

Policy, Systems and Environmental Change 101

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Learning Objectives

- Introduce a public health orientation to obesity and chronic disease prevention that emphasizes policy, systems, and environmental approaches
- Provide examples of policy, system and environmental approaches to address obesity, dental disease, and/or chronic disease prevention
- Define healthcare provider engagement along a continuum

Learning Modules



Module 1 Quiz

Module 1 Worksheet



Module 2 Quiz

Module 2 Worksheet



Module 3 Quiz

Module 3 Worksheet

WHAT IS PSE CHANGE?

Policy

Creation or alteration of a formal written statement of a government, business, or nonprofit that results in a new organization position, decision, action, or mandatory rule or regulation

System

Informal and ongoing change in organizational practices and procedures that results in a new, voluntary way of doing business

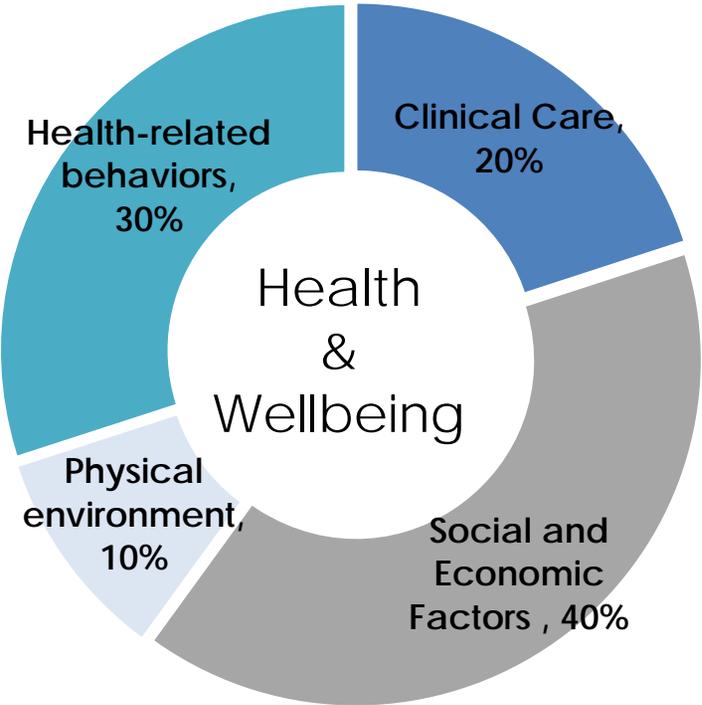
Environmental

Directly alters the physical, economic, social, or messaging environment that results in a new level of access or opportunity for the target population



Why do we focus on
policy, systems and
environmental
change?

Health Factors & their Contributions to Health Outcomes



Source: County Health Rankings & Roadmaps: Our Approach.
<http://www.countyhealthrankings.org/our-approach>.

Health Impact Pyramid



Source: Frieden TR. 2010. A framework for public health action: the health impact pyramid. AJPH. 100(4):590-5.



Healthcare is **one** determinant of health

Policy, System and Environmental changes promote can impact a **broader scope** of people in a **sustainable** way

Consider **healthy neighborhoods** to
promote **healthy patients**



COMMON
SENSE
MEMBERSHIP

Neighborhood Conditions & Resources Shape Health

Playgrounds in need of repairs



Facilities closed



Roads in need of repairs



Food swamps

PSE Change



Policy
Change



System
Change



Environmental
Change



Let's say an employee
wants to remove
unhealthy items from the
office vending machines



Education:

The employee talks to coworkers about why they shouldn't drink sugary beverages.

Education is not a PSE change



- Requires ongoing coaching and reinforcement
- Limited impact
- No policy, system or environmental conditions have changed to encourage healthier choices



Environmental change:
Removing the unhealthy items from the
vending machine.

Environmental Change

Benefits

- Takes less time
- Fewer resources needed to accomplish

Considerations

- May not be self-sustaining to implement changes alone
- Changes require monitoring and maintenance



System change:
Asking the distributor to only
stock healthy items.

System Change

Benefits

- Changing organizational procedures and practices
- Impacts all elements of organization, institution, or system

Considerations

- Limits change to organization
- May affect other associated institutions



Policy change:

Rewriting your vending machine contract
to require only healthy items.

Policy Change

Benefits

- Formal
- Binding
- A general approach to be applied broadly

Considerations

- Takes substantial time and effort
- Challenging to implement, depending on scope or area of focus



Local ordinances



Zoning language



Resolutions



School/agency
policy language



Contracts/agreements



State/federal laws



University policy



Organization policy



Hospital policy

Commonalities



A statement in writing



Binding or some accountability



Sets out a general approach to be applied widely

Healthy Vending

Policy Rewriting your vending machine contract to require only healthy items

System Asking the distributor to only stock healthy items

Environmental Removing the unhealthy items from the vending machine



Is this a
Policy,
Systems, or
Environmental
change?



A local county government formally writes and implements a plan to only supply fruits and vegetables as snacks in its youth serving programs.



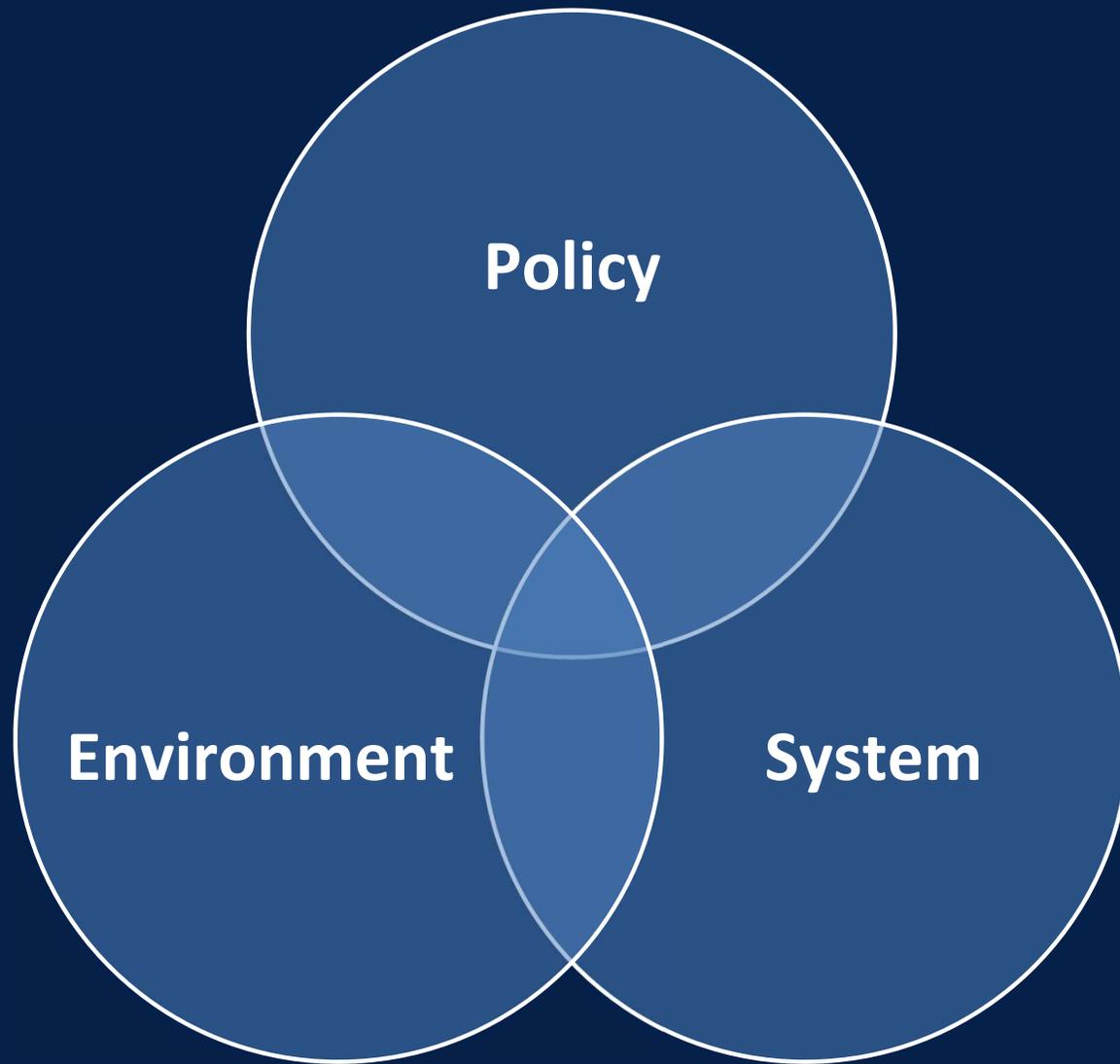
A local community organization asks retailers near schools to voluntarily remove sugary drink ads from their store windows.



Providing food bank participants educational materials about cooking healthier items.



A school principal decides to stop purchasing sugary drinks using school budget funds.





What roles
can providers
play in PSE
change?

Provider Roles

Roles	Level of Involvement
Connector	Low
Advocate	Low
Amplifier	Medium
Team Expert	Medium
Leader	High

Review

- There are different roles providers can play that entail various levels of commitment
 - Connector
 - Advocate
 - Amplifier
 - Team Expert
 - Leader