



Leading Health Indicators

The smaller set of Healthy People 2020 objectives selected to communicate high-priority health issues and actions to address them.

Self-study course 8.0 CPEs for RDs/DTRs & 8.0 Cat I CECHs for CHES/MCHES (includes 4.0 Advanced*)

<p>General Information</p>	<p>Course Developer: Jim Grizzell, MBA, MA, MCHES, ACSM-HFS Email: jimgrizzell@healthedpartners.org Phone: 909-856-3350 (cell, please call between 9 am - 8 pm PT) Course Materials: All materials are available online. Suggestion: keep this Study Guide opened on a computer to click on and open assignments in your browser. Best to use .</p>
<p>Course Description</p>	<p>This is a learning experience that will help the participant gain knowledge and build skills to use the extensive amount of resources in Healthy People 2020. The knowledge and skills will allow them to help achieve the Leading Health Indicators of the National Health Promotion and Disease Prevention objectives for 2020. The course covers the 26 key indicators in 12 topic areas and their related evidence-based resources. The course includes a test and evaluation to be submitted for credit.</p> 
<p>Course Goals and Objectives</p>	<p>The goal is to help health professionals and partners provide expert assistance; access existing information and data related to leading health indicators; examine factors that influence learning, use a variety of resources and strategies; use data to support advocacy messages and skill building; and use evidence-based clinical recommendations, community interventions and consumer information to promote health.</p>
<p>Course Requirements</p>	<p><u>Study Materials:</u> Healthy People 2020 web site, other web pages and files <u>18 Question Assessment</u> (passing is ≥70% points, 39 to 56 points) <u>Course Evaluation</u> (included at the end of the assessment)</p>
<p>The entire course will be done electronically using the web and email. Here are links to course's syllabus and test. Best opened with Adobe Reader  www.healthedpartners.org/ceu/lhi/lhistudyguide.pdf 20-question multiple choice and text response post-course assessment (required) www.healthedpartners.org/ceu/lhi/lhitest.pdf Best completed with Adobe Reader </p>	
<p>Course Completion Certificate*</p>	<p>Course completion certificate for 8.0 CPEs for RDs/DTRs and 8.0 CECHs for CHES/MCHES (includes 4.0 advanced for MCHES will be awarded with score of ≥70% and course evaluation is completed. Payment of fee is required.</p>

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Introduction

The goal of this course is to help health professionals and people in agencies and organizations provide expert assistance, access existing information and data related to Leading Health Indicators (LHI), examine factors that influence learning, use a variety of resources and strategies, use data to support advocacy messages and skill building, and use evidence-based research to develop activities and policies to promote health. They will be able to be effective users and expert consultants to find and explain Leading Health Indicators and evidence-based resources to achieve the Nation's health goals and objectives and improve health.

The course materials are on the Healthy People 2020 web site, linked from it or at other sites. Links will take you to pages that will tell how the Leading Health Indicators were developed and give descriptions of topics, indicators and evidence-based resources.



Topics & Objectives	Leading Health Indicators	Data Search	Healthy People in Action	Tools & Resources	Webinars & Events	About
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The course has six major sections. The first section will give you an overview of Healthy People 2020 and its purpose. The second section provides an introduction to the LHIs. The third section provides background of and the recommendations from the Institute of Medicine, Secretary's Advisory Committee on the National Health Promotion and Disease Prevention Objectives for 2020 and the National Prevention, Health Promotion and Public Health Council.

The fourth section has you review, in a general or overview manner, each of the 12 Leading Health Indicator topic areas.

A significant amount of time in the course is used in the fifth section. It has you gain a solid background of the concept of the determinants of health. Not only are social determinants an LHI but also one of the 42 topic areas. The section will have you study the Social Determinants LHI – the range of personal, social, economic and environmental factors— and their interrelationships —that contribute to the ability of individuals and communities to make progress on all 26 indicators. Addressing these determinants is key to improving population health, eliminating health disparities, and meeting the overarching goals of Healthy People 2020. There are two recent articles that give an in depth perspective of the history of social determinants of health.

The final section has you thoroughly study an LHI that you select as most important to you or for which will help you be an expert for your work.

To complete the course and earn credit for 8.0 continuing education hours (includes 4.0 MCHES advanced-level) you will complete and submit a test and course evaluation.

Two Ways to Find the Study Assignments and Time Estimates

1. Keep this Study Guide opened on your computer to be able to click on the links in the Study Guide.
2. Follow instructions on a printed copy to get to assignments.

Time to complete the course includes two components.

- 1) Estimated time to read text based on reading speeds of 250 words per minute (wpm) to faster speed at 300 wpm and
- 2) An additional 10% to 20% of time is allowed for skill development learning to navigate throughout the Healthy People 2020 web site and Leading Health Indicators web pages.

Estimated Time	Sections, Objectives and Assignments
~0.5 hours	<p>Introduction</p> <ul style="list-style-type: none"> Review this Study Guide (~30 min)
~0.25 hours	<p>Section 1: Healthy People 2020 Brochure</p> <p>After studying the materials the participant will be able to:</p> <ul style="list-style-type: none"> Obtain and disseminate health-related information Describe Healthy People what it is designed to do to improve the health of people in the United States List what is new in Healthy People 2020 State the Vision, Mission and Overarching Goals of Healthy People 2020 Describe the Foundation Health Measures Describe the LHIs Framework List the Healthy People 2020 topic areas State what the 12 topic areas with the 26 indicators are to intended to do <p>Study Assignment</p> <ul style="list-style-type: none"> Healthy People 2020 brochure - Click on the lower left box that says “Get the Healthy People 2020 brochure” on the Healthy People Home page (www.healthypeople.gov) to open the 6-page pdf file in your browser <ul style="list-style-type: none"> Direct link to the brochure pdf file is https://www.healthypeople.gov/sites/default/files/HP2020_brochure_with_LH_I_508_FNL.pdf Read the 6-page brochure (~10 min)
~0.25 hours	<p>Section 2: Leading Health Indicators Home Page</p> <p>After studying the materials the participant will be able to:</p> <ul style="list-style-type: none"> Provide an overview of the Leading Health Indicators State the renewed emphasis on overcoming public health challenges State how the indicators will be used Describe the 12 topic areas and 26 indicators shown as objectives Describe the Healthy People 2020 Leading Health Indicators app and the “Challenge” to create it <p>Study Assignments</p> <ul style="list-style-type: none"> Leading Health Indicators page - Click on and read the Leading Health Indicators home page (click on the tab on the Healthy People 2020 home page or this link http://www.healthypeople.gov/2020/Leading-Health-Indicators) <ul style="list-style-type: none"> You do not need to click on and read any of the indicators (objectives linked from this page – these are in assignments in the next sections) You do not need to click on and read from the Learn more about the Leading Health Indicators development and framework yet Read about the LHI apps challenge: “Create a Healthy People 2020 Leading Health Indicators app” http://www.health2challenge.org/healthy-people-2020-leading-health-indicators-app-challenge, if you are taking the course after the March 10, 2012 deadline read a pdf of the web page announcement is at www.healthedpartners.org/ceu/lhi/lhi-apps-challenge-webpage.pdf.

~1.25 hour

Section 3: Development and Framework

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

- State agencies and groups that led the process and provided recommendations to HHS
- Describe three of these groups and background of their recommendations
- Describe the conceptual framework for the LHIs

Study Assignments

- **Press Release** Oct 31, 2011 – click on the link to and read the press release <https://wayback.archive-it.org/3926/20140411160015/http://www.hhs.gov/ash/news/20111031.html> (~5 min)
- **Press Release** April, 2014 – LHI progress - <https://wayback.archive-it.org/3926/20150618190139/http://www.hhs.gov/news/press/2014pres/04/20140408a.html> (~5 min)
- **Development and Framework** - Click on and read the text on the page
 - <http://www.healthypeople.gov/2020/leading-health-indicators/Leading-Health-Indicators-Development-and-Framework> (~10 min)
 - NOTE: The IOM Report and National Prevention Strategy are mentioned on web page and included in this course for additional development and framework background)
 - **IOM Leading Health Indicators Report** – click on the links below and read the two paragraph description of the report, the “Report Brief” ([pdf](#) or [html](#)), the “Topics, Indicators and Objectives” [table](#) (~20 min) **NOTE:** html links may not work. IOM report has been moved to www.nap.edu.
 - Web page: <http://www.nationalacademies.org/hmd/Reports/2011/Leading-Health-Indicators-for-Healthy-People-2020.aspx>
 - HTML links to the Report Brief and Table are not working. Review the 3-page pdf file: <http://www.nationalacademies.org/hmd/~media/Files/Report%20Files/2011/Leading-Health-Indicators-for-Healthy-People-2020/Leading%20Health%20Indicators%202011%20Report%20Brief.pdf>
 - **Report Brief:** <http://www.nationalacademies.org/hmd/Reports/2011/Leading-Health-Indicators-for-Healthy-People-2020/Report-Brief.aspx>
 - **Table:** <http://www.nationalacademies.org/hmd/Reports/2011/Leading-Health-Indicators-for-Healthy-People-2020/Table.aspx>
 - **New Links:** until 2020 www.nationalacademies.org was used. www.nap.edu is used now.
 - **Leading Health Indicators for Healthy People 2020** web page is <https://www.nap.edu/catalog/13088/leading-health-indicators-for-healthy-people-2020-letter-report>
 - **Report Brief** (includes the table) is listed on the lower right under **RESOURCES AT A GLANCE** - <https://www.nap.edu/resource/13088/Leading-Health-Indicators-2011-Report-Brief.pdf>
 - **Healthy People 2020 Advisory Committee** (~30 min) – Click on and read text at the link on the Development and Framework page (or this link (~30 min) www.healthypeople.gov/2020/About/Advisory/Default.aspx) (~10 min)
 - **Members** – click on and view members’ names www.healthypeople.gov/2020/About/Advisory/members.aspx
 - **Reports** – click on reports and read title of each report. Do read the recommendations for LHIs report (last report on the page) www.healthypeople.gov/2020/About/Advisory/Reports.aspx
 - Report on Leading Healthy Indicators for Healthy People 2020 www.healthypeople.gov/2020/About/Advisory/LHI_Recommendations_Memo.pdf (may no longer be available)

	<ul style="list-style-type: none"> • IOM Report - https://www.nap.edu/download/13088 • Prior Meetings – click on and read descriptions of each of the 20 meeting’s discussions www.healthypeople.gov/2020/About/Advisory/AgendaMinutes.aspx • Read the agenda, minutes and PowerPoint slides (pdf format) to the 20th (June 30, 2011) meeting which covers recommendations about LHIs www.healthypeople.gov/2020/agenda-twentieth-meeting-june-30-2011 • Minutes (may no longer be available) www.healthypeople.gov/2020/About/Advisory/FACA20Minutes.aspx • Meeting slides covering LHI recommendation www.healthedpartners.org/ceu/lhi/02lhistudymaterials/faca2020meeting/slidesjune302011.pdf ○ National Prevention Strategy, Priorities and Reports – Click on the link below and read/study information on the page (NOTE: for this course you do not need to study text from links on the page) https://www.hhs.gov/surgeongeneral/priorities/index.html (<12 min)
~1.25 hours	<p>Section 4: The 12 LHI Topic Areas</p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> • Examine relationships among behavioral, environmental and genetic factors the enhance or compromise health • Analyze factors that foster or hinder the learning process and skill building • Identify factors that foster or hinder skill building • Use a variety of resources and strategies • Provide expert assistance • Use data to support advocacy messages • Use evaluation and research finding in policy analysis • Use evidence-based research to develop policies to promote health • State each topic’s indicator’s(s’) (objective’s(s’)) baseline, target and target-setting method, data source • For each topic area explain its health impact, impact across the life stages, determinants, relationships to disparities and disparities data <p>Study Assignments</p> <ul style="list-style-type: none"> • 12 Topic Areas - Click on and read the text on each of the 12 topic area web pages www.healthypeople.gov/2020/LHI/default.aspx. Each is linked from the column on the left side of your browser’s and under “In This Section:” <ul style="list-style-type: none"> ○ Read/study the text ○ Click on and read the indicator(s) (objective(s)) for each of the 12 topic areas <ul style="list-style-type: none"> • Click on and “View Details” - to help you find the objective among all others look for these images:  • Expand and review several of the objectives’ data by clicking on the ,

	  and, if there was a Healthy People 2010 corresponding objective click on  .  <ul style="list-style-type: none"> • Do not take time now to study the: 1) evidence-based resources, 2) “Data from the HHS Health Indicators Warehouse or 3) Healthy People 2010 information (if present). You will do this for two topic areas in the next sections.
~3.0 hour	<p>Section 5: The LHI Social Determinants of Health Topic Area, Indicator and Evidence-Based Resources</p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> • Examine relationships among behavioral, environmental and genetic factors that enhance or compromise health • Analyze factors that foster or hinder the learning process and skill building • Identify factors that foster or hinder skill building • Use a variety of resources and strategies • Provide expert assistance • Use data to support advocacy messages • Use evaluation and research findings in policy analysis • Use evidence-based research to develop policies to promote health • State the topic’s indicator (objective), baseline, target and target-setting method, data source • For the Social Determinants topic area explain its health impact, impact across the life stages, determinants, relationships to disparities and disparities data <p>Study Assignments</p> <ul style="list-style-type: none"> • Social Determinants - Click on and read the LHI Social Determinants page (to find it scroll down the LHI home page and click on the button on the left side of your browser which says Social Determinants. The link is http://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Social-Determinants ○ Indicator - Click on and read the Indicator (Healthy People 2020 objective “Students who graduate with a regular diploma 4 years after starting 9th grade (AH-5.1)”) https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health/objectives#3949 Scroll to AH-5.1 , expand it clicking on the  and click on and check the data  and details . • Related Resources (evidence-based) <ul style="list-style-type: none"> ○ Adolescent Health - Click on and read the evidence-based resource web page. Select and read/study one (only one) of the recommendations, interventions or consumer information resource. Be prepared to describe it on the test. http://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health ○ Social Determinants of Health (HP2020) – click on and read the Overview of this Healthy People 2020 topic area. Link is http://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health (~5 min) <ul style="list-style-type: none"> ▪ Learn More (about half way down on right of LHI Social Determinants web page)

	<ul style="list-style-type: none"> ▪ CDC Social Determinants of Health – click on link to the CDC web page under “Learn More” and read text on the page (for this course you do not need to read anything linked from this page, ~20 min) www.cdc.gov/socialdeterminants ▪ Secretary’s Advisory Committee Social Determinants of Health Report Healthy People 2020: An Opportunity to Address Societal Determinants of Health in the United States – click on link to the report under “Learn More.” This is an archived document so click on “Continue to the Healthy People 2010 Archive site >” and you will be taken to the report at this link: www.healthypeople.gov/2010/hp2020/advisory/societaldeterminantshealth.htm. If you prefer to read the pdf file of this report it is at this link: www.healthypeople.gov/2010/hp2020/advisory/pdfs/SocietalDeterminantsHealth.pdf. (~23 min) • A New Way to Talk about the Social Determinants of Health Proxy statements for “social determinants of health” are used in several places in Healthy People 2020 and the National Prevention Strategy. They were used often in the live and webcast announcement of the National Prevention Strategy at the Department of Health and Human Services on June 16, 2011. <ul style="list-style-type: none"> ○ Robert Wood Johnson Foundation Vulnerable Populations – click on and read the page http://www.rwjf.org/content/rwjf/en/research-publications/find-rwjf-research/2010/01/a-new-way-to-talk-about-the-social-determinants-of-health.html (~5 min) ○ Messaging Guide: A New Way to Talk about the Social Determinants of Health - Click on and read the Guide available at this link: http://www.rwjf.org/content/dam/farm/reports/reports/2010/rwjf63023 (pdf file, ~1 hour) • Articles on Healthy People 2020 and Social Determinants <ul style="list-style-type: none"> ○ Healthy People: A 2020 Vision for the Social Determinants Approach - Click on and read the article at either of these links: http://heb.sagepub.com/content/38/6/551.full.pdf+html, Click on Full Text (PDF)  Free or www.healthedpartners.org/ceu/lhi/hp2020visionforsd.pdf (~25 min) ○ Healthy People 1980-2020: Raising the Ante Decennially or Just the Name from Public Health Education to Health Promotion to Social Determinants? – Click on and read the article from either of these links: http://heb.sagepub.com/content/38/6/558, Click on Full Text (PDF)  Free or www.healthedpartners.org/ceu/lhi/hp1980-2020.pdf (~20 min)
~1.0 hours	<p>Section 6: Self-Selected Topic Areas and their Indicators and Evidence-Based Resources (select on topic area and one of its indicators that is of interest to you)</p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> • Examine relationships among behavioral, environmental and genetic factors that enhance or compromise health • Analyze factors that foster or hinder the learning process and skill building • Identify factors that foster or hinder skill building • Use a variety of resources and strategies • Provide expert assistance • Use data to support advocacy messages • Use evaluation and research findings in policy analysis • Use evidence-based research to develop policies to promote health • State the topic’s indicator (objective), baseline, target and target-setting method, data source



	<ul style="list-style-type: none"> For a self-selected topic area explain its health impact, impact across the life stages, determinants, relationships to disparities and disparities data <p>Study Assignments</p> <ul style="list-style-type: none"> Your Self-Selected Topic Area - Click on and thoroughly study one of the 12 topic areas that applies to your work, needs and/or interests. (~10 min) Indicator(s) - Click on and read all of the Indicator(s) (Healthy People 2020 objective(s) <ul style="list-style-type: none"> Read/study each indicator's baseline, target, target-setting method, data source, plus the information on the Overview and Data tabs from the HHS Health Indicators Warehouse. If shown for the Indicator, review the Healthy People 2010 objective information and PubMed Literature search. (~25 min) Related Resources (evidence-based) <ul style="list-style-type: none"> Click on and read the evidence-based resource(s) web page for your selected topic area Select and read/study one (only one for this course) of the recommendations, interventions or a consumer information. Click on Learn more next to it your selection. Be prepared to describe the resource and how you might use it in your work when you take the test. (~25 min)
~0.5 hour	<p>Take test and answer evaluation questions (pdf form)</p> <p>Use Adobe Reader to open and take the test. It allows you to see your score as you answer questions. Click on the icon or the link below to get the free program.</p> <div data-bbox="751 1016 1065 1094" data-label="Image"> </div> <p>http://www.adobe.com/products/reader.html</p> <p>Link to test: www.healthedpartners.org/ceu/lhi/lhitest.pdf</p> <p>Steps for taking the test:</p> <ol style="list-style-type: none"> Save the test from your browser to your computer or a drive. Remember where it is. Keep for your records and for submission after completing test. Start Adobe Reader Open the Adobe test form with Adobe Reader. NOTE: Be sure you are not using another pdf form reader (test answers may not be visible after saving, the "Submit" button will not work to send the test data) Take the test (scroll to page x to see your score, correct answers if desired) Save the test again to your computer or a drive. Two ways to email or submit your test (depends on email program) <ol style="list-style-type: none"> Attach to email to ce@healthedpartners.org (best if you use gmail, yahoo, live, comcast, or other internet based email programs) Or "Submit" button only if you use Microsoft Outlook

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.healthedpartners.org/hc2020/hp2020accallsmeeting.htm>

As an example 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)

Health Reform and Healthy People Initiative Jonathan E. Fielding, Steven Teutsch, Howard Koh American. Journal of Public Health: January 2012, Vol. 102, No. 1: 30–33.