

Study Guide for Leading Health Indicators in Healthy People 2030

A self-study continuing education course providing 13.5* Category 1 NCHCEC CECHs for CHES®/MCHES® (**includes 7.0 advanced CECHs for MCHES®**) and 13.5 Continuing Competency Credits

General Information	<p>Instructor: Jim Grizzell, MBA, MA, MCHES®, ACSM-EP, FACHA Email: jimgrizzell@healthedpartners.org Phone: 909-856-3350 (cell, please call between 9 am - 6 pm PT) Project Tools: All materials available online</p>
 Course Description   	<p>Directed Self-Study: a learning experience and skill development experience to meet CHES®/MCHES® responsibilities and competencies** related to addressing the Leading Health Indicators (LHIs) to achieve the Healthy People 2030 the national objectives:</p> <ol style="list-style-type: none"> Identify public health priorities to help individuals, organizations and communities across the United States improve health and well-being. (1)** List the four life stages - All ages, Infants, Children and adolescents, Adults and older adults. (1) Describe how the LHIs were selected and are connected to the Healthy People 2030 vision. (1) Determine, for the populations with which you may work, which LHI national objectives you might use and how you use them. (2,3,4,6,7) Promote Healthy People 2030 in your work by spreading by using the promotional toolkit to engage your organization, community, or state. (2,6,7) <div style="text-align: right;"></div> <p>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.</p>
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	<p><u>Study Materials:</u> Healthy People 2030 web pages and documents <u>26-Question Test</u> (T/F, Y/N, multiple choice, very short and short answer (≤50 words), passing ≥70% correct) <u>Course Evaluation</u> (included after last test questions)</p>
<p>The course will be done electronically using the email and the web using links in the Study Guide</p> <p>Course Web Page: www.healthedpartners.org/continuing_education/lhi-hp2030 Study Guide: www.healthedpartners.org/ceu/lhi-hp2030/lhi-hp2030studyguide.pdf Test: https://www.surveymonkey.com/r/lhis-in-hp2030</p>	
Course Completion Certificate	Course completion certificate for 13.5 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.

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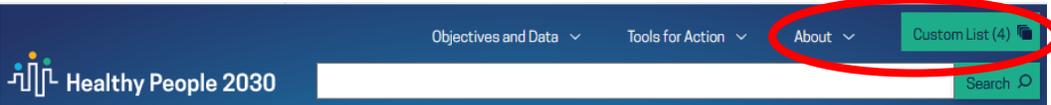
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* Continuing education hours are based on reading speed of 250 words per minute and two minutes per slide.

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

Health Education Partners		National Commission on Health Education Credentialing Provider #100538
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Estimated Time	Objectives and Assignments
~0.75 hours	<p>Introduction</p> <p>After studying the Study Guide, the participant will be able to:</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> https://www.nchec.org/responsibilities-and-competencies 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)	<div style="border: 1px solid #0070c0; padding: 5px; margin-bottom: 10px;">  </div> <p>Section 1: About</p> <p>After studying the materials, the participant will be able to:</p> <ul style="list-style-type: none"> 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 <p>Assignments</p> <ul style="list-style-type: none"> 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) <ul style="list-style-type: none"> https://health.gov/healthypeople/about/healthy-people-2030-framework 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) https://health.gov/our-work/healthy-people-2030/about-healthy-people-2030 History of Healthy People – read text on the page (~10 minutes)

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- **1c. Timeline – read the items in each time period (~15 minutes)**
 - <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)**
 - <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)**
 - <https://health.gov/healthypeople/about/promoting-healthy-people-2030>
 - **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)**
 - <https://health.gov/healthypeople/custom-list>
 - 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.
 - 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.
 - Be prepared to copy the link and paste it into the answer box on the test.
 - **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)
 - <https://health.gov/healthypeople/custom-list?list=odphps-covid-19-custom-list>

~75.5? hours
(in 30-to-60-
minute
sections)

Leading Health Indicators

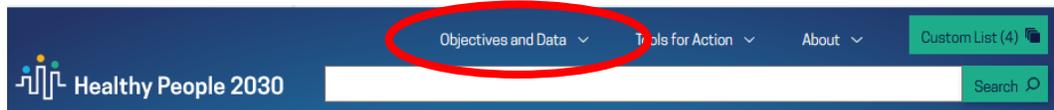
Leading Health Indicators (LHIs) are a subset of Healthy People 2030 objectives that are used to track progress on the most important public health issues. They are the most important and measurable objectives that are used to track progress on the most important public health issues. They are the most important and measurable objectives that are used to track progress on the most important public health issues.



Healthy People 2030 Framework

What is the Healthy People 2030 Framework?

- The framework is organized into four main areas:
 - **Foundational** – includes the overall goals and objectives of Healthy People 2030
 - **Strategic** – includes the key public health issues that are the focus of Healthy People 2030
 - **Operational** – includes the specific objectives and measures that are used to track progress on the most important public health issues
 - **Measurement** – includes the data and tools that are used to track progress on the most important public health issues



Section 2: Objectives and Data – Leading Health Indicators

After studying the material in this section, the participant will be able to:

- Describe life stages and related objectives
- Explain how the LHIs were selected
- Describe how the LHIs are connected to other Health objectives and the vision
- Describe objectives related to the LHIs

Assignments

- **Read/study**
 - **2a. Leading Health Indicators – read text on the page (~10 minutes)**
 - <https://health.gov/healthypeople/objectives-and-data/leading-health-indicators> Click on and read the text on the page
 - **2b. Learn how LHIs are connected to Healthy People 2030 (see sentence that starts with “To learn how LHIs are . . .”) – read/study the text about Healthy People 2030 Objectives and Measures page. (~20 minutes)**

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Executive Summary
 The Secretary's Advisory Committee on National Health, Promotion and Disease Prevention Objectives for 2030 (the Committee) was established in 2019 to advise the Secretary on the development of national health, promotion and disease prevention objectives for 2030. The Committee's report, *Recommendations for the Healthy People 2030 Leading Health Indicators*, provides a framework for the selection of leading health indicators (LHIs) for the 2030 edition of Healthy People.

Secretary's Advisory Committee on National Health, Promotion and Disease Prevention Objectives for 2030: Recommendations for the Healthy People 2030 Leading Health Indicators

Executive Summary
 The Secretary's Advisory Committee on National Health, Promotion and Disease Prevention Objectives for 2030 (the Committee) was established in 2019 to advise the Secretary on the development of national health, promotion and disease prevention objectives for 2030. The Committee's report, *Recommendations for the Healthy People 2030 Leading Health Indicators*, provides a framework for the selection of leading health indicators (LHIs) for the 2030 edition of Healthy People.

Introduction
 The Committee's report provides a framework for the selection of leading health indicators (LHIs) for the 2030 edition of Healthy People. The report is organized into four main sections: 1. Introduction, 2. Selection Criteria for Leading Health Indicators, 3. Recommendations for the Healthy People 2030 Leading Health Indicators, and 4. Conclusions and Recommendations.

Selection Criteria for Leading Health Indicators
 The Committee identified several criteria for the selection of LHIs, including: 1. Relevance to the nation's health, 2. Measurability, 3. Actionability, 4. Availability of data, 5. Understanding of the underlying causes, 6. Potential for improvement, 7. Representativeness, 8. Feasibility, and 9. Public interest.

Recommendations for the Healthy People 2030 Leading Health Indicators
 The Committee recommended 16 leading health indicators for the 2030 edition of Healthy People. These indicators are organized into four categories: 1. Health Status, 2. Health Disparities, 3. Health Determinants, and 4. Health Services.

Conclusions and Recommendations
 The Committee concluded that the selection of LHIs for the 2030 edition of Healthy People is a complex task that requires a systematic and transparent process. The Committee's report provides a framework for this process and recommends that the Secretary's Advisory Committee on National Health, Promotion and Disease Prevention Objectives for 2030 continue to monitor and evaluate the progress of the nation's health and make adjustments as needed.

Chart



1.5

1.5

- <https://health.gov/healthypeople/objectives-and-data/about-objectives/healthy-people-2030-objectives-and-measures>

 - **Healthy People Vision** – review the **Healthy People 2030 Framework** web page which also states the **Vision**. You studied this page in Section 1. <https://health.gov/healthypeople/about/healthy-people-2030-framework>.
- **2c. Selection Criteria for Leading Health Indicators** – read/study text
- **below the chart** showing the life span LHIs on this page: <https://health.gov/healthypeople/objectives-and-data/leading-health-indicators>
- “LHIs were selected based on:”
- **2c1. Secretary’s Advisory Committee for 2030 Committee Report – Recommendations for the Healthy People 2030 Leading Health Indicators** – This is one of nine (9) reports in Section 1 but were not to study/read from Section 1. Now, read/study the 4-page LHI report. Be prepared to describe what you found interesting or useful to you. (~30 minutes)
 - **From web page for Secretary’s Advisory Committee for 2030: Committee Reports and Meetings** – Link to page of the nine reports: <https://origin.health.gov/our-work/national-health-initiatives/healthy-people/healthy-people-2030/secretarys-advisory-committee-2030/secretarys-advisory-committee-2030-committee-reports-and-meetings>
 - Direct link to the pdf file report. Click on and download the committee report or use this link “**Recommendations for the Healthy People 2030 Leading Health Indicators [PDF – 164 KB]**”: https://origin.health.gov/sites/default/files/2021-09/Committee-LHI-Report-to-Secretary_1.pdf
- **2c2. Read / study / review the Recommendations from the National Academies of Science, Engineering, and Medicine LHI Committee** – There are three (3) publications/reports (see 2c2-1, 2c2-2, 2c2-3 below). For each of the three, be prepared to briefly describe what you learned and how you might be able use it. (~90 minutes)
 - <https://www.nationalacademies.org/our-work/informing-the-selection-of-leading-health-indicators-for-healthy-people-2030#sectionPublications><https://www.nationalacademies.org/our-work/informing-the-selection-of-leading-health-indicators-for-healthy-people-2030>
 - **2c2-1. Leading Health Indicators 2030 – Advancing Health, Equity, and Well-Being** – If you select this just study/read the **Press (News) Release and Report Highlights** (five (5) pages, web page <https://www.nationalacademies.org/news/2020/01/healthy-people-2030s-leading-health-indicators-should-track-health-effects-of-climate-change-residential-segregation-civic-engagement>) and 4-page pdf file <https://www.nap.edu/resource/25682/leading-health-indicators-2030-highlights.pdf>). **NOTE:** Skip the full report at “View Report” which has 158 pages. The link to the full report is <https://www.nap.edu/read/25682/chapter/1> (~30 minutes)
 - **2c2-2. Informing the Selection of Leading Health Indicators for Healthy People 2030: Proceeding of a Workshop -- in Brief** –

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Study/read/review the 10-page at this link:
<https://www.nap.edu/read/25654/chapter/1> (~40 minutes)

- **2c2-3. Criteria for Selecting the Leading Health Indicators for Healthy People 2030** – Study/read/review only the **Summary** (<https://www.nap.edu/read/25531/chapter/2>) **NOTE:** this report is 56 pages long and the table of Contents starts on .
<https://www.nap.edu/read/25531/chapter/1#x> (~20 minutes)

- **2c3. Read / Study / review the input from subject matter experts from the Federal Interagency Workgroup** There are no specific recommendations listed on the Workgroups webpage. (~5 minutes)
<https://health.gov/healthypeople/about/workgroups>

- **NOTE/FYI:** There are, however, “**4 Results**” using a search with “federal interagency workgroups” which lists Leading Health Indicators, Chronic Pain Workgroup, Lesbian, Gay, Bisexual, and Transgender Health WorkGroup, and About the Objectives
<https://health.gov/healthypeople/search?query=federal+interagency+workgroups>

- **2c3. “As a set, LHIs cover the life span. Based on the selection criteria, all LHIs:”** Study / read / review the seven bold items (**core objectives**; upstream measures; national importance; high-priority public health issues; evidence-base interventions and strategies; social determinants of health, health disparities, and health equity; new data available periodically) on the LHI web page.

- **2c4. Data Requirement for Leading Health Indicators** – Be able to list the five items

- **2d. Leading Health Indicator Objectives for the Life Stage “All ages”** –

- Select, click on and read / study / review one (1) of the ten (10) “**All ages**” **objectives** of interest to you or might relate to your work
- **NOTE:** After studying the items on the two web pages for objective’s **Objective Overview** and **Data Methodology and Measurement** (see tabs on left side of the objective’s web page) be prepared to write a short answer describe what you learned and how you might use the objective. The item to study include, the Baseline, Target, Target Setting Method, Data Source, Summary; and Numerator, Denominator, Target-setting method details, Target-setting method justification and History.

- **2e. Leading Health Indicator Objectives for One (1) of the Life Stages “Infants,” or “Children and adolescents” or “Adults and older adults”**

- Select, click on and read / study / review **one (1) objective** from the Life Stage of interest to you or might relate to your work.
- **NOTE:** After studying the items on the two web pages for objective’s **Objective Overview** and **Data Methodology and Measurement** (see tabs on left side of the objective’s web page) be prepared to write a short answer describe what you learned and how you might use the objective. The item to study include the Baseline, Target, Target Setting Method, Data Source, Summary; and Numerator, Denominator, Target-setting method details, Target-setting method justification and History.

All ages*



2.0



or



or

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	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid blue; padding: 5px; width: 45%;">Objective Overview</div> <div style="border: 1px solid blue; padding: 5px; width: 45%;">Data Methodology and Measurement</div> </div>
<p>~1.75 hours (in 10-to-60-minute sections)</p>    <div style="background-color: #0070c0; color: white; padding: 5px; text-align: center; border-radius: 10px; width: fit-content; margin: 5px auto;">See the graphic</div>  <div style="background-color: #0070c0; color: white; padding: 5px; text-align: center; border-radius: 10px; width: fit-content; margin: 5px auto;">Explore our promotional toolkit</div>	<div style="border: 1px solid #0070c0; padding: 5px; margin-bottom: 10px;"> Objectives and Data ▾ Tools for Action ▾ About ▾ Custom List (4) 🔍 Healthy People 2030 <div style="clear: both;"></div> </div> <h3>Section 3: Tools for Action</h3> <p>After studying the material in this section, the participant will be able to:</p> <ul style="list-style-type: none"> • Describe evidence-based resources (EBRs) and how to use them. • Explain how to use the toolkit for Promoting Healthy People 2030 in your work <h4>Assignments</h4> <ul style="list-style-type: none"> • Read/study – <ul style="list-style-type: none"> • 3. Tools for Action – read the text on the page (~10 minutes) <ul style="list-style-type: none"> ○ 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) <ul style="list-style-type: none"> ○ https://health.gov/healthypeople/tools-action/browse-evidence-based-resources <ul style="list-style-type: none"> ○ 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) <ul style="list-style-type: none"> ○ 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) <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#sample ○ 3b3. Tips for Promoting Healthy People 2030 on Social Media <ul style="list-style-type: none"> ○ https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#tips

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	<ul style="list-style-type: none"> ○ 3b4. “How to Use Health People” Graphic ○ https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#howtousegraphic ○ 3b5. Sample newsletter content ○ https://health.gov/our-work/healthy-people-2030/promoting-healthy-people-2030#newsletter
<p style="text-align: center;">~1.0 hour</p>  	<p>Take 26 Question Test and Complete the Course Evaluation (included at end of test)</p> <p>The test has 26 questions (2 true/false, 10 multiple choice questions, and 14 very 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.</p> <p>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).</p> <p>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).</p> <p>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</p> <p>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).</p> <p>After you complete the test a notification is automatically sent to Health Education Partners but not received until the next day. To let Health Education Partners know sooner that you completed the test complete the short web form linked from the last test “Done” button. The form is at www.healthedpartners.org/verify-course-completion.html.</p> <p>Completion certificates are usually emailed to participants within 72 hours (most often same day) after notification the test was completed.</p> <p>Complete the test online at this link: https://www.surveymonkey.com/r/lhis-in-hp2030</p> <p>If you have any questions, contact Jim Grizzell at jimgrizzell@healthedpartners.org.</p> <div style="text-align: center;">  </div>

Extra / Optional – Not included in CECHs or the test

Study Guide for Leading Health Indicators in Healthy People 2030

[Health.gov](#) > [News & Events](#) > Healthy People 2030 LHI Webinar with ODPHP and NACCHO

https://health.gov/news/202102/healthy-people-2030-lhi-webinar-odphp-and-naccho?source=govdelivery&utm_medium=email&utm_source=govdelivery

Healthy People 2030 LHI Webinar with ODPHP and NACCHO

Posted on February 19, 2021 by ODPHP

This event has already taken place, but you can view the webinar recording by clicking [here](#).

https://naccho.zoom.us/rec/play/ZE5MGST3XWno-gcYVUIb3PsgRFqtZKTie7MJx1hl7XSWoOdKBzAJKwMbO2S4oqoedF3SrUT6-ap50n1z.5e42027ohelSQ2em?continueMode=true&x_zm_rtaid=YgwYeXhcSlev3yRc7xKHow.1615238380795.2af491ff32c704bb94ab30b7498f646b&x_zm_rhtaid=221

[Join us](#) on February 25th from 12:00-1:00 PM EST for a discussion of Healthy People 2030, the newly released Leading Health Indicators (LHIs), and the importance of implementing Healthy People 2030 at the local level!

Sponsored by ODPHP and the **National Association of County and City Health Officials** (NACCHO), this webinar will also share previous Healthy People implementation successes and feature contributions from:

- RADM Paul Reed, MD, Deputy Assistant Secretary for Disease Prevention and Health Promotion, U.S. Department of Health and Human Services;
- Peter L. Holtgrave, Senior Director, Public Health Infrastructure and Systems, National Association of County and City Health Officials; and
- Vicki Collie-Akers, PhD MPH, Associate Professor in the Department of Population Health Kanas Health Foundation Professor of Public Health Practice at the University of Kansas Medical Center



Released in August 2020, Healthy People 2030 is the fifth iteration of the initiative, and provides 10-year, national public health objectives and tools to help monitor and track progress toward achieving them. In December 2020, HHS released the LHIs, which are a focused set of measurable Healthy People 2030 objectives chosen to communicate high-priority health issues and drive action to address them. They are used to assess the health of the nation, facilitate collaboration across sectors, and promote action at the national, state, and community levels to improve the health and well-being of all people.

Click [here](#) to register now, and join ODPHP and NACCHO in promoting the use of Healthy People 2030 and its LHIs in your community!

This event has already taken place, but you can view the webinar recording by clicking [here](#).

https://naccho.zoom.us/rec/play/ZE5MGST3XWno-gcYVUIb3PsgRFqtZKTie7MJx1hl7XSWoOdKBzAJKwMbO2S4oqoedF3SrUT6-ap50n1z.5e42027ohelSQ2em?continueMode=true&x_zm_rtaid=YgwYeXhcSlev3yRc7xKHow.1615238380795.2af491ff32c704bb94ab30b7498f646b&x_zm_rhtaid=221