CPH Exam Review Webinar
Public Health History, Systems and Leadership
C PH Study Resources

1. Content Outline
2. Sample Exam Questions
3. Practice Exams
4. Webinars
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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
Online mini-exam of 50 questions from the CPH item-bank
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/](https://www.nbphe.org/cph-study-resources/)
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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!
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/nphpsp
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>
<thead>
<tr>
<th>Table of notorious diseases</th>
<th>Table of casualties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apoplexy 1,306</td>
<td>Bleeding 69</td>
</tr>
<tr>
<td>Cut of the Stone 38</td>
<td>Burnt, and Scalded 125</td>
</tr>
<tr>
<td>Falling Sickness 74</td>
<td>Drowned 829</td>
</tr>
<tr>
<td>Dead in the streets 243</td>
<td>Excessive drinking 2</td>
</tr>
<tr>
<td>Gout 134</td>
<td>Frighted 22</td>
</tr>
<tr>
<td>Head-Ache 51</td>
<td>Grief 279</td>
</tr>
<tr>
<td>Jaundice 998</td>
<td>Hanged themselves 222</td>
</tr>
<tr>
<td>Lethargy 67</td>
<td>Killed by several</td>
</tr>
<tr>
<td>Leprosy 6</td>
<td>accidents 1,021</td>
</tr>
<tr>
<td>Lunatick 158</td>
<td>Murdered 86</td>
</tr>
<tr>
<td>Overlaid, and Starved 529</td>
<td>Poisoned 14</td>
</tr>
<tr>
<td>Palsy 423</td>
<td>Smothered 26</td>
</tr>
<tr>
<td>Rupture 201</td>
<td>Shot 7</td>
</tr>
<tr>
<td>Stone and Strangury, 863</td>
<td>Starved 51</td>
</tr>
<tr>
<td>Sciatica 5</td>
<td>Vomiting 136</td>
</tr>
<tr>
<td>Sodainely 454</td>
<td></td>
</tr>
</tbody>
</table>

LONDON'S DREADFUL VISCITATION
ON A COLLECTION OF ALL THE
BILLS OF MORTALITY

For the Present Year:
Beginning the 27th of December 1664 and ending the 27th of December following.
As also, The GENERAL, or whole Year's BILL:
According to the Report made to the
King's Most Excellent Majesty,
by the Company of Parish-Clers of London, &c.

[CPh Certified in Public Health]
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
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
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

[Diagram showing划分 of powers between national and state governments]
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

<table>
<thead>
<tr>
<th>Target Year</th>
<th>1990</th>
<th>2000</th>
<th>2010</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overarching Goals</td>
<td>Decrease mortality</td>
<td>Increase span of healthy life</td>
<td>Increase quality and years of healthy life</td>
<td>Attain high-quality, longer lives free of preventable disease</td>
</tr>
<tr>
<td></td>
<td>Increase independence among older adults</td>
<td>Reduce health disparities</td>
<td>Eliminate health disparities</td>
<td>Achieve health equity</td>
</tr>
<tr>
<td></td>
<td>Achieve access to preventive services for all</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td># of topic areas</td>
<td>15</td>
<td>22</td>
<td>28</td>
<td>42</td>
</tr>
<tr>
<td># of objectives</td>
<td>226</td>
<td>312</td>
<td>969</td>
<td>1200</td>
</tr>
</tbody>
</table>
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
Figure 1

Impact of Different Factors on Risk of Premature Death

- Genetics: 30%
- Individual Behavior: 40%
- Health and Well Being: 20%
- Social and Environmental Factors: 20%
- Health Care: 10%

## Social Determinants of Health

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

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

YOU CAN DO THIS!

WILL IT BE EASY? NOPE. WORTH IT? ABSOLUTELY.