



CPH Exam Review Webinar

Public Health History, Systems and Leadership

CPH Certified in
Public Health

by National Board of Public Health Examiners





6

CPH Study Resources

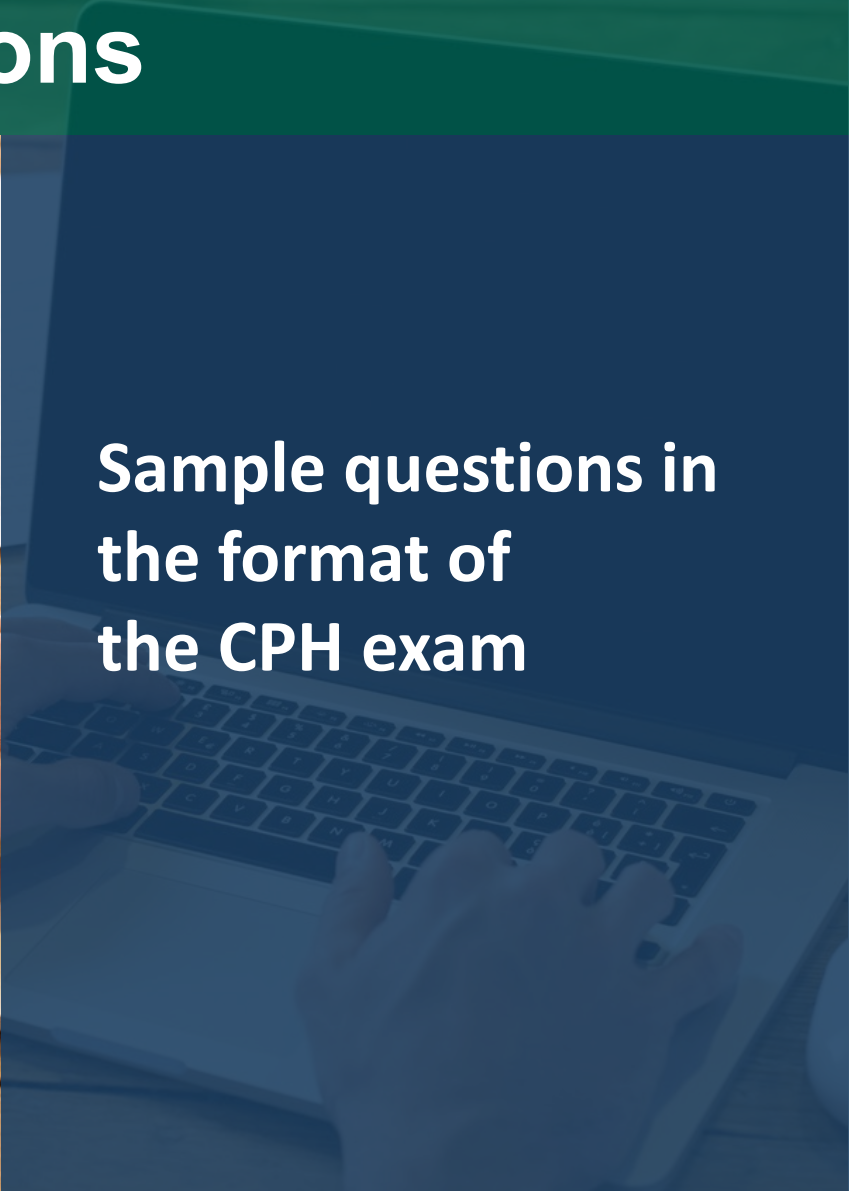
1. Content Outline
2. Sample Exam Questions
3. Practice Exams
4. Webinars
5. ASPPH Study Guide
6. APHA Study Guide

www.nbphe.org/cph-study-resources/

Content Outline

- 
- Evidence-based Approaches to Public Health (10%)**
 - Communication (10%)**
 - Leadership (10%)**
 - Law and Ethics (10%)**
 - Public Health Biology and Human Disease Risk (10%)**
 - Collaboration and Partnership (10%)**
 - Program Planning and Evaluation (10%)**
 - Program Management (10%)**
 - Policy in Public Health (10%)**
 - Health Equity and Social Justice (10%)**

Sample Exam Questions



**Sample questions in
the format of
the CPH exam**



Practice Exams



Online mini-exam of 50 questions from the CPH item-bank

1

2

3

4

Study Webinars

Upcoming Webinars Lecture and Q&A

- **Public Health Law**
September 10, 1-2 pm ET
- **Health Policy Process**
September 17, 1-2 pm ET
- **Public Health Biology and Human Disease Risk**
September 27, 1-3 pm ET

These and all past webinars /presentations are posted on

<https://www.nbphe.org/cph-study-resources/>

ASPPH CPH Study Guide

cphstudyguide.aspph.org



APHA Press Study Guide



Editors: Karen Liller, Jaime Corvin and Hari Venkatachalam
University of South Florida College of Public Health
Certified in Public Health Exam Review Guide

\$41.95 APHA member /\$51.95 non-member

eBook and print available via the APHA Bookstore at <https://www.apha.org/publications-and-periodicals>



Let's Get Started!

Public Health History, Systems and Leadership

Donna J. Petersen, ScD, MHS, CPH
Dean, University of South Florida College of Public Health
ASPPH CPH Exam Webinar Series
August 28, 2019

CPH Certified in
Public Health

by National Board of Public Health Examiners



Learning Objectives

- Appreciate the historical foundations of public health and the broad context within which public health professionals conduct their work
- Describe important foundational knowledge in the areas of public health history, public health systems and public health leadership
- Connect tasks performed by public health workers to this foundational knowledge
- Gain confidence in your ability to successfully complete the CPH exam



Public Health Basics

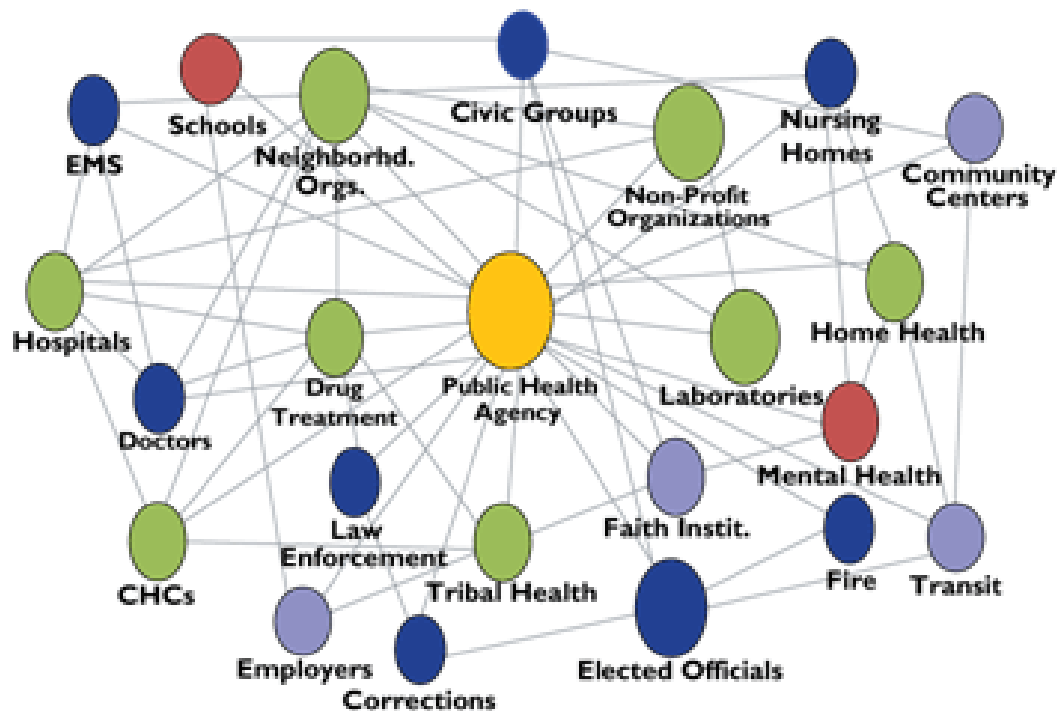
- Health: a complete state of physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, 1948)
- Public Health: what we do collectively as societies to create conditions in which people can be healthy (IOM, 1988)



Public Health Basics



Public Health System



www.cdc.gov/nphsp

Public Health History?

- Probably as old as mankind
- Water and sanitation
- Religious-based food and cleansing rituals
- Ancient Chinese practice of “variolation”, exposing otherwise healthy individuals to smallpox (or “variola”) in order to inoculate them against acquiring the disease
- Theories of disease



Sentinel Events

- The Black Death, 1347-1352



Sentinel Events

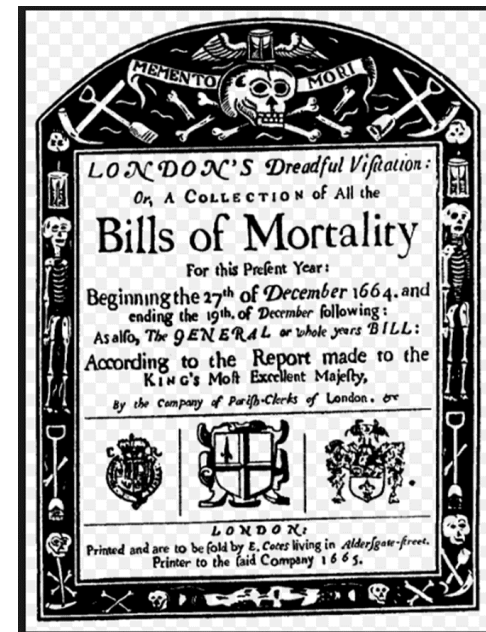
- 1661 John Graunt's Bills of Mortality

Table of notorious diseases

<i>Apoplexy</i>	1,306
<i>Cut of the Stone</i>	38
<i>Falling Sickness</i>	74
<i>Dead in the streets</i>	243
<i>Gowt</i>	134
<i>Head-Ache</i>	51
<i>Jaundice</i>	998
<i>Lethargy</i>	67
<i>Leprosy</i>	6
<i>Lunatick</i>	158
<i>Overlaid, and Starved</i>	529
<i>Palsy</i>	423
<i>Rupture</i>	201
<i>Stone and Strangury,</i>	863
<i>Sciatica</i>	5
<i>Sodainly</i>	454

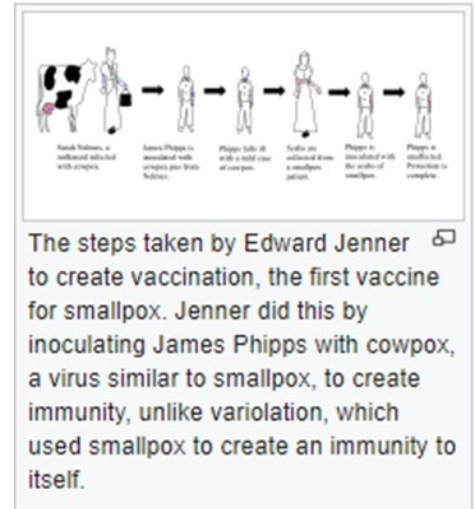
Table of casualties

<i>Bleeding</i>	69
<i>Burnt, and Scalded</i>	125
<i>Drowned</i>	829
<i>Excessive drinking</i>	2
<i>Frighted</i>	22
<i>Grief</i>	279
<i>Hanged themselves</i>	222
<i>Killed by several accidents</i>	1,021
<i>Murdered</i>	86
<i>Poisoned</i>	14
<i>Smothered</i>	26
<i>Shot</i>	7
<i>Starved</i>	51
<i>Vomiting</i>	136



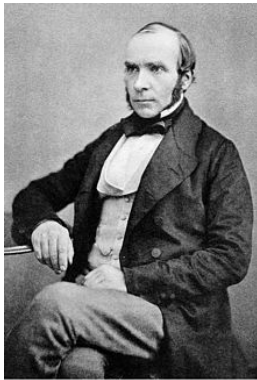
Sentinel Events

- 1796 Edward Jenner develops the smallpox vaccine

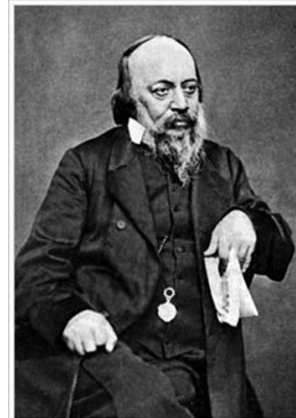


Sentinel Events

- 1842 The Sanitary Condition of the Labouring Population in London
- 1854 cholera outbreak and John Snow's removal of the Broad Street Pump

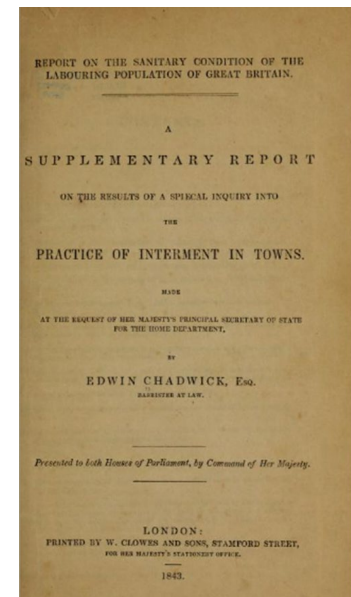


John Snow



Sir Edwin Chadwick

51



Sentinel Events

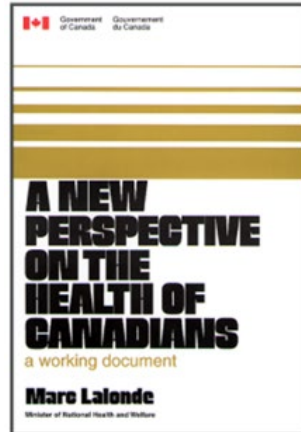
- 1798 the United States Marine Hospital Service was formed to deal with diseases brought in by ships
- 1799 first health departments formed in port cities
- 1912 US Public Health Service formed



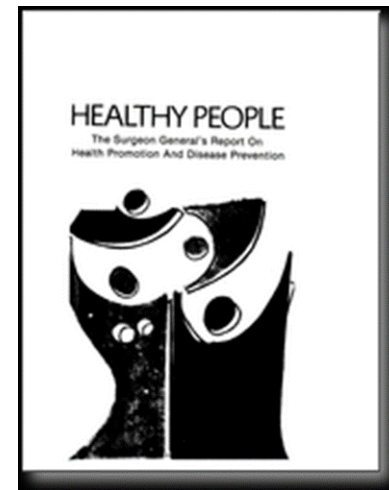
Sentinel Events

- Emergence of a new focus on chronic disease and the impact of behaviors

1974 Lalonde Report, Canada



1979 Surgeon General's Report, USA



US Public Health System

- Responsibility for public health in the US rests at the level of the STATE, per the Tenth Amendment to the US Constitution
 - *The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people*



State Governments

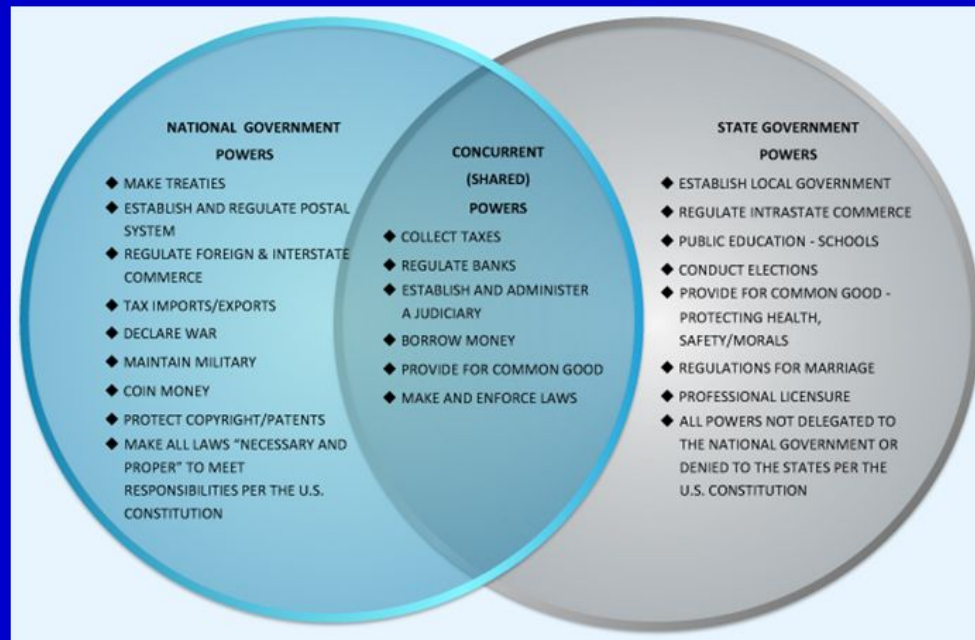
- Reserved powers: powers held by states
 - Establish rules for health, safety, welfare of people
 - Ex: marriage, driving, traffic, education
 - Control all elections
 - Control over governments in state lines
 - Ex: districts, cities, towns, etc.
 - Local governments get power from state



Federal-State Relationship

What is Federalism?

- *The Constitution established a federal republic*
- ***Division of powers between the national government and the states***
- *Supreme authority rests with the national government, but some powers are reserved to the states*



Federal-State Relationship

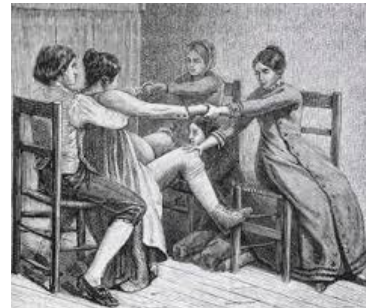
- The federal government provides important funding (nearly 50%), responds to situations that cross state lines (e.g. natural disasters, infectious disease outbreaks) and sets broad national guidelines

Evolution of Healthy People

Target Year	1990	2000	2010	2020
Overarching Goals	Decrease mortality Increase independence among older adults	Increase span of healthy life Reduce health disparities Achieve access to preventive services for all	Increase quality and years of healthy life Eliminate health disparities	Attain high- quality, longer lives free of preventable disease Achieve health equity Create social and physical environments that promote good health Promote quality of life, healthy development, healthy behaviors across life stages
# of topic areas	15	22	28	42
# of objectives	226	312	969	1200

Early Public Health Functions

- Sanitation
- Nuisance Control
- Vital records
- Quarantine, control of communicable diseases
- Maternal and child health



Functions described by APHA in 1968

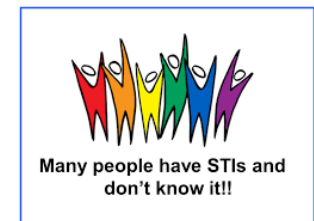
Functions of the State Health Department

The state health department's mission to advance community health is carried forward through four basic functions: (1) health surveillance, planning, and program development; (2) promotion of local health coverage; (3) setting and enforcement of standards; and (4) providing health services.



Common State Health Functions

- Vaccinations
- Tobacco Prevention and Control
- Food Safety
- Emergency Preparedness and Response
- Health Promotion
- HIV/AIDS and STI's



Less Common State Health Functions

- Health facility regulation
- Environmental health
- Drinking water regulation
- Substance abuse prevention
- Health professional licensing
- Medical examiner/Coroner
- Environmental regulation
- Mental Health
- Medicaid
- Disability Services
- Family Planning
- School Health



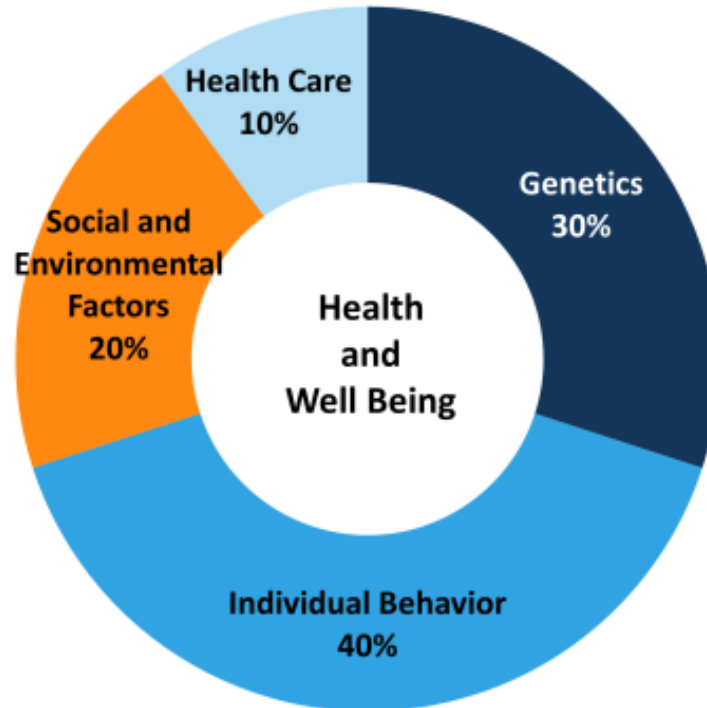
Ten Essential Services and the Three Core Functions



The screenshot shows the PHAB website homepage. The header includes the PHAB logo and navigation links for Store, PHAB, and CONTACT US. The main content area features a large banner reading "Accreditation Works! 19 Health Departments, 19 Stories!" with a grid of 19 health department logos. The logos include: Public Health, WELD, Knox County Health Department, camden county, LCDHD, St. Croix County, health CARE AGENCY, HOUSTON HEALTH DEPARTMENT, cha CABARRUS HEALTH ALLIANCE, SALT LAKE COUNTY HEALTH DEPARTMENT, BOSTON PUBLIC HEALTH COMMISSION, Butte County, and STATE OF RHODE ISLAND DEPARTMENT OF HEALTH.

Figure 1

Impact of Different Factors on Risk of Premature Death



SOURCE: Schroeder, SA. (2007). We Can Do Better — Improving the Health of the American People. *NEJM*. 357:1221-8.



Figure 2

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations





A word cloud featuring terms such as social, equity, transformation, justice, peace, change, inclusive, intersectionality, community, education, intentional, love, empowerment, international, rights, welfare, challenge, vulnerable, ethics, oppression, healing, universal, health, sense, privilege, and democracy.



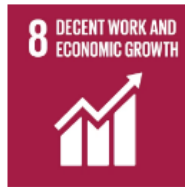
SOCIAL JUSTICE



A large word cloud with the most prominent words being Inclusion, Justice, Fairness, Opportunity, and Access. Other visible words include Sustainability, Race, Prosperity, Shared Relationships, Equal, Understanding, Cooperation, Collaboration, Regionalism, Diversity, Participation, Growth, Investment, Inclusive, and Fair. Smaller words include: building, health, integration, Everybody, Robust, principled, Creative, Privilege, policy, Credibility, inclusivity, Youth, party, Non-judgmental, Demographics, Activist, History, Accountability, Social, Responsibility, powerful, Fragmentation, change, development, East, Decision-making, level, cooperative, openness, information, environmental, habitive, engaged, Streetz, Sharing, destiny, justice, Civility, Leading, Disadvantaged, conflict, awareness, connection, Feed, Investment, Growth, Participation, strengthening, respect, coalition, housing, investment, role, fee, Now, investment, sition, Just, environment, Shooze, proactive, decade, Regional, reworks, Honesty, Common, Fair, equality, income, economic, Partnerships, vitality, Action, Coverage, protection, open-minded, Class, inclusiveness, racist, respond, disparity, American, Affordable, Collaboration, Public, Accessibility, Gender, Conversations, Cohesion, Advocates, market, unity, Leadership, Smart, Capability, and Latin.



SUSTAINABLE DEVELOPMENT GOALS



Leadership Job Tasks

- Utilize critical analysis to prioritize and justify actions and allocation of resources
- Apply team building skills
- Apply organizational change management concepts and skills
- Apply conflict management skills
- Implement strategies to support and improve team performance

Leadership Job Tasks

- Apply negotiation skills
- Establish and model standards of performance and accountability
- Guide organizational decision-making and planning based on internal and external assessments
- Prepare professional development plans for self or others
- Develop strategies to motivate others for collaborative problem solving, decision-making, and evaluation

Leadership Job Tasks

- Develop capacity-building strategies at the individual, organizational, or community level
- Communicate an organization's mission, goals, values, and shared vision to stakeholders
- Create teams for implementing health initiatives
- Develop a mission, goals, values, and shared vision for an organization or the community in conjunction with key stakeholders
- Implement a continuous quality improvement plan
- Develop a continuous quality improvement plan

Leadership Job Tasks

- Evaluate organizational performance in relation to strategic and defined goals
- Implement organizational strategic planning processes
- Assess organizational policies and procedures regarding working across multiple organizations
- Align organizational policies and procedures with regulatory and statutory requirements
- Maximize efficiency of programs
- Ensure that informatics principles and methods are used in the design and implementation of data systems

CPH Exam Content

- There are 22 job tasks in the leadership domain
- There are 17 items on the exam from this category
- Read each item carefully
- Consider what the answer might be
- Review the options
- Choose the one best option

Questions?

