
POLICY, SYSTEMS, & ENVIRONMENTAL CHANGES



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EXTENSION

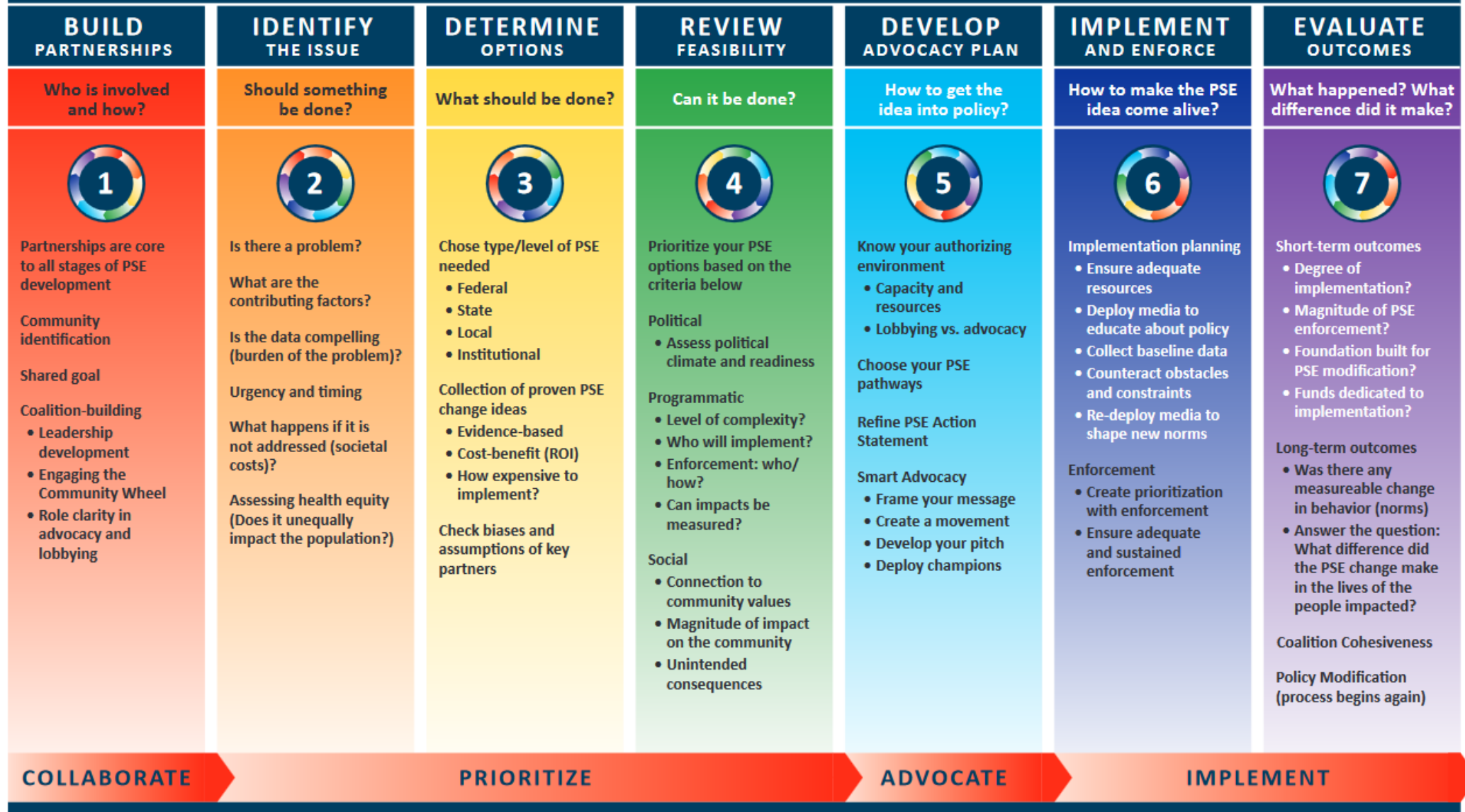
WHAT IS PSE?



“Policy, Systems, and Environmental change is a way of modifying the environment to make healthy choices practical and available to all community members. Successful PSE strategies are evidence-based and multi-sector collaborations. By changing laws and shaping physical landscapes, a big impact can be made with little time and resources.

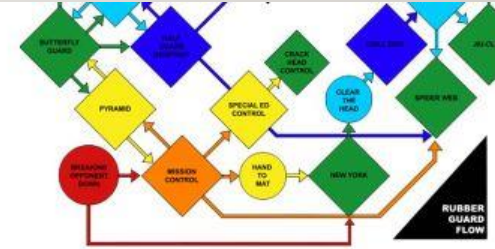
Source: <http://plan4health.us/policy-systems-and-environmental-change-strategies/>
https://smhs.gwu.edu/cancercontroltap/sites/cancercontroltap/files/PSE_Resource_Guide_FINAL_05.15.15.pdf

PSE DEVELOPMENT FRAMEWORK — POLICY, SYSTEMS, ENVIRONMENTAL CHANGE



SYSTEMS

System



A group of interrelated and interacting objects or people (social systems)

- Organizational procedures – personnel, resource allocation, programs, processes
- Defining what is included is the beginning of understanding the relationships and how each affects the other

Systems Approach

- Requires defining the interrelated and interacting parts
- Requires defining boundaries – what is part of the system and what is outside the system
- Requires looking at how a change in one part of a system affects the other parts.
- Helps identify partners needed



WHAT ARE THE ADVANTAGES OF USING PSE?

- PSE approach has an impact on population health
- Long-term approach that's designed to make sustained improvement
- Community engagement is essential to PSE success
 - Engagement empowers communities to take part and advocate for their own health
- Systematic changes that occur at multiple levels in a community support more consistent long-term health improvements
- Community Engagement also helps to identify community leaders who can offer a hand in overcoming cultural and social barriers to successful PSE Implementation
- PSE is evidenced-based, decision making

Source: https://smhs.gwu.edu/cancercontroptap/sites/cancercontroptap/files/PSE_Resource_Guide_FINAL_05.15.15.pdf



EVENT/PROGRAM VS. PSE CHANGE

- Event/Program
 - One time
 - Additive: often results in only short-term behavior change
 - Individual level
 - Not part of ongoing plan
 - Short term
 - Non-sustaining
- Characteristics of PSE Change
 - Ongoing
 - Foundational: often produces behavior change over time
 - Community/Population level
 - Part of an ongoing plan
 - Long term
 - Sustaining

Source: http://healthtrust.org/wp-content/uploads/2013/11/2012-12-28-Policy_Systems_and_Environmental_Change.pdf



EXAMPLES OF PSE CHANGE IN DIFFERENT SETTINGS

Setting	Policy Change	Systems Change	Environmental Change
Community	Safe Routes to School – City adopts policy reducing speed limit near school in order to encourage safe-routes to school and pedestrian safety	Local Food to Retail: City procurement systems change to source only healthy food for vending machines.	Farmer’s Markets: Small- farmers markets are opened at community-based organizations and clinics in underserved areas
Worksite	Santa Clara Healthy Food Policy requires 50% of food and beverages sold in county vending machines meet specific nutrition guidelines and sets nutrition standards for county sponsored meetings and events	Reimburse Prevention: Reimburse employees for preventive health and wellness activities	Healthy Options: Healthy food options are available for employees during the workday and at all meetings
Hospital	Hospital adopts a policy and process for operation of Farmer’s Markets onsite at the County Hospital, and Other County properties	Referral Systems: Develop a referral system to help patients access further nutrition and physical activity resources	Famer’s Markets: Onsite Farmer’s Market enhances staff and community access to fresh produce.
School	School District passes a Shared Use Policy for all campuses with PA infrastructure.	Farm to ECE: ECE providers partner to procure providers and cooking systems to incorporate fresh, local produce and other foods into meals and integrates it with classroom-based education about healthy eating	Walking routes between schools and other everyday destinations are improved for all users (not just students).

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- At the end of the day, an effective PSE approach should seek to reach populations and uncover strategies for impact that are sustainable.