Policy, Systems and Environmental Change 101

Alana Pfeffinger, MPH

Project Manager

**CHAMPION
PROVIDER
FELLOWSHIP**

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

CHAMPION
PROVIDER
FELLOWSHIP

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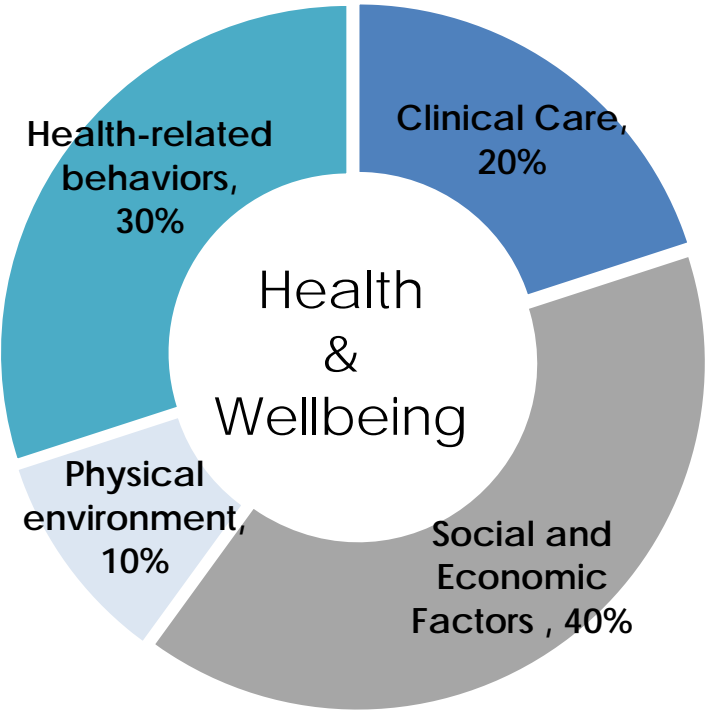
Environmental — Directly alters the physical, economic, social, or messaging environment that results in a new level of access or opportunity for the target population
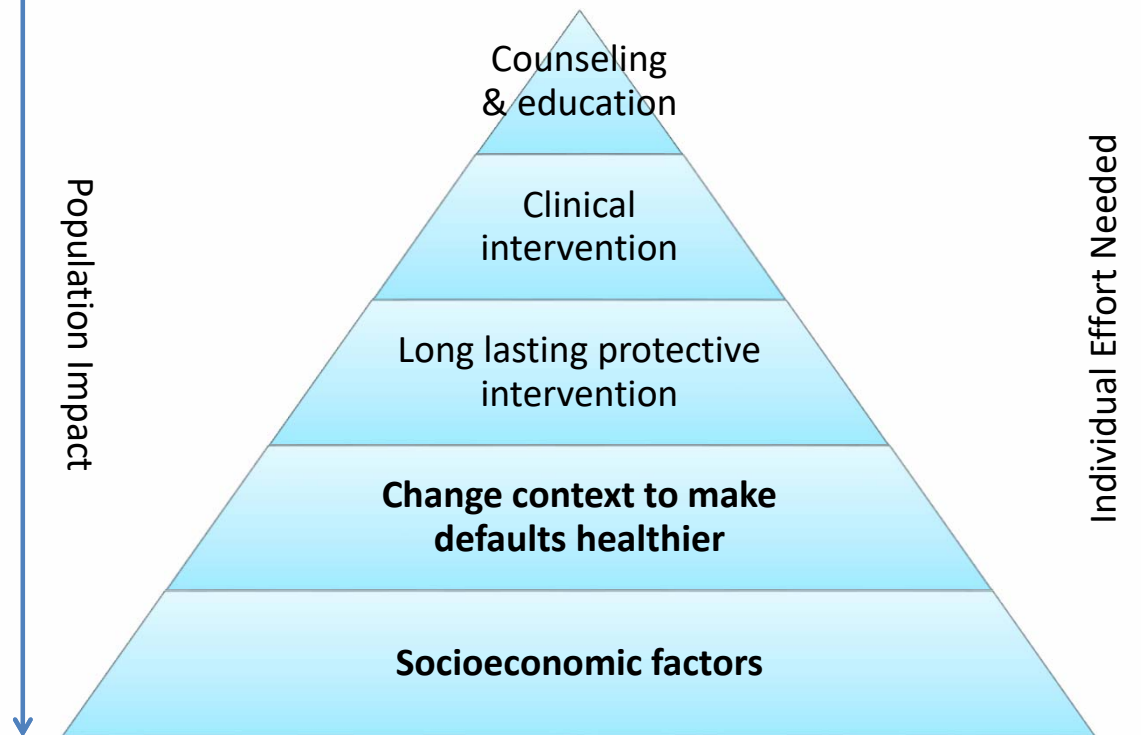
CHAMPION PROVIDER
FELLOWSHIP

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

Health Factors & their Contributions to Health Outcomes

Health & Wellbeing

- Clinical Care, 20%
- Social and Economic Factors, 40%
- Physical environment, 10%
- Health-related behaviors, 30%

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

Health Impact Pyramid

Counseling & education

Clinical intervention

Long lasting protective intervention

Change context to make defaults healthier

Socioeconomic factors

Population Impact

Individual Effort Needed

CHAMPION PROVIDER FELLOWSHIP

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**

Neighborhood Conditions & Resources Shape Health

Playgrounds in need of repairs

Facilities closed

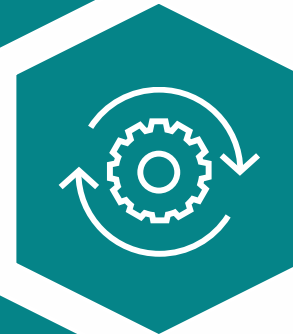Roads in need of repairs

Food swamps

CHAMPION PROVIDER FELLOWSHIP

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 <u>policy, system or environmental</u> 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

CHAMPION PROVIDER FELLOWSHIP

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

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 **P**olicy, **S**ystems, or **E**nvironmental change?

A local county government formally writes and implements a plan to only supply fruits and vegetables as snacks in its youth serving programs.
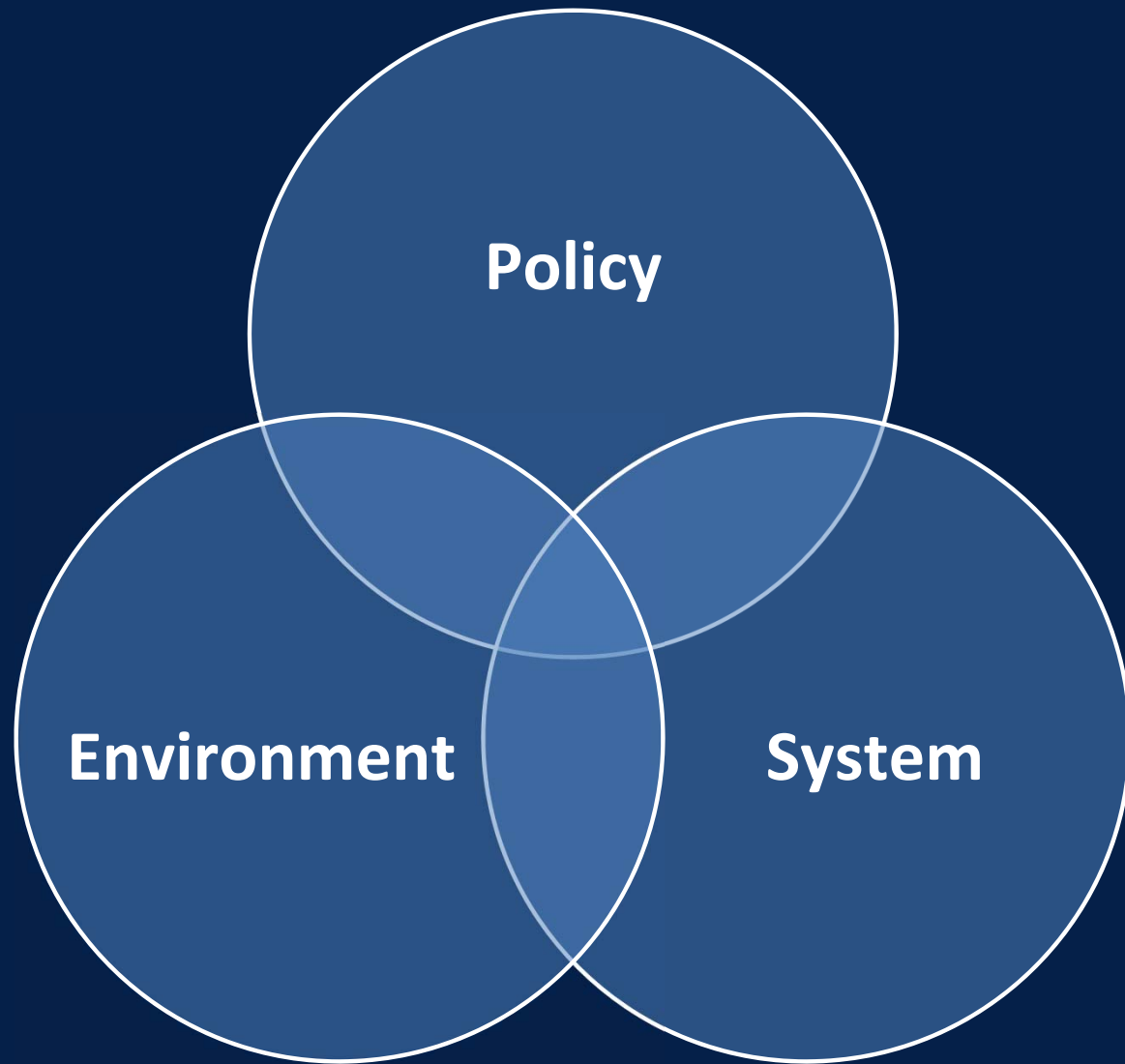
A local community organization asks retailers near schools to voluntarily remove sugary drink ads from their store windows.

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