

Public Health Essentials

Public Health Fellows Mentoring Handbook

Workforce Capacity Building
in partnership with



Cornell University
Master of Public Health



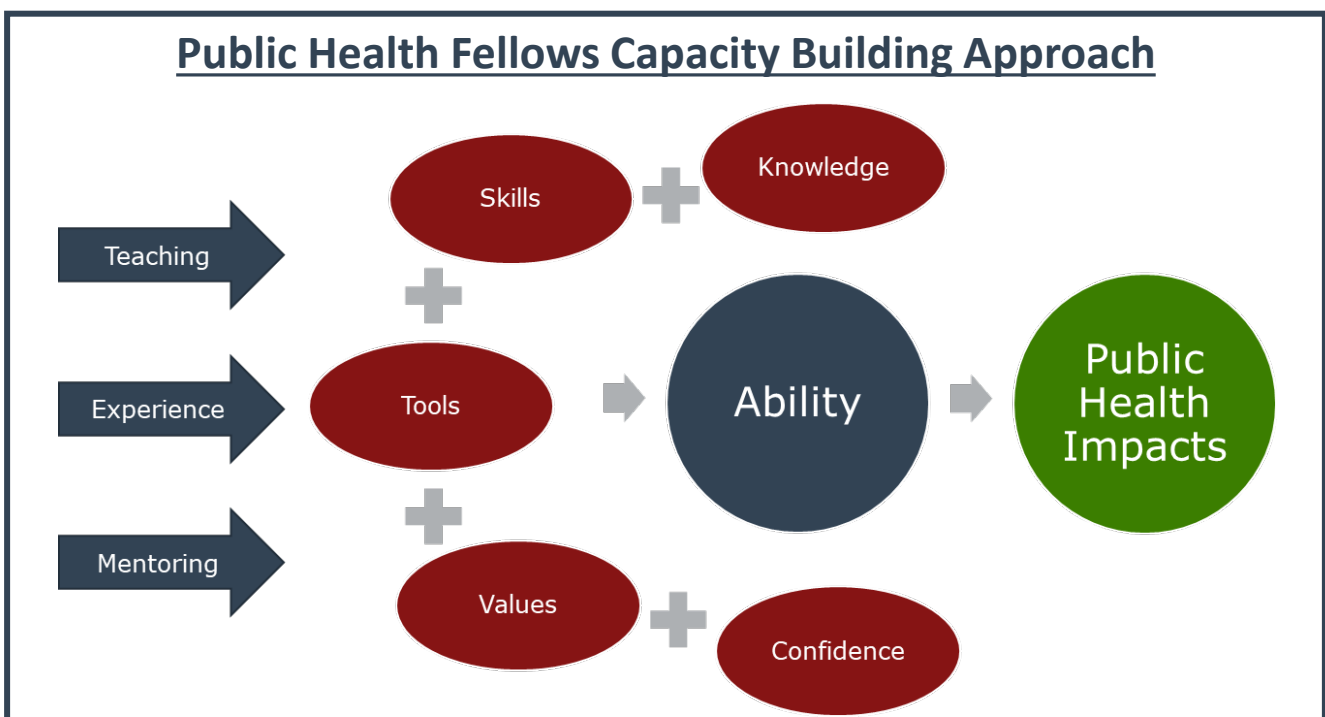
Public Health Essentials Certificate

Capacity Building for Impacts

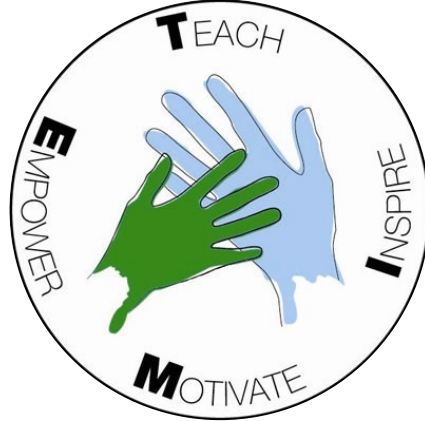
The **Public Health Essentials** curriculum is an 80-hour self-paced web-based facilitated project-based curriculum focused on equipping learners with the foundations of public health so they can better serve their communities. The curriculum is designed to orient and equip those without formal public health education, and to re-activate excitement focus among those with formal public health training.

Our capacity building approach is grounded in Adult Learning Theory which suggests that adults learn best when learning is self-directed, adds to their experiences, is practical, and is focused on problem-solving. As such, the **Public Health Essentials** certificate program incorporates a combination of asynchronous online distance learning and applied learning activities delivered and supported by Cornell instructors, peer-to-peer course discussions and video conferencing facilitated by Cornell facilitators, and in-person meetings with peers and mentors.

Delivered in five mini-courses, and 14 modules, the **Public Health Essentials** curriculum helps learners explore the public health approach and methods; the demographics and health status of people living in their county; and the resources they can build upon to close health-related gaps. With mentoring, learners complete project work that is directly applicable to their county, including county resource guides, county demographic and health profiles, statements of need/opportunity, and outreach and communication plans to better engage with underserved communities. This practice equips learners to engage with higher-risk, vulnerable populations community members; collaborate with existing programs; work with community gatekeepers to understand community perceptions and barriers; set up 'pop-up' education sessions; generate interest in and acceptance of public health initiatives; and gather and report key data to the county and state.



Use of This Guide



Learning Journey

The **Public Health Essentials** curriculum is delivered in five mini-course that learners take in succession:

1. **New York State Public Health COVID-19 Readiness Training**
2. **Public Health Foundations**
3. **Assessing Community Health and Resources**
4. **Supporting Public Health Behaviors**
5. **Public Health Preparedness**

→ To help learners stay on pace with their learning, and be able to excel in their work, we encourage you to help them find, schedule, and **allocate five-hours of time each week** to their learning.

Part of our capacity building approach is to help learners routinely and regularly apply their learning to real-life scenarios and projects. With each learning module, learners will be pushed to apply their learning to something they observe or measure or interpret related to their community. This learning is documented in series of assignments to be completed throughout the course. Cornell instructors and facilitators will provide each learner with input to help strengthen the submission, but we know that the best feedback, the best growth, and the best potential for impact will come from local feedback from mentors, and/or discussion with local peers.

→ To help learners apply and integrate their learning, and to help bring potential benefit to your community, we encourage you to **have discussions with them about what they are learning, what they are developing, and what they might offer**. This might be in the form of 1:1 meetings with you, chats over coffee, or even discussions or presentations at team meetings. Any dialogue and any input will benefit many!

To help you feel informed, and to equip you to engage, this guide presents a summary of key learning outcomes and applied activities that each Fellow will complete within each course and module. There is one summary page per module, or per week of learning. You can use this to follow along with your learner, and know what to ask them, and share with them, when.



Course 1 – What Public Health is and Does

Overview

Public health professionals work to prevent or reduce disability and disease in communities. Throughout history, public health interventions have allowed societies to improve length and quality of life. This mini-course offers learners the opportunity to build knowledge, skills, and confidence as they begin to take a more active role in community health efforts as a member of the public health workforce.

Through this course, learners come to understand what health and public health are and build their ability to identify public health challenges and initiatives. To do this, learners explore different theories or models that help one consider and examine public health needs and opportunities, and then use those lenses to investigate and interpret information about community health. This includes building learners' awareness of the disparities and inequities that contribute to poor health outcomes, so that they might use that to inform the prevention or access interventions that can help improve community health.

There are three modules in this course. Each module is designed to take approximately five hours to complete, including spending one to two hours on applied assignment

This course has three modules:

- Module 1: Present the Role of Public Health
- Module 2: Explore Models for Considering the Public's Health
- Module 3: Highlight Public Health Values

Overall Learning Outcomes

Via this course, learners will:

- Consider the major public health issues of today
- Explore the multiple factors that influence individual and community health
- Describe the role of public health in assuring human health and well-being
- Explore public health needs, opportunities, and partnerships in their community
- Propose and defend an approach to advance health equity in their community

Overview

What is health? Why do we need public health?

In this module, learners will develop their ability to define and describe the field of public health. They will learn about some of the most pressing public health challenges of today and explore some examples of how public health actions address these.

To help reinforce knowledge, learners develop a presentation that they might give to others to help them understand what public health is, and why it is so important.

Specific Learning Objectives

After completing this module, learners will be able to:

- List major causes and trends of morbidity and mortality in the US
- Explain what public health is and present the goals of public health
- Identify risk factors (and modes of transmission) for diseases
- Describe how diseases affect both personal and population health
- Apply a public health approach to an issue of concern to justify an intervention
- Advocate for public health to support community health improvement

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Are orientated to the CDC and the APHA, as key resources for public health information (including review of the CDC's free Public Health 101 resources)
- Review summary population morbidity and mortality data for the U.S.
- Are orientated to CDC and NYS educational resources and prevention/ treatment/ care services related to: Heart Disease, Stroke, Cancer, Diabetes, Accidents, Unintentional Injuries, Chronic Lower Respiratory Diseases, Alcohol, Drug Use, Addiction

Graded Assessments

- Discussion post: describe how diseases affect both personal and population health
- Knowledge check
- Outline a presentation to teach others about public health

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

Overview

At its core, public health focuses on prevention and health promotion, affecting full populations. This module will give learners the tools needed to explore public health needs via different lenses.

In this module, learners will learn about the different theories and models used by public health professionals and explore challenges and successes through these diverse lenses. After being introduced to these tools, learners will use them to investigate and interpret information about community health needs.

To help reinforce knowledge, learners will describe a practical intervention and analyze its potential effectiveness at managing a public health issue within their community.

Specific Learning Objectives

After completing this module, learners will be able to:

- Demonstrate understanding of the science of prevention
- Describe various factors that influence the health of people and their communities, including genetics, physiological factors, community influence, behaviors, and policies
- Apply public health frames to help identify and describe factors affecting the health of a community
- Apply the science of prevention and awareness of cultural values to recommend an intervention that will have maximum benefit
- Identify and appraise community resources and relationships that can support a public health response to improve community health
- Leverage community strengths to propose a needs-based public health solution

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Apply the prevention pyramid to a public health concern
- Navigate the Global Health Now “100 Objects” tool to learn about everyday preventions
- Use the “Public Health Hierarchy” to consider how to improve access and adherence to diabetes control treatments
- Use the Social-Ecological Model to consider how various layers of influence support or inhibit access to services, and overall health – in general, and in the learner’s community

Graded Assessments

- Discussion post: reflection on Global Health Now “100 Objects”
- Knowledge check
- Propose a feasible public health intervention to help meet a public health need

We encourage you to ask your Fellow to share what they’ve learned and what they’ve developed!
Fellows learn that their ideas are just a start; input from peers makes ideas better.

Overview

How do we consider the address the disparities of health outcomes among different population groups?

In this module, learners consider the values that are at the core of public health: equity and social justice. Learners will consider the conditions that can help populations thrive whilst also acknowledging the inequities that contribute to poor health outcomes.

With this, knowledge, learner are asked to demonstrate their understanding of, and commitment to, health equity and justice by presenting an action-oriented stance towards addressing public health concerns by advocating for equity in their community.

Specific Learning Objectives

After completing this module, learners will be able to:

- Describe the ultimate mission of public health, namely achieving health equity and justice
- Apply public health frameworks to help unpack and understand a public health issue, particularly the social, political, and economic determinants of health
- Explore how the social determinants of health contribute to health inequities
- Apply awareness of cultural values and practices when considering the design of a public health intervention
- Advocate for collective actions to advance health equity and justice
- Identify opportunities to develop collaborations to advance and improve health equity

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Explore the Social Determinants of Health to consider public health priorities (Healthy People 2030), and identify interventions that can improve outcomes
- Develop an action plan to address a public health opportunity/ gap weakness in their community related to a social determinant that is limiting positive health outcomes
- Connect equity and social justice to prevention efforts

Graded Assessments

- Knowledge check
- Develop a public health intervention idea that could help to improve health equity and social justice in their community

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.



Course 2 – How Public Health is Done

Overview

Public health has been around for many years and has evolved over the centuries. Thanks to research and documentation, we are able to learn from, and build upon, the lessons and successes of the past.

In this course, learners will explore how public health is funded and administered in the U.S., some of the key tools and functions of public health, and who implements this work in the community.

There are three modules in this course. Each module is designed to take approximately five hours to complete, including spending one to two hours on applied assignment

This unit has three modules:

- Module 1: Identify your Public Health System Structure
- Module 2: Build Trust and Community Relations
- Module 3: Examine Public Health in Action

Overall Learning Outcomes

Via this course, learners will:

- Identify assets and resources that can be used to improve public health
- Explore application of the three core functions and ten essential services of public health
- Apply learnings from history to inform public health actions of today
- Demonstrate the importance of cross-sector and community collaboration in advancing health equity
- Explore cultural humility and practice inclusive communication methods
- Apply expanded communication skills, including active listening and the LARA method

Overview

Understanding the history of public health can help frame how public health services are assured today.

In this module, learners will explore the evolution of public health as a system. Using this knowledge, they will be able to contextualize how modern public health services are organized. Learners will review how public health organizations influence the resources, programs, and policies that are in place to support public health.

To help reinforce knowledge, learners will build out their own public health systems map for their context.

Specific Learning Objectives

After completing this module, learners will be able to:

- Apply learnings from history to inform actions that improve community health and resilience
- Identify governmental public health organizations and understand how they are structured and function
- Recognize the organizations and laws that influence public health programming
- Identify assets and resources to improve health in your community, including public health organizations with authority
- Explain the importance of collaborating with community organizations to identify and address community health needs
- Describe how public health, healthcare, and other organizations can work together to improve the health of their community.

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Explore the eras of public health and how they have influenced modern iterations of public health
- Match the roles of federal and state governments in public health
- Identify who in their community would benefit most from NGO involvement

Graded Assessments

- Discussion post: public health eras today
- Knowledge check
- Build their own public health systems map

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

Overview

The foundation of success in advocating for public health is trust. People, groups of focus, and agencies and governments will only listen and be persuaded if they trust the messenger.

In this module, learners review several components to building trust and relationships. Learners review the basic building blocks of establishing trust and examine how social identities affect how people perceive and interact with the world — including communications and messages.

To help reinforce knowledge, learners will develop a plan to facilitate the development of trust and strong relationships between them and one key constituency/group of people in your community.

Specific Learning Objectives

After completing this module, learners will be able to:

- Acknowledge personal biases and consider how they might influence approaches to work
- Recognize and invest in professional development to augment public health impact
- Identify relationships and trust-building opportunities to improve community health outcomes
- Develop strategies to build and maintain key relationships that improve community health and resilience
- Identify opportunities to facilitate and foster effective communication
- Engage in active listening and communicate with linguistic and cultural proficiency

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Review details of Public Health 3.0 (US Dept. of Health and Human Services)
- Become acquainted with the 10 essential services of public health
- Use a case study to develop skills required to establish and rebuild trust
- Reflect on self-identity
- Review and practice using LARA as a communication tool to facilitate conversations

Graded Assessments

- Discussion post: skills development
- Knowledge check
- Develop a plan to facilitate the development of trust and strong relationships between them and one key constituency/group of people in your community

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Overview

The COVID-19 pandemic taught public health a lot of lessons.

In this module, learners will review programs and actions that helped save lives during the COVID-19 pandemic, including leveraging strong public health systems and processes built over time with the rapid and effective innovation that occurred. They will also review persistent challenges to achieving health equity, including the impacts of mistrust and misinformation.

To help reinforce knowledge, learners will apply lessons learned from COVID-19 to plan for other infectious disease outbreaks in their community.

Specific Learning Objectives

After completing this module, learners will be able to:

- Use a health equity frame to describe the health needs of a community
- Describe current and historical systems, policies, and events impacting public health
- Consider the three core functions and ten essential public health services while evaluating and proposing disease control interventions
- Recommend and provide rationale for policies, programs, and services based on feasibility and utility
- Identify organizations that can help implement policies, programs, and services
- Apply principles of ethics, diversity, equity, inclusions, and justice in evaluating and proposing public health interventions

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Walk through the vaccine development process
- Think about themselves as leaders and how they can use their position to benefit the public's health

Graded Assessments

- Knowledge check
- Use lessons learned from COVID-19 and the three core functions of public health to plan for an infectious disease outbreak in their community

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Course 3 – Public Health Data for Action

Overview

Data that you can use to inform public health interventions are everywhere.

In this course, learners will build skills to consider public health data thoughtfully, draw reasoned inferences from it, and recommend data-based actions with confidence. Learners will be guided to explore some trusted and reliable sources of public health data and will be coached to cultivate habits to help consider the validity or trustworthiness of data. With those skills, learners will compile global, U.S., and local data, and from there, learners will draw inferences to answer questions about their own community's health, well-being, and the disparities related to that.

Based on the compiled data, and learners will identify factors in their community that contribute to positive or negative public health outcomes, consider and identify community-based organizations and services that can help address some of these needs, and then offer recommendations that could help improve the health of the community in which they live or work.

There are three modules in this course. Each module is designed to take approximately five hours to complete, including spending one to two hours on applied assignment

This unit has three modules:

- Module 1: Access Data to Inform Public Health Action
- Module 2: Obtain and Explore Public Health Data
- Module 3: Explore and Analyze Community Public Health Data

Overall Learning Outcomes

Via this course, learners will:

- Identify reliable and accessible public health data sources
- Obtain and interpret public health data to inform decision making
- Create and analyze a community demographics and health profile
- Identify population health disparities
- Research community resources to address public health needs

Overview

The goals of public health are to prevent disease and injury, to promote health, and to prolong life. And, we strive to achieve equity and justice. But where do we even start? How do public health workers know what to focus on, or who to work with? Well, the answer is: data and numbers.

In this module, learners will practice assessing and monitoring population health status as a way to investigate problems and hazards.

To help reinforce knowledge, learners will accurately interpret public data and use it to identify population health needs.

Specific Learning Objectives

After completing this module, learners will be able to:

- Explore the roles of data, surveillance, and epidemiology in public health decision making
- Identify key sources of data for epidemiological or public health investigations
- Accurately interpret public health data
- Apply and interpret measures of disease frequency, including incidence, prevalence morbidity, and mortality

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Create a one-slide presentation based on data observations from Health People 2030
- Confirm their understanding of data terminology, trends, and presentation via word matching activities
- Check understanding by practicing simple data calculations

Graded Assessments

- Discussion post: explore the role of data in decision making
- Knowledge check
- Access the CDC and Robert Wood Johnson Foundation's data pages to develop a data profile on their local area

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

Overview

There are a lot of data out there, already, that you can use to understand trends, gaps, and opportunities around you. In today's internet-steeped culture, there is no shortage of information and data. What's crucial is determining reliable sources of information then accurately interpreting the data.

In this module, learners explore several reputable sites, and learn how to approach the data and draw inferences. Learners examine both global and local contexts in order to identify resources you might connect to needs in their community.

To help reinforce knowledge, learners will identify reliable data sources for a public health issue facing their local community

Specific Learning Objectives

After completing this module, learners will be able to:

- Critically assess data and sources for relevance
- Access, interpret, and apply relevant and available public health data
- Use data to identify population health needs
- Use data to describe health disparities and inequalities
- Use reliable data to inform public health decision making

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Learn how to use a data tracking tool to help organize useful data
- Navigate “Our World in Data” and use the data to review issues of concern
- Confirm their understanding of life expectancy terminology

Graded Assessments

- Discussion post: support a position with data
- Knowledge check
- Obtain and assess data sources for a public health issue of concern in their local community

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

Overview

In this module, learners will put together everything they have learned in Course 3 so far and apply it to national level, state-level and community level public health.

To help reinforce knowledge, learners will accurately interpret public data and use it to identify population health needs.

Specific Learning Objectives

After completing this module, learners will be able to:

- Identify, access, organize, and synthesize data from multiple sources to identify population health needs
- Use data to describe the diversity of individuals and populations in a community
- Demonstrate the importance of using evidence in decision making
- Interpret data to prioritize opportunities to improve health equity
- Use reliable data to support public health decision making

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Complete a community profile
- Analyze a demographics profile to understand a community's make up and access
- Analyze a behavior profile to provide inferences on a country's health behavior

Graded Assessments

To deepen and demonstrate capacity growth, learners:

- Discussion: Comment on your data interpretation – using the completed community profile learners will summarize what they have found about their community
- Interpret the data they found in the last module and produce a community profile covering demographics, social determinants of health, and COVID-19

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.



Course 4 – Public Health Behaviors

Overview

Public health involves working directly with people to advocate for, and support, the behaviors that will prevent disease, promote health, and prolong life among individuals and the population as a whole. Understanding behavior models, considering the factors that influence behavior, and using evidence-based communication techniques are essential to successful communication.

In this course, learners will have the opportunity to enhance their communication skills and abilities to facilitate behavior change. This is achieved through studying principles of behavior and practicing effective public health communication skills.

There are three modules in this course. Each module is designed to take approximately five hours to complete, including spending one to two hours on applied assignment

This unit has three modules:

- Module 1: Influence Behavior Change
- Module 2: Determine Key Parameters of Effective Public Health Communication
- Module 3: Plan Actions for Impact

Overall Learning Outcomes

Via this course, learners will:

- Describe strategies that influence behavior change
- Apply behavior change theory to identify factors and define strategies for action
- Determine the key parameters of effective public health communication
- Complete an audience analysis and define public health communication goals
- Develop a public health message and approach to meet a communication goal

Overview

Health is influenced by behaviors therefore; some public health interventions focus on individual behavior. However, behavior change can be difficult, this leads to frustration for individuals as well as public health officials, and care providers.

In this module, learners will explore why behavior change is so difficult through examining two main behavior change models – the Integrated Model of Behavior Prediction (IMBP) and the Bio Socio Ecological model (BSE).

To help reinforce knowledge, learners will apply the behavior change models to a case scenario.

Specific Learning Objectives

After completing this module, learners will be able to:

- Present evidence to describe opportunities for public health action
- Identify factors that influence human behaviors, for better or for worse
- Apply a systems thinking tool to identify factors at many levels (systems, policies, and events) that influence public health
- Consider how structural bias, social inequities, and racism undermine health and create challenges to achieving health equity at multiple levels
- Apply evidence to propose interventions to support behavior change

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Apply the IMBP and BSE to a behavior of their own they wish to change
- Complete a worksheet focusing on influencing change

Graded Assessments

To deepen and demonstrate capacity growth, learners:

- Knowledge check
- Using public health scenarios, learners will identify and analyze factors that support or inhibit goal behaviors in their community

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

Overview

Communication is key in public health. The challenge of communication is creating and sharing messages that others will understand, believe, and respond to positively.

In this module, learners will examine the important factors to consider when determining what messages to share, with whom, when, and how.

To help reinforce knowledge, learners will what they have learned to a communication message.

Specific Learning Objectives

After completing this module, learners will be able to:

- Identify purpose and goal for disseminating public health data and information
- Identify public health data and information that need to be disseminated
- Identify target audiences and assess their communication needs and preferences
- Suggest communication strategies for disseminating public health data and information to different audiences and sectors
- Develop messaging and a plan to communication information to influence behavior and improve health

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Perform audience analysis
- Practice using the SMART goals and objectives
- Distinguish between misinformation and disinformation

Graded Assessments

To deepen and demonstrate capacity growth, learners:

- Discussion: Share Your Message
- Discussion: Overcome Obstacles
- Knowledge Check
- Identify a public health need and using SMART goals, target audience identification, and analysis to draft a public health communication message.

We encourage you to ask your Fellow to share what they've learned and what they've developed!
Fellows learn that their ideas are just a start; input from peers makes ideas better.

Overview

Taking time to explore, investigate, and build collaborations before acting are keys to success as a public health practitioner. This process allows us to build evidence bases, check biases, and identify strategic partners to help us do more or reach more in culturally appropriate ways.

In this module, learners will explore how to plan for community health and interventions.

To help reinforce knowledge, learners will compile ideas and plans to develop a logic model to depict a plan for action and develop a memo to request permission and resources to proceed.

Specific Learning Objectives

After completing this module, learners will be able to:

- Propose a population-based intervention to address a defined public health need
- Develop goals and measurable objectives and propose strategies and time frames for a needs-based intervention
- Propose strategies to identify stakeholders and build coalitions and partnerships for influencing public health outcomes
- Apply leadership and management principles to address a relevant issue
- Develop and present a work plan

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Develop a logic model using a template
- Perform a TOWS analysis
- Develop a work plan using a template

Graded Assessments

To deepen and demonstrate capacity growth, learners:

- Discussion: Pause. Reflect. Share – Logic Models
- Knowledge Check
- Develop a logic model to depict a plan for action and develop a memo to request permission and resources to proceed

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.



Course 5 – Community Resilience

Overview

Human health depends upon the health of the environment in which we live. Usually, we try to shape our environment to make us healthier. For example, we create systems to bring us clean water and to take away our waste. Unfortunately, sometimes we make changes to our environment that have the unintended effect of hurting our health. For example, we burn fossil fuels like coal, oil and gas to warm us, cook, and generate power. These actions help us, as humans, in the short term, but the unintended consequences are that we also pollute the air and affect our climate.

Sometimes people think issues like air pollution or natural disasters are “too big.” Too big to solve and too big for any one person’s actions to matter. But there are things we can each do that will help protect ourselves. And, when put together, these individual actions can add up to make a real difference for everyone. We start with understanding what the risks are. In this course, learners will have the opportunity to look at some of the main environmental issues that affect health.

There are three modules in this course. Each module is designed to take approximately five hours to complete, including spending one to two hours on applied assignment

This unit has five modules:

- Module 1: Clarify Public Health Needs
- Module 2: Anticipate Future Public Health Needs
- Module 3: Emphasize Prevention, Preparedness, Response, and Resilience

Overall Learning Outcomes

After completing this module, learners will be able to:

- Consider lessons from history to inform the future
- Recognize environmental risks to human health, including air pollution, climate change, biodiversity loss, and environmental disasters
- Recognize the impacts of environmental changes on current health problems and on future conditions affecting human health
- Identify the disproportionate burdens on some communities
- Identify opportunities to shape the health of your environment and the health of your community
- Research and consider ways to become more skilled in emergency preparedness and response
- Develop an action plan to learn more about and support emergency preparedness in your community
- Develop a public health and empowerment presentation for your community

Overview

The communities we live in and serve face challenges in achieving health – maybe not everyone, and maybe not all the time, but many factors influence people's physical health, mental health, and sense of wellbeing.

In this module, learners will apply systems thinking to identify the multiple factors influencing an issue and determine priority areas for action.

To help reinforce knowledge, learners will develop a systems diagram based on an issue of public health concern.

Specific Learning Objectives

After completing this module, learners will be able to:

- Apply systems thinking tools to depict and describe a public health issue
- Use an ecological perspective to consider connections among human health, animal health, and ecosystem health
- Consider and depict the effects of personal, social, and environmental factors on a population health issue
- Identify emerging needs and propose methods to address them
- Advocate for the role of public health

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Practice developing systems diagrams using COVID-19

Graded Assessments

To deepen and demonstrate capacity growth, learners:

- Discussion: Put the pieces together
- Knowledge Check
- Develop a systems diagram based on an issue of public health concern

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

Anticipate Future Public Health Needs

Overview

Our world is made up of built, natural, and social environments, all of which influence our health. As leaders working to support, advance, and improve public health, understanding the influences of these environments is critical. This is especially true as our climate and environments continue to change, creating some unpredictability related to risks and impacts.

In this module, learners will review three environmental drivers of health/ill health: climate change, air pollution, and biodiversity loss. Then, using systems thinking consider causes, effects and areas of action.

To help reinforce knowledge, learners will develop a plan for possible action based on one of three case studies.

Specific Learning Objectives

After completing this module, learners will be able to:

- Apply systems thinking tools to depict and describe a public health issue
- Use an ecological perspective to consider connections among human health, animal health, and ecosystem health
- Consider and depict the effects of personal, social, and environmental factors on a population health issue
- Identify emerging needs and propose methods to address them
- Develop goals and measurable objectives and propose strategies and time frames for a needs-based intervention

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Develop systems diagrams on three case studies – climate change, air pollution, and biodiversity loss

Graded Assessments

To deepen and demonstrate capacity growth, learners:

- Discussion: It's a lot, eh?!
- Knowledge Check
- Develop a plan of action based on either climate change, air pollution, or biodiversity loss

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

Module 3 – Emphasize Prevention, Preparedness, Response, and Resilience

Overview

Many factors influence our health and well-being as well as that of the communities we live in and serve. We can ensure access to preventive healthcare and screening by reducing disparities in access and use, by investing in the determinants of health, and by working to reverse the impacts of climate change. In addition, we must also anticipate what public health needs might be around the corner and work to prevent crisis by investing in preparedness as well as resources and plans to support response.

In this module, learners will consider factors that place communities at greater risk for impacts related to climate-related emergencies.

To help reinforce knowledge, learners will describe how they can leverage their skills to play a role in building community resilience.

Specific Learning Objectives

After completing this module, learners will be able to:

- Describe the importance of a healthy and resilient community
- Consider perspectives from other sectors and/or professions to promote and advance population health
- Propose ways to leverage the roles of community partners to improve the health of a community
- Consider the diversity of individuals and populations when proposing programs and services
- Demonstrate commitment to diversity, equity, inclusion, and justice in identifying and proposing strategies to address emerging needs

Applied Activities

To deepen and demonstrate capacity growth, learners:

- Learn how to navigate disaster and risk mapping data
- Consider their role in their communities

Graded Assessments

To deepen and demonstrate capacity growth, learners:

- Knowledge Check
- Describe how they can leverage their skills to play a role in building community resilience

We encourage you to ask your Fellow to share what they've learned and what they've developed! Fellows learn that their ideas are just a start; input from peers makes ideas better.

For More Information



Public Health Essentials Training

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Cornell University
Master of Public Health

Sustainability



Equity



Engagement



| The Future of Public Health