

Value of Credentialing: CPH



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Introduction



- ❖ **MPH degree:** George Washington University with a concentration in Health Policy
- ❖ **Post MPH degree:** HRSA, Project officer focusing career development on Public Health Expertise
- ❖ **CPH Certification:** Professor recommended taking the CPH exam after Graduation “only Public Health Generalist Certification and the exam focused on MPH coursework”
- ❖ **CPH Recertification:** provided an organized way to obtain Continuing Professional Education and Network with Public Health professionals

When and Why - CPH



When: October 2013, my journey began

Why: Certified in Public Health (CPH)?

- 1) Only credential of its kind for public health
 - ❑ Validates knowledge of key public health sciences
 - ❑ commitment to the field through continuing education focused on emerging and established public health issues
- 2) Demonstrates commitment to public health beyond academic training
 - ❑ shows public health expertise by evidencing mastery of the core sciences of public health
 - ❑ helps to distinguish you from others

CPH helps as a Professional/Officer in PHS



Key Benefits

- ❑ Excellent investment: time, resources, and relationships
- ❑ Certification counts: 20% promotion precept on education and training

Certification and Recertification requirements

- ❑ 2-year cycle, must be recertified on alternate years by December 31st <http://www.nbphe.org/staycertified.cfm>
- ❑ Requires 50 CPH credits every 2 years, starting with the 1st year CPH is awarded
- ❑ 78 in-person and 238 distance learning approved activities
- ❑ USPHS Scientific & Training Symposium is an approved activity, recently attended by Alison Foster of the NBPHE

Tips on preparing for the CPH



- National Board of Public Health Examiners (NBPHE)
- 24/7, free online CPH study resources
- Strategy highlights
 - 1) Sign up for and print the ASPPH Study Guide for a binder with tabs for each section (there is a COA code for a discount)
<http://www.nbphe.org/CPHstudyResources.cfm>
 - 2) View the webinars and put a check by each concept covered in the study guide (webinars are about 3 hours and are recorded by the authors of the study guide)
 - 3) Complete the questions by topic area and review the answers and explanations in the study guide
 - 4) Look at the sample exam questions and take the practice test a few times to get the timing down

Other Strategies to consider



- 1) Start with the areas of strength to gain confidence in the process and build towards more challenging areas
- 2) Print all Webinar slides
 - Helps with reviewing and capturing notes
- 3) Watch Webinars >1 once
 - Helps with studying difficult information thru repetition
- 4) [CPH Learning Institute at APHA](#) & NBPHE:
 - Oct 31 – Nov 1, Chicago, Illinois
 - A review course followed by the CPH exam will be offered at APHA's Annual Meeting & Exposition for Professional Development
 - Frequently check www.apha.org for more information