



Implement Healthy People 2020

Thank you for taking the "Implement Healthy People 2020" continuing education course. Part of the requirements is that you take a test and complete an evaluation of the course. Please answer the questions on the following pages. There are 20 multiple choices, TF and open ended response questions valued varying point values (points are given at the end of each question). To receive the certificate of completion for full CPE and/or CECH value you must pass with at least 70% (56 through 80 points). If you have questions please contact Jim Grizzell at jimgrizzell@healthedpartners.org.

Scoring and Submitting Answers

Your total score is calculated as you answer questions and is shown for you to check as you take the 8th page. Text answers will be reviewed to insure they related to the question. Instructions for submitting your answers are on that page also (submitting depends on the email program you use).

Contact and Certification/License Information

Please provide contact information. **First and last names** and **email address** are required. These, at least, are needed for your certificate and emailing it to you.

First Name:* _____
Last Name:* _____
 Address: _____
 Address 2: _____
 City/Town: _____
 State: _____
 ZIP Code: _____
 Country: _____
Email Address:* _____
 Phone Number: _____

Provide the name or names of your certification, registration or, license name and number. This will be used on your certificate of passing the course. Example: CHES 2670

Certification, registration or, license name and number: _____
 Certification, registration or, license name and number: _____
 Certification, registration or, license name and number: _____

Test Questions

1. The overarching goals of Healthy People 2020 include which of these? Check the four correct ones. (4 points)
 - . A. Attain high-quality, longer lives free of preventable disease and premature death
 - . B. Decrease mortality: infants, children, adolescents, young adults and adults
 - . C. Achieve health equity, eliminate disparities, and improve the health of all groups
 - . D. Increase independence, cognitive skills and physical health among older adults
 - . E. Create social and physical environments that promote good health for all
 - . F. Increase span of healthy life with preventive services and health care for all
 - . G. Reduce health disparities among special populations by age, gender and ethnicity
 - . H. Achieve access to preventive services, health care and maintenance for all
 - . I. Increase quality and years of healthy life with preventive services at all life stages
 - . J. Eliminate health disparities among special populations by age, gender and ethnicity
 - . K. Promote quality of life, healthy development, and healthy behaviors across all life stages

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	Commission on Dietetics Registration Provider # HE005

2. According to Healthy People 2020 what are the five broad categories of health determinants? Check all that apply. (5 points)
- . A. Policymaking
 - . B. Increasing taxes on tobacco sales
 - . C. Social determinants
 - . D. Worksites
 - . E. Individual behavior
 - . F. Physical activity
 - . G. Biology and genetics
 - . H. Age
 - . I. Health services

3. Have any of the organizations of which you're a member joined the Healthy People Consortium? Provide the name of at least one organization that is a member OR which you could recommend joining. (5 points) **NOTE: for credit for typing an answer, verify by clicking the box.**



Which two race/ethnic groups and gender(s) did you compare in the “Closer Look: Health Disparities – Compare the Top 10 Causes of Death across Populations” and briefly describe what you found. (5 points)

4. List the two groups and gender(s) and brief description of findings? Write 1 to 3 short sentences (≤50 words). **NOTE: for credit for typing an answer, verify by clicking the box.**



5. Healthy People 2020 includes broad, cross-cutting measures without targets that will be used to assess progress toward achieving the four overarching goals. From the brochure what are two of the “Measures of Progress” for the “Foundation Health Measure” “Determinants of Health?” (2 points)
- . A. Natural and built environments
 - . B. Chronic disease prevalence
 - . C. Well-being/satisfaction
 - . D. Policies and programs
 - . E. Socioeconomic status
 - . F. Natural environment

6. What's New for 2020? (4 points)
- . A. Online community
 - . B. Measurable objectives
 - . C. Evidence-based Resources
 - . D. Putting Healthy People to Work
 - . E. Focus on the Determinants of Health

7. The Healthy People Implementation Conference occurred in 2010. (1 point)

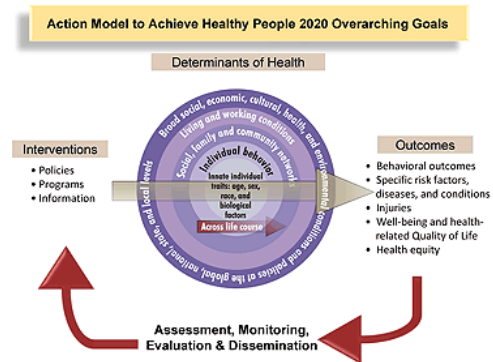
True . False .

8. The Healthy People 2020 objective selection criteria had criteria that were to be taken into consideration when the public commented on the proposed or suggested objectives (check all that apply, 4 points):

- . A. The result to be achieved should be important and understandable to a broad audience
- . B. Objectives should be prevention oriented and/or should address health improvements.
- . C. Objectives should drive actions that will work toward the achievement of the targets
- . D. Objectives should be useful and reflect issues of national importance.
- . E. Continuity and comparability of measured phenomena from year to year are important.
- . F. The objectives should be supported by the best available scientific evidence.
- . G. Objectives should address population disparities of the nation’s population.
- . H. Healthy People 2020 will be data driven with representative national data.

9. The Action Model to Achieve Healthy People Goals represents the impact of interventions (i.e., policies, programs, and information) on determinants of health at multiple levels (e.g., individual; social, family and community; living and working conditions; and broad social, economic, cultural, health, and environmental conditions) to improve outcomes. (1 point)

True . False .



10. An “example of the value of using evidence to guide public health practice is worksite risk assessments. In isolation, there is insufficient evidence to show that Assessment of Health Risk Factors (AHRF) is effective. In combination with health education and other interventions, however, a systematic review found strong evidence that AHRF is effective in improving one or more health behaviors or conditions in populations of workers.” (1 point)

True . False .

11. Two critical approaches in Healthy People 2020 are examined in Advisory Committee report “Healthy People 2020: An opportunity to Address Societal Determinants of Health in the United States.” Select the correct choice between “are” and “are not.” (2 points)

a) Healthy People 2020 reflects scientific insights from past decades showing that family and social, economic, and physical environmental factors are or are not primary, interrelated determinants of health.

are . are not .

b) Healthy People 2020 encompasses both individual-level and population-level risk factors and disease-specific information and approaches. The Healthy People 2020 framework is based on the view that individual-level and population-level solutions are or are not complementary elements of an integrated, comprehensive strategy for disease prevention and health promotion in the United States. (1 points)

are . are not .

12. Which two Topic Areas did you select and what was significant to you for your interests and/or work with regard to the Overview, Objectives and Interventions & Resources. Write 1 to 3 short sentences (≤50 words for each Topic Area). (5 points for each Topic Area) **NOTE: Verify answer question.**

1st Topic Area

2nd Topic Area

13. An advanced competency for health educators is to organize health education into a logical sequence. How might the MAP-IT approach help the user develop a scope and sequence for the delivery of health education, health promotion and wellness policies, programs and services that is logical? Write 1 to 3 short sentences (≤50 words). (5 points) **Verify answering question.**

14. Match the MAP-IT component with the “Questions To Ask an Answer:” (5 points)

	Mobilize	Assess	Plan	Implement	Track
Are we following our plan?					
Are we evaluating our work?					
What is your goal?					
What resources do we have?					
Who should be represented?					


15. Match the MAP-IT component with the guidance and actions listed below the “Questions To Ask an Answer:” (5 points)

	Mobilize	Assess	Plan	Implement	Track
First, create a detailed workplan that lays out concrete action steps,					
Plan regular evaluations to measure and track your progress over time.					
A good plan includes clear objectives and concrete steps to achieve them.					
Assess both needs and assets (resources) in your community.					
Start by mobilizing key individuals and organization into a coalition.					

16. Health Impact Assessments are is used to evaluate objectively the potential health effects of a project or policy before it is built or implemented. HIA can provide recommendations to increase positive health outcomes and minimize adverse health outcomes. (1 points)

True . False .


17. Which of the “Action Guides” has strategies you could use or be able to apply to your work or interests and why/how? (≤50 words). (5 points) **Verify answering the question by clicking on the box.**




18. Which of the “Implementation Examples: MAP-IT at Work” did you review and how might you apply what you read in it? (5 points) **Verify answering the question by clicking on the box.**



19. For what target audience would you adapt the PowerPoint presentation from the Consortium Toolkit and how might you adapt? (5 points) **Verify answering the question by clicking on the box.**



20. Which of the Tools for Professionals from the “Stay Connected” web page could you use and how? (5 points) **Verify answering the question by clicking on the box.**



Course Evaluation

Please evaluate this distance learning / self-study course.

	Strongly agree	Agree	No opinion	Disagree	Strongly disagree
Overall, I would rate this learning activity positively					
The learning activity effectively targeted my needs					
The activity was appropriate for my knowledge/skill level					
The format (e.g., readings, audio) of the course was effective					
Diversity issues could be addressed appropriately with course content.					
The activity met my expectations					
Learning the content will positively impact how I work.					
I would recommend this activity to a colleague					

How well did the course meet the learning objectives for each major section of the course?

Objectives (summarized for each section)	Extremely well met	Very well met	Adequately met	Not very well met	Not at all met
Home: Explain or describe each major heading of Healthy People 2020, disparities, what's new, use and brochure					
About Healthy People: Explain the vision, mission, goals; development; use, foundation health measures; framework					
2020 Topics and Objectives: Describe Overview, Objectives and Interventions & Resources of two topics areas					
Implementation: Describe and explain MAP-IT, planning resources and making a case for funding					
Consortium & Partners: Explain how to use the Toolkit, find members and State Coordinators					
Stay Connected: Explain methods to stay connected to Healthy People 2020 and sign up for one or more					

How might this course have changed the way you practice health education, health promotion or wellness services so they may have improved outcomes. How will you be a more?

Please give comments and suggestions to improve the course.

**Please go to next page for your score and instructions for submitting
test responses.**

Thank you for completing the test.

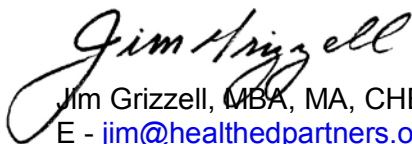
Here is your total score (you can return to the questions and change answers):

Be sure to save this file with answers to your computer and remember which folder or directory you placed it. Now you will need to **submit/send** your answers to get credit for successfully passing the course.

“**SUBMIT**” or **Send Test Instructions** – It depends on your email program. If you use Microsoft Outlook as your email program the form data should be sent automatically when you click the “Submit” button. If, however, you use another email program such as gmail, yahoo, aol or comcast you will email this saved file as an attachment to an email to ce@healthedpartners.org. If you have your email set up to is Microsoft Outlook here is a dialogue box to look for immediately after clicking the submit button that should be in the upper right corner of the window where the test is open.



If you have any questions or would like to provide comments please send them or call me using the contact information below. Feel free to ask questions or get additional help from me.



Jim Grizzell, MBA, MA, CHES, ACSM-HFS, FACHA



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Correct answers are on the next page.

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Correct Answers

1. A, C, E, K
2. A, C, E, G, I
3. A typed appropriate* answer in the text box
4. A typed appropriate answer in the text box
5. A, D
6. A, C, D, E
7. A typed appropriate answer in the text box
8. A, B, C, D, E, F, G, H
9. True
10. False
11. “are” for a) and b)
12. A typed appropriate answer in the text box for each Topic Area
13. A typed appropriate answer in the text box
- 14.

	Mobilize	Assess	Plan	Implement	Track
Are we following our plan?				X	
Are we evaluating our work?					X
What is your goal?			X		
What resources do we have?		X			
Who should be represented?	X				

15.

	Mobilize	Assess	Plan	Implement	Track
First, create a detailed workplan that lays out concrete action steps,				X	
Plan regular evaluations to measure and track your progress over time.					X
A good plan includes clear objectives and concrete steps to achieve them.			X		
Assess both needs and assets (resources) in your community.		X			
Start by mobilizing key individuals and organization into a coalition.	X				

16. True
17. A typed appropriate answer in the text box
18. A typed appropriate answer in the text box
19. A typed appropriate answer in the text box
20. A typed appropriate answer in the text box

* text answers will be reviewed to insure the answer relates to the question.