these you may need to set options on your browser to open in a specific one or download and save to your hard drive. Also, download to listen on an Ipod or an Iphone.

To open these files click the left button of your mouse. Be sure you are connected to the internet.

To save files to your computer click the right button and follow instructions on the screen.

Search within PDF Documents and Web Pages

If you would like help on this please go to pages 7 - 9 for instructions.

Additional Optional Course Materials and Resources

Bibliography and References

Phase II Healthy People 2020 Advisory Committee Webinar/Calls and Meetings

This link has all the agendas, slide presentations, reports for meetings since February 2009.

<http://www.csupomona.edu/~jvgrizzell/hc2020/hp2020accallsmeeting.htm>

The following shows the files available for the April 2010 meeting.

April 2010

- [Agenda](#) (pdf)
- [Meeting Slides](#) (15 slides, pdf)
- [Webinar](#) (view and listen to the 2 hour meeting call online)
- Healthy People's Connection to Health Reform
 - [Health Promotion Opportunities from Health Reform](#) (4 pages, pdf)
 - [HR3590 Title IV](#) (9 pages, pdf)
- [How HHS can Shape Healthy People to Prompt Action on Social and Environmental Determinants of Health](#) (5 pages, pdf)
- [Recommendations for Priority Setting](#) (8 pages .pdf)
- [Recommendations from Subcommittee on Strategic Communications on Communication and Implementation of HP2020](#) (1 page, pdf)
- [Communicating about HP2020 with Key Audiences](#) (4 page table, pdf)
- HP2010 User Assessment
 - [Use Study One-page Summary](#) (pdf)
 - [User Study Presentation](#) (14 slides, pdf)

Healthy People 2020 Webinar

Sponsored by IDWellness and HP Career Net on Oct 2, 2009

- Webinar
 - <http://vimeo.com/6886306>
- PowerPoint Slides
 - www.healthedpartners.org/hc2020/hp2020webinarwnotes.pdf