

Policy, Systems & Environmental Change 101



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Healthy communities
for all through better
laws & policies



ChangeLab Solutions

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ChangeLab Solutions is a non-partisan, nonprofit organization that educates and informs the public through objective, non-partisan analysis, study, and/or research. The primary purpose of this discussion is to address legal and/or policy options to improve public health. There is no intent to reflect a view on specific legislation.

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AGENDA

- Who's in the room?
- PSE basics
- Provider roles
- Advocacy and lobbying basics
- What can you do?
- Wrap up and Q&A



Who's in the room?



I need another cup of coffee.



Strongly disagree

Strongly agree

I know most of the people in
this room.



Strongly disagree

Strongly agree

I am a Champion Provider
fellow.



Strongly disagree

Strongly agree

I'm interested in working on
physical activity projects.



Strongly disagree

Strongly agree

I'm interested in working
on school wellness
projects.



Strongly disagree

Strongly agree

I've worked on PSE change.



Strongly disagree

Strongly agree

I have a good understanding
of what constitutes lobbying.



Strongly disagree

Strongly agree

PSE basics



WHAT IS PSE?

SNAP-Ed Guidance definition

Policy Change

Creating or changing a written statement of an organizational position, decision, or course of action. Made in public, non-profit, and business sectors.

System Change

Unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people. Alter how the organization conducts business.

Environmental Change

Changes to the built/physical, economic, social, normative, or message environments that are visual/observable.



Let's say you want to
have healthier drinks at
the office





How could
you do that?

Talk to your coworkers!

Ask them bring healthier drinks
to the office anymore.

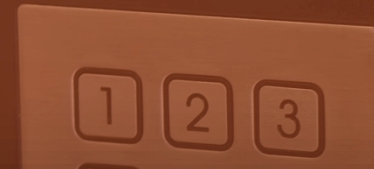
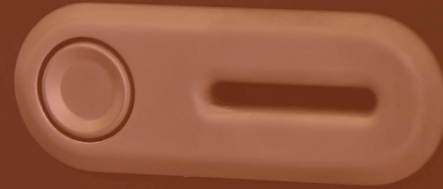
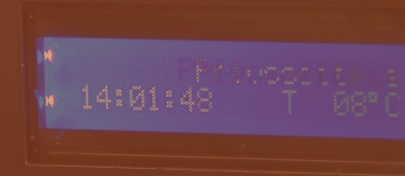




How could
you promote
healthier
beverages
using PSE?



Environmental change:
Eliminate vending machines



System change:
asking the distributor to only stock
healthy beverages



Policy change:
re-writing your vending machine
contract to require only healthy
beverages

WHAT IS A “POLICY”?

SNAP-Ed Guidance definition

A written statement of an organizational position, decision, or course of action.

Ideally policies describe actions, resources, implementation, evaluation, and enforcement. Policies are made in the public, non-profit, and business sectors. Policies will help to guide behavioral changes for audiences served through SNAP-Ed programming.

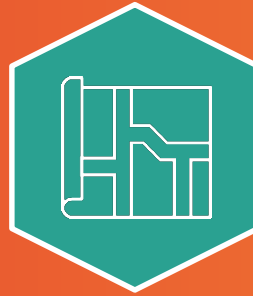


Policy is
more than
just
legislation





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



Policy offers
accountability
&
enforcement



Policy reaches more people





Policy
institutionalizes
good ideas





Activity:

*Is this policy,
systems, or
environmental
change?*



Connecting the local convenience store with a fresh produce distributor so it can stock fruits and vegetables.



Implementing a local healthy food retailer license that requires food retailers to sell a minimum amount of healthy food.



Providing store owners with educational materials about stocking healthier items.



Working with store owners to post marketing materials to highlight their healthier products.



Routinely asking
patients about
food insecurity
during clinic visits.



Working with the hospital to change the electronic medical record so evaluating food insecurity is a standard screening question.



Opening school grounds on weekends so community members can use the athletic fields.



Activity:

What kind of PSE changes are you working on?

Learn
about
healthy
retail
strategies

Pilot an
idea in one
or two
venues

Operate a
full-scale
program in
the
community

Learn
about
policy
options for
healthy
retail

Adopt a
healthy
retail
resolution

Adopt a
healthy
retail
ordinance

Continually
enforce
and
evaluate
healthy
retail
policies

Program to policy spectrum

NO
AWARENESS
OR DENIAL/
RESISTANCE

VAGUE
AWARENESS:
"Something
should
probably be
done, but
what? Maybe
someone else
will work on
this."

PREPLANNING:
"This is
important.
What can we
do?"

PREPARATION:
"I will meet
with our
funder
tomorrow."

INITIATION:
"This is our
responsibility;
we are now
beginning to
do something
to address this
issue."

STABILIZATION:
"We have taken
responsibility."

CONFIRMATION
/EXPANSION:
"How well are
our current
[initiatives]
working and
how can we
make them
better?"

HIGH LEVEL OF
COMMUNITY
OWNERSHIP:
"These efforts
are an
important part
of the fabric of
our
community."

Community readiness spectrum

Learn
about
healthy
retail
strategies

Pilot an
idea in one
or two
venues

Operate a
full-scale
program in
the
community

Learn
about
policy
options for
healthy
retail

Adopt a
healthy
retail
resolution

Adopt a
healthy
retail
ordinance

Continually
enforce
and
evaluate
healthy
retail
policies

Getting to policy

NO
AWARENESS
OR DENIAL/
RESISTANCE

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HIGH LEVEL OF
COMMUNITY
OWNERSHIP:
"These efforts
are an
important part
of the fabric of
our
community."

Balancing health & politics



Start with a robust vision



Assess readiness for an idea



Work with community
partners and experts



Recognize that your idea
may get weaker or
smaller in scope

Provider Roles



PROVIDER ROLES

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

Connector



Identifies other providers in the community to augment support for an issue

Low commitment:

A one-time role that requires a limited commitment and is not central to the implementation or sustainability of the intervention (e.g., providing contact information)

Advocate



Advocates for a specific approach

Low commitment:

A one-time role that requires a limited commitment and is not central to the implementation or sustainability of the intervention (e.g., testifying at a public meeting)

Amplifier



Writes, speaks, blogs, or is interviewed about an issue

Medium commitment:

An ad-hoc role that requires a moderate time commitment and is not central to the implementation or sustainability of the intervention (e.g., writing an op-ed on an issue)

Team Expert



Joins an existing collaboration or partnership, or provides subject matter expertise

Medium commitment:

An ad-hoc role that requires a moderate time commitment and is not central to the implementation or sustainability of the intervention (e.g., attending 3 task force meetings to help design a policy)

Leader



Identifies or produces resources, convenes stakeholders, or establishes multi-sectoral partnerships

High commitment:

Ongoing role that requires a significant time commitment and is central to the implementation or sustainability of the intervention (e.g., securing funding for, and helping to design and manage, an ongoing physical activity program)

Advocacy and lobbying basics



WHAT IS ADVOCACY?

Dictionary:

1. the act of pleading for, supporting, or recommending;
2. the act or process of advocating or supporting a cause or proposal;
3. the act of assisting, defending, pleading, or prosecuting for another.

WHAT IS LOBBYING?

Every law defines it a little differently, including:

- Federal tax law (nonprofits)
- Federal appropriations riders
- Federal Anti-lobbying Act
- Byrd Amendment
- OMB circulars (A-87, A-122)
- Federal Agency Rules (USDA SNAP-Ed Guidance)
- Federal lobbying registration and disclosure laws
- State and local lobbying registration and disclosure laws

WHAT IS LOBBYING?

SNAP-Ed Guidance definition

Lobbying is any activity or material to influence federal, state, or local officials to pass or sign legislation or to influence the outcomes of an election, referendum, or initiative.



Direct lobbying

a communication directly with a government official that is designed to influence specific or proposed legislation

Examples of Communication

- Email
- Phone call
- Letter
- In-person meeting
- Social media posts
- And more ...



Examples of Government officials

Anyone working for:

- A legislative body
- A legislator, or
- Other government agency/
department that
takes part in forming
legislation



*Influencing
legislation*

Reflecting a
particular view
about the legislation
or making a direct
appeal

What can you do?



Champion Provider Fellows

- Are restricted from lobbying as a part of the Champion Provider Fellowship
- Should engage in activities in partnership with local health dept.
- Should check with their employers about any restrictions

Local Health Department Staff

- Are generally restricted from engaging in lobbying activities

Both can advocate!

Engage

What is allowed?



Licensing & Zoning

Tools for Public Health



nplan

NATIONAL POLICY & LEGAL ANALYSIS
TO PREVENT CHILDHOOD OBESITY

General education

philpnet.org | nplan.org



Photo by Sofia Dettler

What Are Complete Streets?

A Fact Sheet for Advocates and Community Members

Complete streets allow people to get around safely on foot, bicycle, or public transportation. By providing safe and convenient travel for everyone—including children, families, older adults, and people with disabilities—complete streets not only help people stay active and healthy but also reduce traffic and pollution.

Streets are key public spaces that often make up much of the land in a town or city. But across America, streets are frequently built for cars, with few features like sidewalks to make them safe and pleasant places to walk or bike. Conventional street design promotes traffic congestion, pollution, and collision injuries,^{1,2,3} and discourages physical activity.

Regular physical activity is critical to preventing obesity and its related illnesses, such as diabetes and heart disease. But American youth fail to get the recommended levels of daily exercise.^{4,5} Many schools have eliminated or reduced physical education, and in the last 30 years, the number of children walking or biking to school has dropped from 42 percent to a mere 16 percent. Young people living in low-income communities and youth of color get even less physical activity and have higher rates of obesity.⁶

philp public health law & policy

nplan

NATIONAL POLICY & LEGAL ANALYSIS NETWORK
TO PREVENT CHILDHOOD OBESITY

Community engagement and educational campaigns



Coalition building among governments, nonprofits, private sector, and community to discuss problems and share ideas

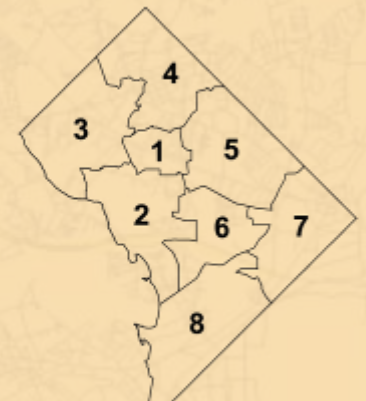


Assess

What is allowed?

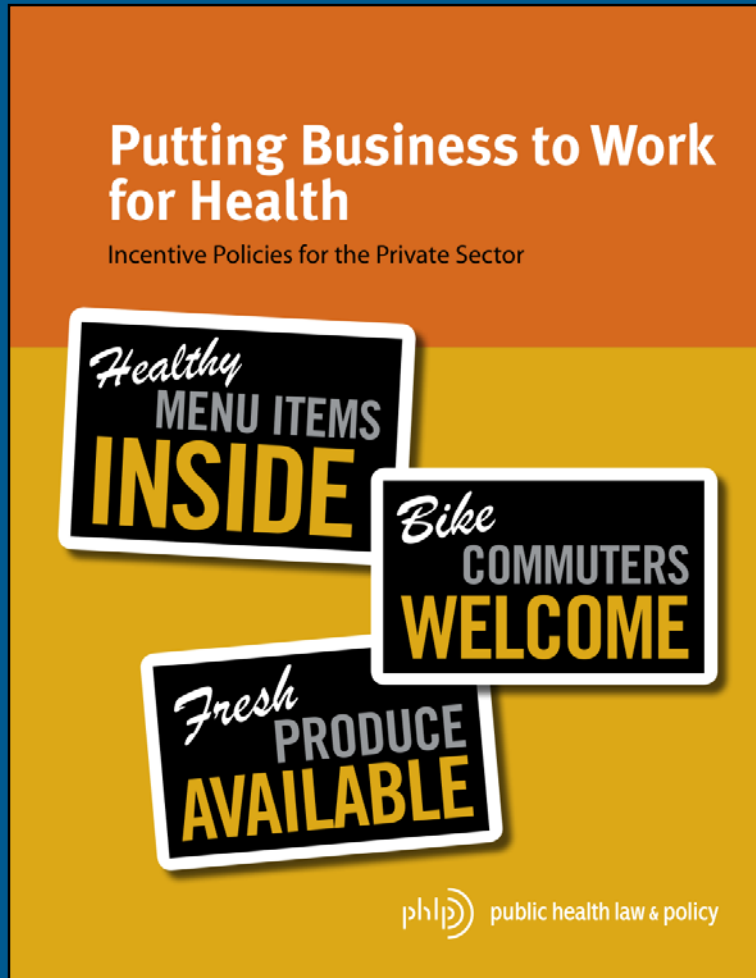


Collecting & analyzing data



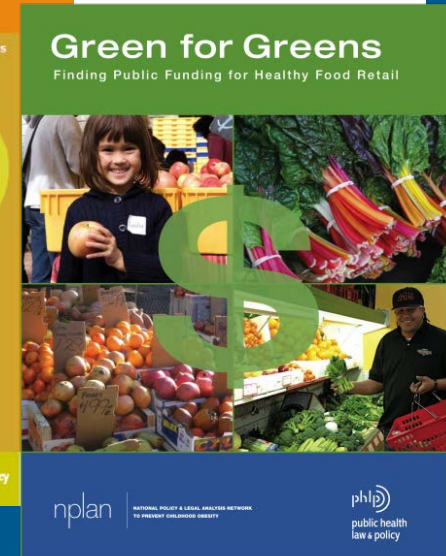
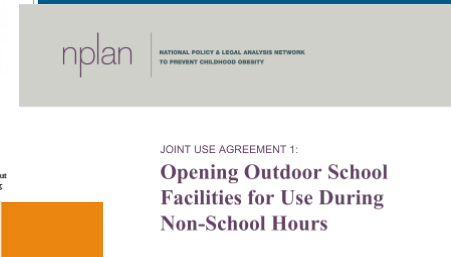
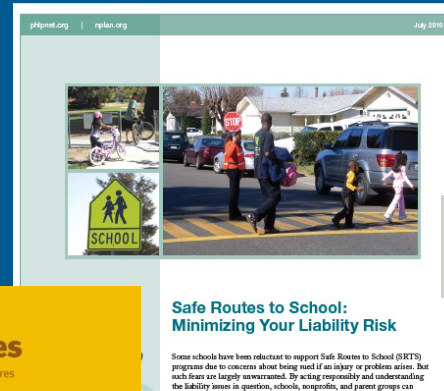
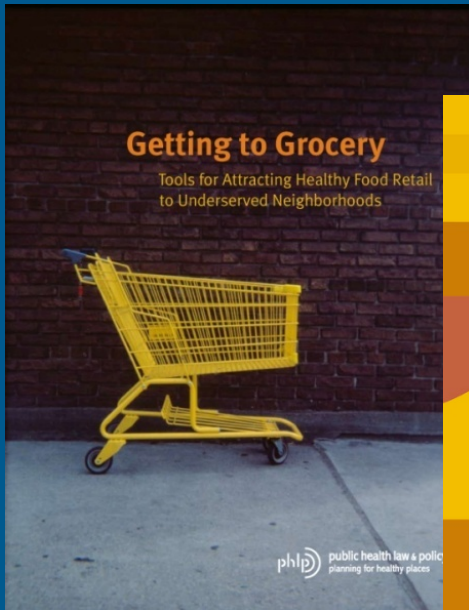
White papers & reports

Nonpartisan analysis, study, or research



1. Independent, **balanced** and objective;
2. **Fair to both sides** of an issue (contains a full and fair exposition of the pertinent facts);
3. Allows a reader to **draw his/her own independent opinion or conclusion**, but author may include his/her own conclusion;
4. Conclusion is based on **evidence and facts**, but not unsupported opinion;
5. **Broadly distributed** to the public, and not directed to only one side of an issue.

Examples: Healthy eating and active living reports

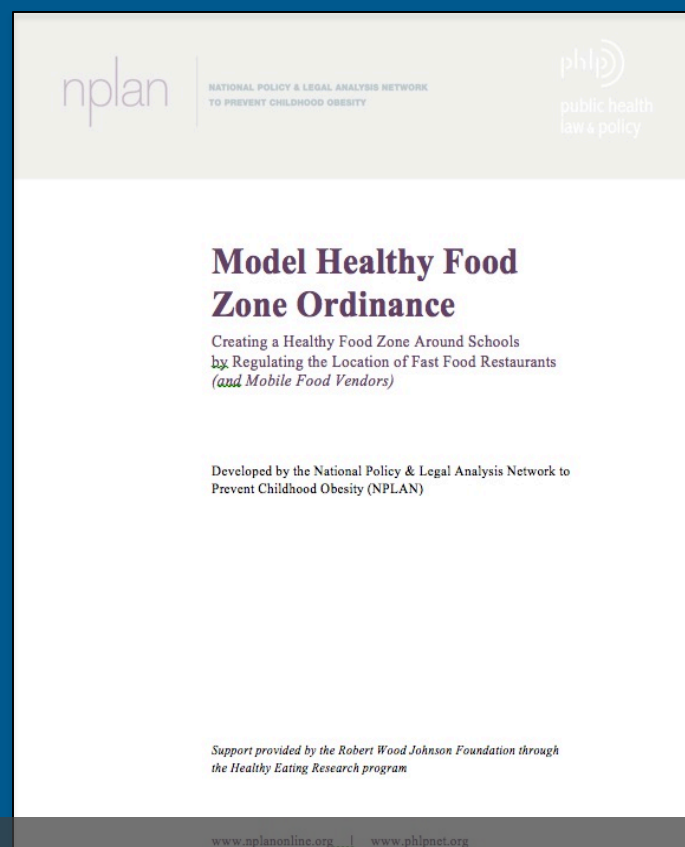
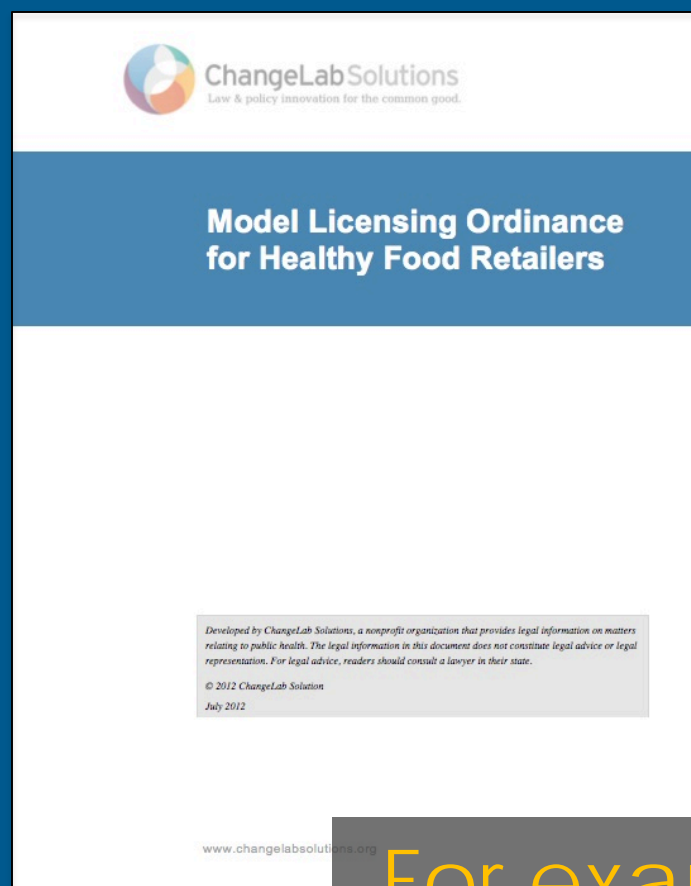


Propose

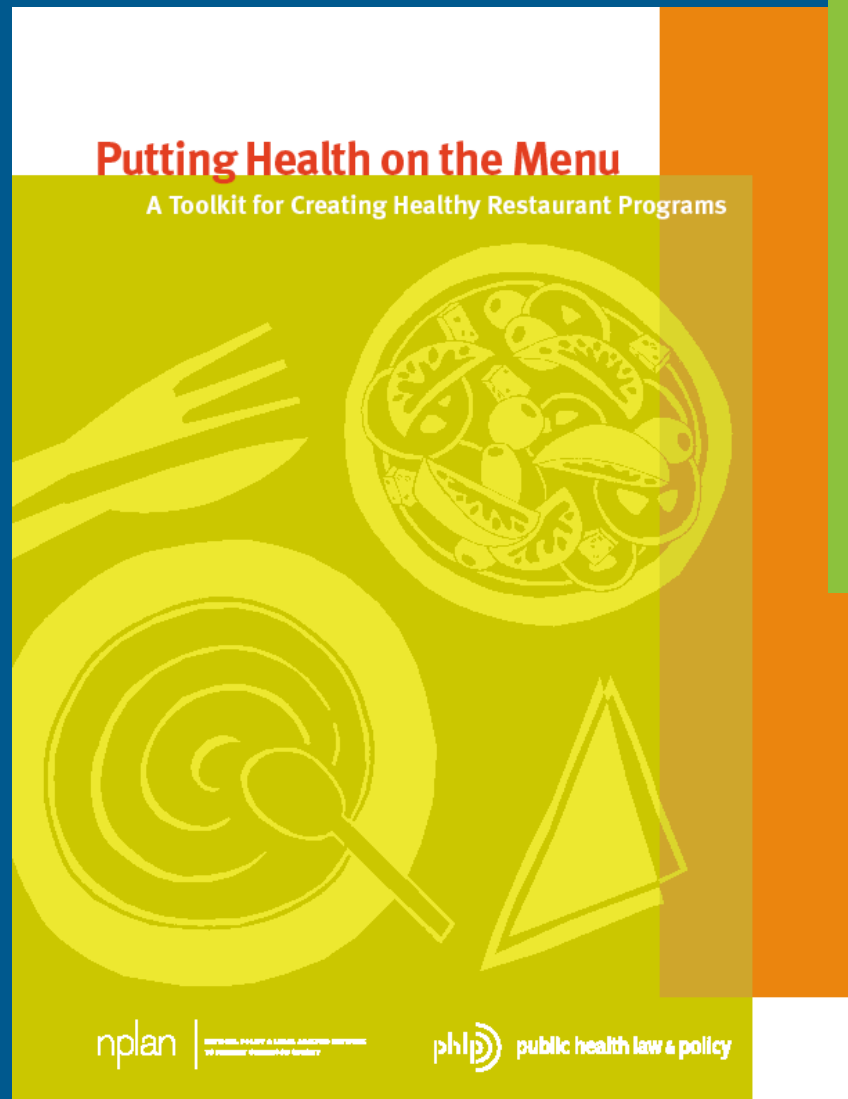
What is allowed?



Developing evidence-based policy approaches and broadly sharing



For example, model legislation



Proposing
approaches
that aren't
specific
legislation

*Voluntary
business policies*

BUT....

RESOLUTION NO. 65,978-N.S.

BERKELEY COMPLETE STREETS POLICY

WHEREAS, the term "Complete Streets" describes a comprehensive, integrated transportation network with infrastructure and design that allows safe and convenient travel along and across streets for all users, including pedestrians, bicyclists, persons with disabilities, motorists, movers of commercial goods, users and operators of public transportation, emergency vehicles, seniors, children, youth, and families; and

WHEREAS, the City of Berkeley acknowledges the benefits and value for the public health and welfare of reducing vehicle miles traveled and increasing transportation by walking, bicycling, and public transportation; and

WHEREAS, the City of Berkeley recognizes that the planning and coordinated development of Complete Streets infrastructure provides benefits for local governments in the areas of infrastructure cost savings, public health, and environmental sustainability; and

WHEREAS, the State of California has emphasized the importance of Complete Streets by enacting the California Complete Streets Act of 2008 (also known as AB 1358), which requires that when cities or counties revise general plans, they identify how they will provide for the mobility needs of all users of the roadways, as well as through Deputy Directive 64, in which the California Department of Transportation states that it "views all transportation improvements as opportunities to improve safety, access, and mobility for all travelers in California and recognizes bicycle, pedestrian, and transit modes as integral elements of the transportation system"; and

WHEREAS, the California Global Warming Solutions Act of 2006 (AB 32) sets a mandate for the reduction of greenhouse gas emissions in California, and the Sustainable Communities and Climate Protection Act of 2008 (SB 375) requires emissions reductions through coordinated regional planning that integrates transportation, housing, and land-use policy, and achieving the goals of these laws will require significant increases in travel by public transit, bicycling, and walking; and

WHEREAS, numerous California counties, cities, and agencies have adopted Complete Streets policies and legislation in order to further the health, safety, welfare, economic vitality, and environmental well-being of their communities; and

WHEREAS, the Metropolitan Transportation Commission, through its One Bay Area Grant (OBAG) program, described in Resolution 4035, requires that all jurisdictions, to be eligible for OBAG funds, need to address complete streets policies at the local level through the adoption of a complete streets policy resolution or through a general plan that complies with the California Complete Streets Act of 2008; and

Developing specific proposed legislation may be lobbying

Advocate


What is allowed?



Certain communications with decision-makers

A woman with dark hair tied back, wearing a black top with colorful floral embroidery and large hoop earrings, is speaking into a microphone at a wooden podium. A laptop is visible on the podium to her left. The background is a plain, light-colored wall.

Sharing best practices, success stories and reports
with the public or government officials

A photograph of a meeting or hearing. In the foreground, a man with short dark hair, wearing a dark suit, is speaking into a microphone. Behind him, a woman with short blonde hair is looking on. In the background, another man is visible, also at the table. The setting appears to be a formal meeting room with wood paneling and microphones on the table.

At the written request of a government or legislative body, a **technical or factual presentation** of information to decision-makers regarding a specific legislative proposal

A photograph of two men in professional attire (suits and glasses) standing in an office with large windows overlooking greenery. They are both looking down at a large map or document spread out on a table. The man on the left is pointing at a specific area on the map, while the man on the right is also pointing at a different area. The map appears to be a technical drawing or a site plan with various colored regions and labels.

Government officials may communicate
with anyone within the same
government about policy or legislation

BUT....

RESOLUTION NO. 65,978-N.S.

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WHEREAS, numerous California counties, cities, and agencies have adopted Complete Streets policies and legislation in order to further the health, safety, welfare, economic vitality, and environmental well-being of their communities; and

WHEREAS, the Metropolitan Transportation Commission, through its One Bay Area Greenhouse Gas program, described in Resolution 4035, requires that all jurisdictions, to be eligible for MTC funds, need to address complete streets policies at the local level through the adoption of a complete streets policy resolution or through a general plan that complies with the California Complete Streets Act of 2008; and

Discussions with decision-makers about legislation (pending or proposed), outside of the examples above, probably constitute lobbying

Implement

What is allowed?





Ensuring and
assisting with
implementation
of a policy
aren't lobbying

Questions:



- What activities can Champion Provider fellows do to engage, propose, assess, advocate for, and implement a policy?
- How can Champion Provider fellows and SNAP-Ed funded health departments collaborate on these steps?

Wrap up



Wrap up - PSE

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Unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people. Alter how the organization conducts business.

Environmental Change

Changes to the built/physical, economic, social, normative, or message environments that are visual/observable.

Wrap up

Lobbying

has the following
4 elements

1. **Communication** with a
2. **Government official or employee** who participates in forming legislation that
3. **Reflects a point of view** on (i.e., attempts to influence)
4. **Specific legislation**

Wrap up

- Policy-related activities are allowed, unless there are specific restrictions in your scope of work or grant/contract
- Lobbying is a specific activity, and restrictions on lobbying vary based on type of funding
- There are many allowable policy-related activities regardless of lobbying restrictions
- It is important to consult your program officer and/or legal counsel if you have questions

Questions?



Thank You!

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