WSCC TEAM

TRANSFORMING ENVIRONMENTS

> Handout Packet

Handout Packet for
Transforming the School Environment:
Policy, Systems, and Environmental (PSE) Change

"When you're finished changing, you're finished."

— BENJAMIN FRANKLIN

Handout #1: Key Points and Notes

Warm-Up Activity:

If you could make one **change** in your school to improve the overall health of students and staff, what would it be and why?
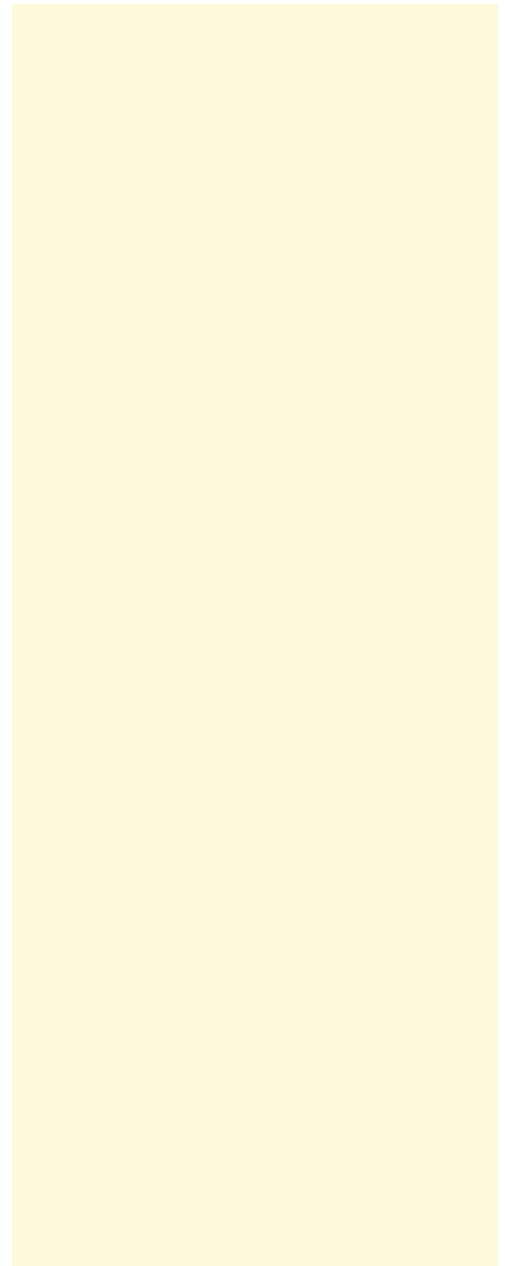
NOTES:

Program Change:

- activity/event that targets individuals or select groups
- activity/event that focuses on short-term knowledge or behavior change
- activity/event with a definite beginning and end

Policy, Systems, and Environmental (PSE) Change:

- affects a larger portion of the population
- utilizes strategies that are long-term, sustaining, and integrated into existing infrastructures
- results in more sustainable improvements
- typically involves people in decision-making positions
- supports the practice of healthy behaviors

Handout #2: Definitions

Program Change is a new activity or event that targets individuals or select groups to bring about a short-term change in their knowledge or behavior. Programs tend to have a specific beginning and an end.

Examples of program being used in a school or district:

- A taste-testing demonstration

- "Biggest Loser" or Biggest Winner staff wellness challenge

- Red Ribbon week

Policy Change is a written statement of an organizational position, decision, or course of action at the legislative or organizational level. In schools, these changes can come from the federal, state, district, or school level.
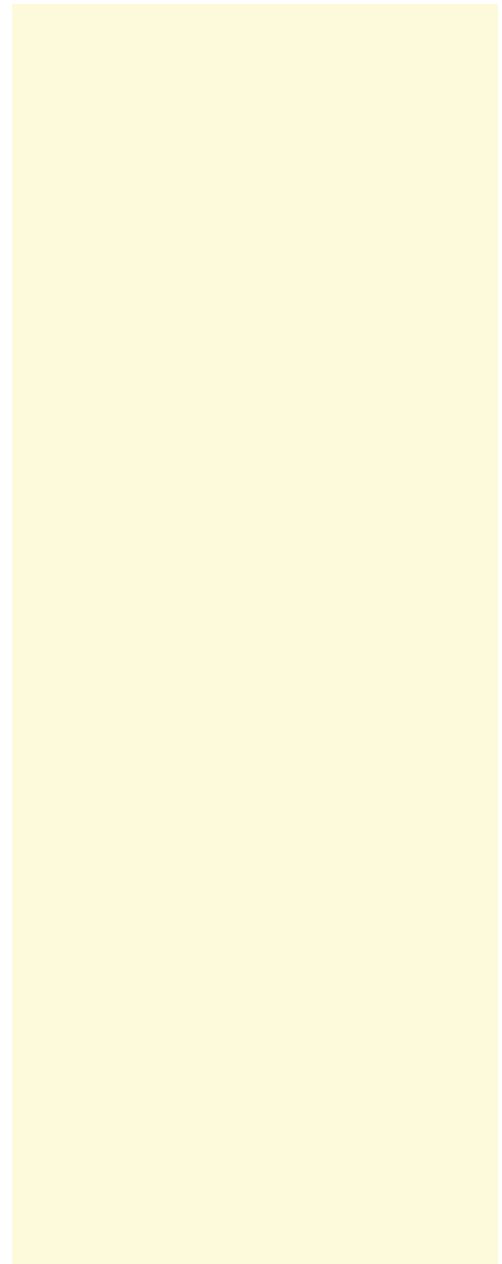
Ideally, policies describe actions, resources, implementation, evaluation, and enforcement. Policies are important because they set the context for widespread change. They create the conditions under which systems changes and environmental changes can flourish.

Examples:

- Federal — Local education agencies are required to create a local wellness policy to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

- District — School system requires all schools to conduct a health-related fitness assessment for students in grades 4–12.

- School level — School policy prohibits fund-raisers that incorporate unhealthy food.

Systems Change typically focuses on a change to the infrastructure or on instituting a new process or procedure to ensure a healthier site. A systems change would be part of an organization's norms and expectations. Systems changes alter how the organization or network of organizations conducts business.

NOTES:

TRANSFORMING THE SCHOOL ENVIRONMENT
Society for Public Health Education (SOPHE) • https://www.sophe.org/focus-areas/school-health/

Handout #2: Definitions - continued

Examples:

- Procurement of locally grown produce for school meals (Farm to School)

- Providing all staff and students with two 10-minute physical activity breaks during the day

- Providing universal breakfast for all students in the district

Environmental Change involves a physical or structural change. It is typically visual and observable, but an environmental change can also be economic or social.

Economic environmental change is the presence of financial disincentives or incentives to encourage a desired behavior.

Social environmental change is a positive change in attitudes or behaviors about policies that promote good health or an increase in supportive attitudes regarding a health practice.

Examples of environmental change:

- Purchasing Grab-n-Go carts to provide breakfast to students in the morning (physical)

- Increase in acceptance of limiting high-sugar treats as rewards in the classroom across a school or district (social)

- Charging higher prices for less healthy vending machine drink or food items (economic)

NOTES:

Handout #3: Taking Action

EXAMPLE *Decrease consumption of sugary drinks at school*	Program	*Create a "sugar display" showing the amount of sugar in different types of beverages. Place the display in a prominent location where all students can see it.*
	Policy	*District/school policy stating sugary beverages will not be allowed for consumption during school hours.*
	System	*School vendors will be required to stock only non-sugary beverages.*
	Environment	*Purchase water dispensers and place them throughout the school.*
SCHOOL CHANGE — (refer to Handout #1: Warm Up Activity)	Program	
	Policy	
	System	
	Environment	

Handout #4: Additional Resources

Champions for Change. (2017). A collection of resources that support policy, systems & environmental change for obesity prevention [PDF]. 4–9. Retrieved from https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/CDPH%20Document%20Library/PPPDS_PSE_ResourceGuide.pdf

Fry, C., & Chen, L. (2014). PSE 101: Building healthier communities through policy, systems & environmental (PSE) change [Webinar]. ChangeLab Solutions. Retrieved from https://www.changelabsolutions.org/product/pse-101-webinar-building-healthier-communities

HealthMPowers, Inc. (2017). Program, policy, systems and environmental change training. Retrieved from: https://healthmpowers.org/ppsetraining

Martinez, A. P., & Kibbe, D. (2015). The path from program to policy, systems, and environmental change: From conceptual model to real life application [PDF]. Georgia Health Policy Center at Georgia State University. Retrieved from http://ruralhealthlink.org/Portals/0/Resources/Webinars/The%20Path%20from%20Program%20to%20Policy_Systems%20and%20Environmental%20Change_Webinar1292015.pdf

Rural Health Information Hub (RHIhub). (n.d.). Policy, Systems, and Environmental Change. Retrieved from https://www.ruralhealthinfo.org/toolkits/health-promotion/2/strategies/policy-systems-environmental

The Food Trust. (2012). What is policy, systems and environmental (PSE) change? [PDF]. Retrieved from http://healthtrust.org/wp-content/uploads/2013/11/2012-12-28-Policy_Systems_and_Environmental_Change.pdf

USDA Nutrition Education and Obesity Prevention Program FY 2020, SNAP-Ed, Plan Guidance [PDF]. (2019). 17–19. Retrieved from https://snaped.fns.usda.gov/sites/default/files/documents/SNAP-Ed%20Plan%20Guidance%20FY%202020%20Complete.pdf

Wellness Works: Rochester's Worksite Wellness Coalition. (2016). Wellness works: Policy, systems, & environmental change guidelines [PDF]. Retrieved from http://ways2wellness.org/wp-content/uploads/2016/06/Policy-Systems-and-Enviornmental-Changes-Toolkit.pdf