



Concluding Module 18: Bringing it All Together

Part 1

Dr. Jennifer Ibrahim: Hi, my name is Jennifer Ibrahim and I'm an associate professor of public health in the College of Health Professions at Temple University.

Jessica Boyer: And my name is Jessica Boyer and I'm an assistant professor in the College of Health Professions and Social Work here at Temple.

Dr. Jennifer Ibrahim: We're pleased to be here with you one more time for the final wrap-up module, Bringing it all Together. We wanted to walk through, talk about some of the overarching themes that you've seen throughout the different modules and come to some final conclusion and closure on this first set of 15 modules.

Our learning objectives for this session are to review some of the common themes that we've seen across the modules as a way to show the integration of the information that was presented. We'll discuss some opportunities for a more integrated perspective on various module topics, and we'll describe some additional areas for future learning modules, and we'll make some suggestions about opportunities that you can be involved and develop your own learning modules.

So one of the first things that we see is that as we're talking about the various topics, both presented here in the modules and across the different goals and objectives in Healthy People 2020 we see that taking a lifespan approach is something very important. The goals and objectives address a range of segments of the lifespan ranging from infant and maternal health, children, young adults, and all the way through elderly populations. We see this in a range of different segments looking at substance use issues, be it alcohol, tobacco, or other drugs, looking at issues around access to care, thinking about quality of care and the services that are needed in the community, thinking about nutrition, the way we view nutrition, physical activity over the lifespan, how we biologically change, physiologically change, and the way that we need to, as public health practitioners and educators, think about ways to appropriately address that lifespan perspective.

It's important also not only to look at the lifespan in terms of different segments but also to think about the similarities that we see and lessons learned in addressing, for example, healthy eating with younger children, being able to reinforce those over the lifespan. Things like reminding young adults in college about healthy eating habits and making sure that



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now, in a time when they're on their own, they're thinking about making sure that you're including your fruits and vegetables and not just the yummy snacks during finals.

It's also an opportunity for us to reinforce the fact that we need to bring the public health and the healthcare perspectives together and we need to think about opportunities for prevention as well as care. So it's not simply waiting for someone to develop a chronic condition but trying to think proactively in ways to address those early on in the lifespan to avoid unnecessary morbidity and mortality in older populations.

It's also important for us to recognize and to celebrate our differences across the population and to think about certain opportunities where we need to be more mindful of special needs within populations. We need to be thinking about populations, segments in terms of race and ethnicity. Where are there biological and physiological factors that we need to consider in terms of risk factors for developing certain diseases? Thinking about gender, where are there certain situations where women are more likely to develop a certain disease or have modifiable risk factors that we can address as opposed to males, or vice versa? And certainly thinking about sexual orientation and being mindful of the social response and the way that we are approaching healthcare and public health and addressing the specific needs of that population. It's important, as I said, that we both recognize and we celebrate those differences in the way that we approach healthcare and public health.

Social determinants is a major theme that we see throughout these modules. Certainly, there was one module early on that we dedicated completely to social determinants, but it's also important to keep that in mind as you think through any of the other topic areas. We do need to take a holistic approach to the way we think about population health. We can't simply think of the individual in a clinic or in healthcare setting. We need to think of once that individual leaves a form of care in an institution, that individual goes back into an environment. What is that environment look like?

If we're talking about social support for somebody who's trying to deal with addiction, it's important to think about the home environment. Is this individual living in a violent situation where they don't want to go out and interact with neighbors? That certainly makes a major difference. If we're talking about physical activity, it's important to think about the physical environment, where an individual lives. If we have an elderly individual that we're trying to encourage increased physical activity to promote health, it's difficult to do that when you have broken, damaged sidewalks or no sidewalks to be able to go out and be physically active.

And thinking about both the formal and informal resources that are available in an area. That can be positive and negative. It could be looking at things like alcohol and tobacco outlets, the stores that are selling these dangerous



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products in proximity to a school. Do youth have greater access to these risk factors for them to be using them? The positive being thinking about the public health and the health care resources that are in a community, community health partners that are available to help individuals, so taking this systems approach where we look at all of the potential risk factors in the environment, the modifiable factors in the environment, and then what are some of the resources that we can give to help address these population health concerns?

Jessica Boyer: So one thing that we hope that you were able to recognize as you went through the various health topics is that while the objectives and the goals of Healthy People are divided by the particular content area, there's really a lot of overlap between these topics in that when we talk about access to health care, clearly, issues of substance use are going to come up because a primary care provider should be able to help one of their patients address their substance use issues, those sorts of ideas. Health disparities is something that really is overarching for all of the health topics that we've talked about. We really understand that we can't work in silos and so Healthy People 2020 is not a siloed approach in that in public health we're going to need to work the address all of these issues in an interconnected, but a very specific, way.

So we do hope that as you've gone through the modules that you were able to really see these connections and understand what the different issues, how they need to be addressed in their own specific way, but also additionally how you can see the connections between the different topics.

Clearly, again, when we talk about public health, when we talk about the health care infrastructure, sometimes we think about these as two very different things, but they are actually, as you can see, very well interconnected. The idea of how public health and the health care context really do intersect. And so we look at the Affordable Care Act and we can see that there are many opportunities to understand where the health care industry or the health care providers are very interconnected to public health and different public health goals that we have as a nation.

So we should really be taking the opportunity to work with our partners in health care because public health and health care are not divergent topics. They're really topics that should engage and work together for the betterment of all public health.

Of course, as with anything in public health, it's really very important to evaluate our progress moving towards these goals. How can we do that but through data? So we know that it's really very important to understand how people are using, how we are able to benchmark and how we can understand how the different programs that are being put in



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place to achieve these goals and objectives, if they're actually working. So we really do encourage you to take a look at the different evaluation tools that are available on the Healthy People 2020 website to see where we are.

In this example we're looking at cigarette smoking and you can see that we've done a really, really great job of decreasing cigarette smoking among adults but we're still short of our target. What can we do to really understand what has worked? Well, clearly things have been working but we're leveling off a little bit. How do we get to that target? By looking at the data, looking at trends we can really understand where we're going and where things need to change in some states. Maybe there are regions that you live in that you've done very, very well and you're able to understand that.

So it'd be good to understand why it hasn't worked in other areas of the country and other neighborhoods. What's happening there that's different than what's happening where I live? So there's really great tools available on the Healthy People 2020 website that we encourage you to look at so you yourself can understand how these evaluation tools and measures are used and actually see the progress as it's being made.

Again, as I said, the data is there. There's a lot of data that's available on the Healthy People 2020 website. You can see in all the different health topic areas and you can connect the different topic areas to see how things are happening, both substance abuse and tobacco use and how those are connected. Certainly, overlaying some of these issues with social determinants would be a really interesting project to work on. So we encourage you to use these different data sources that are available on the website to take a look and to see where some of the areas that you're particularly interested in and how we're doing in those areas, how we're doing in your neighborhood or perhaps a neighborhood that you might want to do some work in eventually.

Maybe you live in an urban environment and you're in school in an urban environment but you're really interested in rural health issues. So you can take a look and see what's happening in rural populations and what's the data for dealing with tobacco use in rural populations? So we do encourage you to use the datasets that are available and very easy to access on the Healthy People 2020 website.

Dr. Jennifer Ibrahim: So as you've gone through the different modules it's very easy to think this set of modules has touched on 13 different areas, but when I look at Healthy People 2020 more generally there are so many topic areas. We hope that this learning module series has helped you think of some ways to be able to digest that.



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Some key things for you to think about is trying to make connections across the topic areas. Certainly most individuals are not working or actively engaged in all of the different topic areas. It's a matter of different strokes for different folks. But what you can start to see is connections across the topic areas. It might be certain mechanisms or theories that have been successful in guiding change in one particular area. Maybe looking at issues of substance use, illicit drug use, and being able to translate that to other areas.

So if we wanted to think about the theory of planned behavior and reasoned action and how that's worked when we're thinking about high risk behaviors around drug and alcohol and tobacco use, how can that be translated to an emerging topic area like distracted driving with youth or graduated driver's license with youth, which was one of the modules that we touched on. How can we use that theory, seeing that there is this successful mechanism, and how could that translate to a different health issue?

So it's about using that focus on a transdisciplinary approach, also thinking about ways to take an inter professional approach. These modules were very much created to have a broad audience ranging from undergraduate education through graduate and professional education, for a wide range of audiences from a much more clinically focused audience to more of a community based and public health audience. So embracing that and taking a look from an inter professional perspective is another way that you can start to digest this and think about innovative new ways that you can address your topic area of interest.

Also, we would encourage you to use this opportunity to engage with other professionals so that you can get a firsthand debate and discussion about what's going on. We certainly hope that having the wide range of professionals, both researchers and academics and community partners, in these modules has helped you think in that fashion as well.

It's also a good idea for you to think about the lessons learned. As Jessica said, there are a wide range of resources available on the Healthy People 2020 website. There are constantly changing case studies and examples, best practices of what's going on in different areas. So we would encourage you to also take a look not only across different topic areas but look at different geographic areas or jurisdictions. Maybe you know something worked at the local level, and can that be ramped up to the state level, or vice versa? Maybe something innovative is going on to address mental health issues in one state, and could that be translated into another area?

We know a lot of cities are dealing with an epidemic of violence. So are there innovative things that have been done in one jurisdiction to bring down rates of violence and unintended injury? How could that translate to your local jurisdiction? So definitely use this as much more of a resource. In general, just to have a mindset towards Healthy People



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2020. One of the big goals in this module was to increase awareness of engagement and use of Healthy People 2020. It's not that you're constantly going to be going to the Healthy People 2020 website, but if you become more familiar with what's included in terms of goals, objectives, and resources it will just become a more natural mindset that that is a resource that you turn to, be it for data reasons, to conduct evaluations, be it for collaboration with other partners, but really getting to that Healthy People 2020 mindset.

Another thing, and a wrap up for this first segment here, is there was only so much that we could touch on in this first set of learning modules. Certainly, going through 13 different topic areas, we covered a fair amount but it's important to recognize that there are new topic areas that are being developed according to need and what's going on in terms of morbidity, mortality, and risk factors in the population. As the next version of Healthy People is being developed there may be new indicators and new topic areas that are coming out.

So what you see here on the screen, these were some of the new topic areas for Healthy People 2020 as compared to Healthy People 2010. You can see some of these were pulled out: health care associated infections, talking about the LGBT population, some work on preparedness and social determinants. Those are some of the segments that we included here, but some suggestions for other areas for future learning modules could be focusing more on early and middle childhood in particular, segments looking at the needs of older adults, of elderly population, looking at global health issues and recognizing not only do we have to take a holistic approach to public health domestic and environment that we live in, but also recognizing that we live in a global society, and how do health issues that are emerging around the globe impact the United States and what are ways that we can be contributing as well, the fact that we are a global society?

And looking at health related quality of life and well being. We had some discussion with regards to access to care and quality of care, but thinking beyond just healthcare delivery or healthcare service delivery and also thinking about the quality of life that we're living. As we know, individuals in the US are living longer. What does that mean in terms of chronic conditions and the morbidity that people are living with? How are ways that we can address that to improve quality of life for the population?

So that's where we wrap up for this first segment and then we'll be back in just a moment to talk to you more.