



Planning Fundamentals

A Web-Based Course for State Department of Health Staff

What is Planning Fundamentals?

Planning Fundamentals is a self-directed, online course created by the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University, with the support of the CDC's Division of Diabetes Translation and with input from state program staff.

The Planning Fundamentals approach involves:

- Describing public health problems and their context using demographic, socio-economic, environmental, and epidemiologic data;
- Identifying and selecting appropriate evidence and practice-based interventions to address these problems;
- Planning the implementation and evaluation of selected interventions; and
- Documenting this work in a publicly-available and accessible state plan.

Planning Fundamentals provides:

- ✓ A comprehensive overview of a process for developing and implementing a state plan for diabetes or for chronic disease prevention and control
- ✓ Video vignettes of state department of health staff and their partners demonstrating real world practice
- ✓ Downloadable resources to help guide the step-by-step planning process

Who Should Take the Planning Fundamentals Course?

The course is designed for state department of health staff and their partners who are working collaboratively to develop chronic disease state plans. While some of the examples, video vignettes and resources in the course are specific to the world of diabetes prevention and control, the content of the course is applicable across chronic disease program areas.

How Do I Begin the Course?

Planning Fundamentals contains eight sequenced modules, which follow the step-by-step process of creating a state plan with partners. The modules can be completed:

- ✓ In a group or individually
- ✓ At your own pace
- ✓ From any location

Visit the DTTAC website to learn more and begin the course:
http://www.dttac.org/resources/diabetes_translation.html

Curriculum Overview

Creating a state plan is a lot like planting a garden – to be successful you need to have the right tools, an understanding of the weather and soil conditions in your area, and seeds that will grow well in those conditions.

Module Title	Topics Covered	Gardening Analogy
Module 1: Introducing Planning from a Public Health Perspective	An Introduction to Public Health Planning	Learning the basics of gardening 
Module 2: Coordinating the Planning Process	Working Collaboratively with Partners: Pre-Planning and Launching the Planning Process with an Initial Meeting	Identifying what resources you have and what tools you need 
Module 3: Using Data in Health Planning	Presenting the Data and Defining the Problem	Gathering information on weather and soil conditions in your area 
Module 4: Identifying and Selecting Evidence-Based Interventions	Finding Solutions to the Problem	Finding the kinds of seeds that will grow well in the conditions in your area 
Module 5: Planning for Implementation, Monitoring, and Evaluation	Preparing to implement solutions	Getting ready to plant by preparing the soil and gathering your tools 
Module 6: Writing Goals, Strategies, Objectives, and Activities	Defining and Measuring Success	Determining what your garden will look like when it is in “full bloom” 
Module 7: Creating & Disseminating the State Plan Document	Preparing, Reviewing, and Disseminating the Plan	Planting the seeds, watering them, and watching them grow 
Module 8: Bringing the Plan to Life	Implementing the Plan and Maintaining the Coalition	Continuing to water and care for your garden so the plants will flourish 