




Implement Healthy People 2020

Self-study continuing education course providing 10.5 Category 1 hours for CHES (includes 7 Advanced*)

<p>General Information</p>	<p>Instructor: Jim Grizzell, MBA, MA, CHES, ACSM-HFS Email: jim@healthedpartners.org Phone: 909-856-3350 (cell, please call between 9 am - 8 pm PT) Course Materials: All materials are available online. Keep this Study Guide opened on a computer to click on and open assignments in your browser.</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 to achieve the National Health Promotion and Disease Prevention Objectives for 2020, Previous Healthy People documents listed health goals and objectives. This course covers those plus more: history, development, getting data, connecting with others; planning and putting into action evidence-based interventions. The course includes a test and evaluation to be submitted for credit.</p> 
<p>Course Goals and Objectives</p>	<p>The goal is to prepare health professionals and partners understand, implement and market Healthy People 2020. These participants will be able to, identify and analyze determinants of health; organize health information, policies and programs; facilitate partnerships, implement, track and evaluate interventions.</p>
<p>Course Requirements</p>	<p><u>Study Materials:</u> Healthy People 2020 web site and linked web pages and files <u>20 Question Assessment</u> (passing is ≥70% points, 56 to 80 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 is the link to this course’s syllabus, materials and resources: www.healthedpartners.org/ceu/implementhp2020/implementhp2020studyguide.pdf 20-question multiple choice and text response post-course assessment (required) www.healthedpartners.org/ceu/implementhp2020/implementhp2020test.pdf</p>	
<p>Course Completion Certificate*</p>	<p>Course completion certificate for 10.5 CECHs for CHES (includes 7.0 advanced-level CECHs for MCHES, continuing education contact hours after April 1, 2011) will be awarded if a score of ≥70% is achieved and course evaluation is completed. Payment of fee is required.</p>

Contents

Introduction.....	2
Objectives and Assignments.....	3-11
Hints to Download, Read, Listen to and Do Key Word Searches of Course Materials.....	12
Additional Materials and Resources – Bibliography and References.....	13

Introduction

The goal of this course is to help health professionals and people in agencies and organizations understand, implement and market Healthy People 2020. They will be able to be effective users and expert consultants to find and explain tools and resources to achieve the Nation's health goals and objectives. They will have a very solid understanding of what makes us healthy, easily look up health disparities, actively support Healthy People 2020 and, mostly importantly, implement Healthy People 2020.



The course materials are on the Healthy People 2020 web site or linked from it. Links will take you to pages that will tell how Healthy People 2020 was developed from early in 2009 and to pages for many useful planning resources.



The course has six major sections which match the tabs on the Healthy People 2020 pages. You will find there are several ways to get to many of the resources on Healthy People 2020's web page. The primary way will be to follow the tabs and the top of the web page and click on links from each tabbed page.



Click on the tab of the bar above to be taken to the Healthy People 2020 Home page. Another way to navigate is to use the text with >s below the row of tabs to see where you are and go back to other pages. They look like this:

[Home](#) > [About Healthy People](#) > [Foundation Health Measures](#) > General Health Status

This example is from the "About Healthy People" page. From that page you can get to the four Foundation Health Measures (General Health Status, Health-Related Quality of Life and Well-Being, Determinants of Health, Disparities) as well as from the links on the left "In This Section:" and other pages. In this example you would be at the page where you learn about the measures of health of the U.S. population that will be used throughout the decade. With all the ways to navigate it may seem iterative, repetitious and circular. You may find you've read something already.

Throughout the "Study Guide" each study assignment can be opened from the electronic version / opened pdf file by clicking on this graphic , again while the Study Guide is opened on a computer. Click on the graphic and your browser will open that assignment. This one, , is set for the Healthy People 2020 Home page, www.healthypeople.gov.


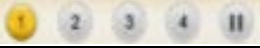










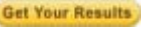





You will be asked to read each page and click on and read text from links on those pages. In all there are over 80 information pieces, resources and tools beyond the original six tabbed pages you will be asked to read and review. The information on those additional pages may be included in the questions on the test.



To help keep track of what you have completed there is a check box, , at the beginning of the title of each item to study. You might check them as you complete them. Additionally, starting on page 10 there is an **Alternative Method of Studying**, a list. The drawback of using the list is that you may miss learning the ins and outs of navigating the entire Healthy People 2020 document.


Two Ways to Find the Study Assignments and Time Estimates

1. Keep this Study Guide opened on your compute 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. 2) an additional 10% to 20% of time is allowed for skill development learning to navigate throughout the Healthy People 2020 web site. Each sub-section and sub-sub-section may take 5-, 7-, 12-, 15-minutes or more to navigate to and study.

Estimated Time	Sections, Objectives and Assignments
~0.5 hours	<p>Introduction</p> <ul style="list-style-type: none"> Review this Study Guide (~30 min)
<p>~2.5 hours</p> <p>Reminder about estimated study times:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sub-sections may take ~10 to 90 minutes to study <input type="checkbox"/> Within sub-sections additional sub-sections may take ~5 to ~15 minutes to study or practice navigation and search skills 	 <p>Healthy People 2020 Home Page</p> <p>After studying the materials the participant will be able to:</p> <ul style="list-style-type: none"> Explain what is in each of the major headings on the Healthy People 2020 Home page and how they lead to more information, tools and resources Describe the four currently highlighted sections at the top left of the Healthy People 2020 home page. Recent ones include “What makes us healthy?” and “A 2020 Vision for Healthy People” Describe and compare health disparities List what is new for 2020 Explain how use HealthyPeople.gov Describe the contents of the Healthy People 2020 brochure <p>Study Assignments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Four Items at Top Left of Home Page  (each of the four get changed every few weeks)  www.healthypeople.gov <ul style="list-style-type: none"> <input type="checkbox"/> Item 1  - click on the heading, text or button (i.e., , , ) and read text on the page you’re taken. Note where you are: “Home > name of page > name of page” and just read text on this page. It is not necessary to click on any of the links at that page since you will study those in depth in another section <ul style="list-style-type: none"> Navigate back to  www.healthypeople.gov home page For each of the next three items; 2, 3 and 4; follow the same instructions used for Item 1. <input type="checkbox"/> Item 2  – click on the heading, text or button and read text on the page you’re taken. Use same instructions as those for Item 1. <input type="checkbox"/> Item 3  - click on the heading, text or button and read text on the page you’re taken. Use same instructions as those for Item 1. <input type="checkbox"/> Item 4  - click on the heading, text or button and read text on the page you’re taken. Use same instructions as those for Item 1. <input type="checkbox"/> Closer Look: Health Disparities  - on right side of the Home page select a race/ethnicity and age range, then gender(s) then click on  <ul style="list-style-type: none"> <input type="checkbox"/> Compare your first group with another group <input type="checkbox"/> How to Use HealthPeople.gov  click on and read the text on the page <input type="checkbox"/> Get the Healthy People 2020 brochure  – download and read the 4 page brochure (pdf) <input type="checkbox"/> What’s New in 2020 -  click on and read text on the page <ul style="list-style-type: none"> <input type="checkbox"/> If you haven’t yet, read the text at the “health disparities”  and “determinants of health”  links. You will come across these again –













	<p>read them now or later</p> <ul style="list-style-type: none"> ○ <input type="checkbox"/> Select and read the “Overview,” “Objectives” “Interventions & Resources” tabs pages (if they are there, some may not be completed yet) for one of the New Topic Areas and be prepared to briefly describe how you might use the information when you take the course’s test. NOTE: for this course do not take the time now to follow all the New Topic Areas links on pages unless you would like to for your own interest now ○ <input type="checkbox"/> Putting Healthy People 2020 to Work - Click on a read the text on the page, Implementing Healthy People 2020 and not links unless you wish to now – you will dig deeper into the “Implementing” page in the third section of this Study Guide ○ <input type="checkbox"/> Evidence-Based Resources – briefly scan the information at the links for USPSTF , Guide to Community Preventive Services and healthfinder.gov’s Quick Guide ○ <input type="checkbox"/> Online Community – briefly scan only one connection method for an overview (more if you like) of how to get connected using Twitter , LinkedIn , or one of the Healthy People 2020 webinars ● <input type="checkbox"/> Spotlight – click on and read the text on the page ● <input type="checkbox"/> “Search healthypeople.gov” at <i>top</i> of page try using “logic model” – What did you find? ● <input type="checkbox"/> Notice the headings at the <i>bottom</i> of the page: <p style="text-align: center;"> About Accessibility Privacy Policy Freedom of Information Act Disclaimers Contact Us Viewers and Players Site Map Healthy People 2010 Archive Healthfinder.gov </p> <p style="text-align: center;">  A Federal Government Web site managed by the U.S. Department of Health and Human Services 200 Independence Avenue, S.W., Washington, DC 20201  </p>
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<p>~2.0 hours</p> <p>Reminder</p>	 <p>About Healthy People</p> <p>After studying the materials the participant will be able to:</p> <ul style="list-style-type: none"> ● Introduce Healthy People 2020 to others ● State the vision, mission and goals of Healthy People 2020 ● Describe the history and development of Healthy People 2020 ● List what is new for 2020 ● Explain how to use HealthyPeople.gov ● Explain the four sets of foundation health measures that will serve as indicators of progress ● Describe the Healthy People 2020 framework <p>Study Assignments</p> <ul style="list-style-type: none"> ● <input type="checkbox"/> About Healthy People - click on the About Healthy People link and read the text on the page <ul style="list-style-type: none"> ○ <input type="checkbox"/> Press Release - download and read the press release (pdf file) ○ <input type="checkbox"/> Next (or wait for the instructions at the 3rd bullet below) click on and read the four Foundation Health Measures pages. ● <input type="checkbox"/> History & Development – click on a read the page <ul style="list-style-type: none"> ○ <input type="checkbox"/> Read the information on each page for the five links under “Learn
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about estimated study times:






- Sub-sections may take ~10 to 90 minutes to study
- Within sub-sections additional sub-sections may take ~5 to ~15 minutes to study or practice navigation and search skills

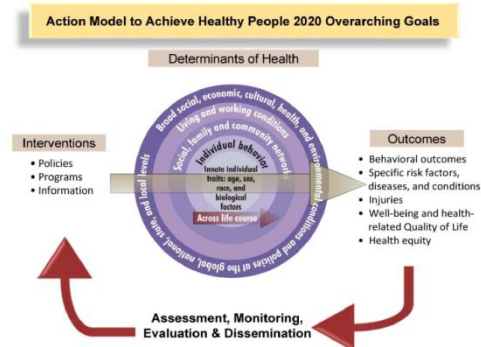
more about the Healthy People Development Process:"

- **Objective Development and Selection Process**  
 - Click on and read the Healthy People 2020 objective selection criteria
- **Federal Interagency Workgroup**   (you don't need to click on and read the links to public comment or Secretary's Advisory Committee yet)
- **Lead Federal Agencies**   - (unless you want to don't click on and read the full list of Workgroup Coordinators)
- **Public Comment**   – **do click** on the **public comments**   link and read the "Review Past Healthy People 2020 Comments" and review the five web pages linked from this page (unless you want to do not click on and read links from these pages)
 - Proposed Healthy People 2020 Objectives  

For the next five items you will need to click on the buttons on the bar. Each has a java script which changes the text below the bar



- Vision, Mission, Overarching Goals
- Conceptual Approach/Organizing Framework
- Users and Implementation
- Other Issues/General Comments
- 2010 Focus Areas and Objectives
- **Secretary's Advisory Committee**   – read the page's text and click on and read five reports and recommendations, which are excellent background documents, are "**must reads**" for this course and for which there are test questions.
 - **Phase 1 "Executive Summary"**   Read through the last paragraph, "Next Steps" (only 9 pages long, you could download  the entire 92 page Phase 1 report which includes the Executive Summary). Give extra attention to the section, **Overarching Goals of Healthy People 2020** and **Exhibit A**, the graphic, and its description. This contributed significantly to the use of the ecological approach to address the determinants of health in Healthy People 2020.



- **Phase II Reports** (the 2nd of the two “” has the pdf link)
 - Evidence-Based Clinical and Public Health (32 pages (html) or (32 page pdf)
 - Recommendations on Action Steps and Evidence for Healthy People 2020 (2 pages)
 - Recommendations for Implementing Healthy People 2020 (7 pages)
 - Healthy People 2020: An Opportunity to Address Societal Determinants of Health (16 pages)
- **Healthy People 2020 Framework** - from the bottom of the History and Development page download and read the three page pdf file
- **What’s New for 2020** – It is not necessary for you to read this page since you studied this information in the Home page section.
- **Foundation Health Measures** From the “In This Section:” click on and read the web page
 - Click on and read each of the four “Learn more about . . .” web pages for
 - General Health Status
 - Health-Related Quality of Life and Well-Being
 - Determinants of Health and Disparities
 - Disparities
- **How To Use HealthPeople.gov** - From the “In This Section:” click on and read the page
- **About the Data** – click on and read the page

~1.0 hour



2020 Topics & Objectives

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

- Describe the Overview, Objectives and Interventions & Resources for at least two (2) Topic Areas

Study Assignments

- **Topic Areas** - Select **two** () which interest you and/or relate to your work and read text at each tab

1 st Topic Area _____	2 nd Topic Area _____
• <input type="checkbox"/> Overview	• <input type="checkbox"/> Overview
• <input type="checkbox"/> Objectives	• <input type="checkbox"/> Objectives
• <input type="checkbox"/> Interventions & Resources	• <input type="checkbox"/> Interventions & Resources

- NOTE: Not required for the course is reading text from links to additional information on the Overview, Objectives and Intervention & Resources pages

















~2.5 hours




















Implementing Healthy People













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

- Describe MAP-IT and components: Mobilize, Assess, Plan, Implement and Track
- Describe Planning Resources: Health Impact Assessment, Healthy Communities, Dept of Health and Human Services, and State Healthy People Plans
- Explain how you can make the case for funding and how to learn about and search for grants

Study Assignments

- **Implementing Healthy People** - Click on and read the text on each page
 - **Mobilize**   – click on the words/icon and read the text on the page. Spend about 15 minutes reviewing, studying or reading some of the links on the right and bottom of this page. There are two Healthy People 2020 Tools on the right and eight links under “Resources to Help You Mobilize. *Select one or two tools to review and be prepared to briefly name and describe them on the course’s test*
 - **Assess**   - click on the words/icon and read the text on the page. Spend about 15 minutes reviewing, studying or reading some of the links on the right and bottom of this page. There are two Healthy People 2020 Tools on the right and five links under “Other Resources.” *Select one or two tools to review and be prepared to briefly name and describe them on the course’s test*
 - **Plan**   - click on the words/icon and read the text on the page. Spend about 15 minutes reviewing, studying or reading some of the links on the right and bottom of this page. There are three Healthy People 2020 Tools on the right and eight links under “Other Resources.” *Select one or two tools to review and be prepared to briefly name and describe them on the course’s test*
 - **Implement**   - click on the words/icon and read the text on the page. Spend about 15 minutes reviewing, studying or reading some of the links on the right and bottom of this page. There are two Healthy People 2020 Tools on the right and 10 links under “Other Resources.” *Select one or two tools to review and be prepared to briefly name and describe them on the course’s test*
 - **Track**   - click on the words/icon and read the text on the page. Spend about 15 minutes reviewing, studying or reading some of the links on the right and bottom of this page. There is one Healthy People 2020 Tool on the right and six links under “Other Resources.” *Select one or two tools to review and be prepared to briefly name and describe them on the course’s test*
- **Planning Resources**   – click on and read the following linked pages
 - **CDC’s Health Impact Assessment (HIA)**   - (Note: there is another continuing education self-study available on HIA at www.healthedpartners.org/ceu/hia)
 - **CDC’s Healthy Communities Program**   Two study tasks (be prepared to very briefly describe what you searched for and learned):
 - 1) do one search/browse of the CDC Community Health Resources Database by key word, Topic Area or Resource Type and

	<ul style="list-style-type: none"> • <input type="checkbox"/> 2) read the text about each of the Action Guides. Be prepared to describe what you searched for and learned. ○ <input type="checkbox"/> U.S. Dept of Health and Human Services (both links) – spend a few minutes scanning the organization chart  and list  ○ <input type="checkbox"/> State Plans  – Look at the list and be able to describe the one for your State • <input type="checkbox"/> Implementation Examples: MAP-IT at Work  – at lower left of the page select one of the three (school board, workplace or county) and read the example
~0.75 hour	 <p>Consortium & Partners</p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> • Explain how to use items in the 2020 Consortium Toolkit • Determine if your organization is a Consortium member • Find your State Coordinator <p>Study Assignment</p> <ul style="list-style-type: none"> • <input type="checkbox"/> Consortium & Partners  - read text on the page <ul style="list-style-type: none"> ○ <input type="checkbox"/> 2020 Consortium Toolkit  - click on the page <ul style="list-style-type: none"> ▪ <input type="checkbox"/> Download and view the PowerPoint presentation  ○ Note: you may have viewed the following items so not necessary to read again <ul style="list-style-type: none"> ▪ <input type="checkbox"/> Download and read the Healthy People Framework PDF file  ▪ <input type="checkbox"/> Watch the Determinants of Health Video  ▪ <input type="checkbox"/> Download and review the “printer friendly” objectives  (335 pages) ○ <input type="checkbox"/> Click on the State Coordinators link  and find out who yours is <input type="checkbox"/> Click on and view the members of the Consortium.  Are any the organizations or companies members? If so, which one(s)?
~0.75 hours	 <p>Stay Connected</p> <p>After studying the material in this section the participant will be able to;</p> <ul style="list-style-type: none"> • Explain methods to stay connected with Healthy People 2020 • Sign up (if you choose to) for one of more of the connection methods <p>Study Assignment</p> <ul style="list-style-type: none"> • <input type="checkbox"/> Stay Connected  - read text on the page <ul style="list-style-type: none"> ○ <input type="checkbox"/> At the center of the page click on each of the five links and read the text <ul style="list-style-type: none"> ▪ <input type="checkbox"/> Email Updates  ▪ <input type="checkbox"/> Consortium  ▪ <input type="checkbox"/> Twitter  ▪ <input type="checkbox"/> LinkedIn 

	<ul style="list-style-type: none"> ▪ <input type="checkbox"/> Healthy People State coordinators  • <input type="checkbox"/> “In This Section:”  - At the left side and read the text on each page <ul style="list-style-type: none"> ○ <input type="checkbox"/> Webinars & Events  ○ <input type="checkbox"/> Tools for Professional  <ul style="list-style-type: none"> ▪ <input type="checkbox"/> National Health Observances  ▪ <input type="checkbox"/> Health Literacy Online  ▪ <input type="checkbox"/> Quick Guide to Healthy Living  ▪ <input type="checkbox"/> Be Active Your Way Blog  ▪ <input type="checkbox"/> Healthfinder.gov newsletter  ▪ <input type="checkbox"/> Healthy People State Coordinators  ○ <input type="checkbox"/> Web Badges 
~0.5 hour	<p><input type="checkbox"/> Take test and answer evaluation questions (pdf form) </p> <p>www.healthedpartners.org/ceu/implementhp2020/implementhp2020test.pdf</p> <p>Before or after immediately after taking the test be sure to save the test pdf file/form to a directory or folder on your computer. Remember where it is. Do this for two reasons: 1) for your records and 2) depending on your email program you may need to send the file as an attachment. If you use something like gmail, aol, yahoo not in conjunction with Microsoft Office Outlook you need need to save the file to attached. Using MS Outlook allows you to click on a submit button to send the answers. Either way is acceptable</p>

Alternative Method of Study

Click on the text for each item from the Healthy People 2020 "[Site Map](#)" which has its link at the bottom of each Healthy People 2020 web page. When studying the Topic Areas for the purposes of this course select two of your choice based on your interest or the setting in which you work. You will be asked on the test to brief describe what you studied and how you might apply the information for those topic areas. You might use the boxes to the left of each item to check off as you complete reading and studying that item.

- [Home](#)

- [About Healthy People](#)
 - [History & Development of Healthy People](#)
 - [Objective Development and Selection Process](#)
 - [Federal Interagency Workgroup](#)
 - [Lead Federal Agencies](#)
 - [Healthy People 2020 Workgroup Coordinators](#)
 - [Public Comment](#)
 - [Secretary's Advisory Committee](#)
 - [What's New for 2020](#)
 - [Foundation Health Measures](#)
 - [General Health Status](#)
 - [Health-Related Quality of Life and Well-Being](#)
 - [Determinants of Health](#)
 - [Disparities](#)
 - [How To Use HealthyPeople.gov](#)
 - [About the Data](#)

- [Implementing Healthy People 2020](#)
 - [Mobilize](#)
 - [Assess](#)
 - [Plan](#)
 - [Implement](#)
 - [Track](#)
 - [Planning Resources](#)
 - [Funding Resources](#)
 - [State-Specific Healthy People 2010 Plans](#)
 - [Implementation Examples: MAP-IT at Work - In the community: A local school board addresses underage drinking](#)
 - [Implementation Examples: MAP-IT at Work - In the workplace: Employees organize to improve workplace wellness](#)
 - [Implementation Examples: MAP-IT at Work - In the community: A county health department addresses lead poisoning](#)

Stay Connected

- [Webinar & Events](#)
- [Tools for Professionals](#)
- [Web Badges](#)
- [Consortium & Partners](#)
- [Healthy People Consortium Toolkit](#)
- [State Coordinators](#)
- [Consortium Organizations](#)

2020 Topics & Objectives

- [Access to Health Services](#)
- [Adolescent Health](#)
- [Arthritis, Osteoporosis, and Chronic Back Conditions](#)
- [Blood Disorders and Blood Safety](#)
- [Cancer](#)
- [Chronic Kidney Disease](#)
- [Dementias, Including Alzheimer's Disease](#)
- [Diabetes](#)
- [Disability and Health](#)
- [Early and Middle School](#)
- [Educational and Community-Based Programs](#)
- [Environmental Health](#)
- [Family Planning](#)
- [Food Safety](#)
- [Genomics](#)
- [Global Health](#)
- [Health Communication and Health Information Technology](#)
- [Healthcare-Associated Infections](#)
- [Health-Related Quality of Life and Well-Being](#)
- [Hearing and Other Sensory or Communication Disorders](#)
- [Heart Disease and Stroke](#)
- [HIV](#)
- [Immunization and Infectious Diseases](#)
- [Injury and Violence Prevention](#)
- [Lesbian, Gay, Bisexual and Transgender Health](#)
- [Maternal, Infant, and Child Health](#)
- [Medical Product Safety](#)
- [Mental Health and Mental Disorders](#)
- [Nutrition and Weight Status](#)
- [Occupational Safety and Health](#)
- [Older Adults](#)

- [Oral Health](#)
- [Physical Activity](#)
- [Preparedness](#)
- [Public Health Infrastructure](#)
- [Respiratory Disease](#)
- [Sexually Transmitted Diseases](#)
- [Sleep Health](#)
- [Social Determinants of Health](#)
- [Substance Abuse](#)
- [Tobacco Use](#)
- [Vision](#)

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>

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)

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