



Systems
Approaches for
Healthy Communities

Organizations that have started or finished the Modules are already seeing the benefits of the program

"I think it should be mandatory training for all who work in SNAP-Ed. It was very easy to use, learn, and overall helpful information that was easy to find and use".

– UC CalFresh LIA

"I feel like it relates to all of the work that we do in some way shape or form. Through direct and indirect education at all of our sites. Taking it a step further doing PSE work in our wellness centers and how this opened my mind to what our members might be going through outside of this particular site".

– Catholic Charities LIA

"(Helped us) Value the importance of talking with others (partners & residents) to gather perspective & understanding their experiences & expectations asking "why" more often & talking less when listening for opportunities."

- Local Health Department

To RESERVE your seat or for more information contact:

LeeAnn Tippins

Training Consultant
CA SNAP-Ed Statewide Training
916.449.5412
leeann.tippins@cdph.ca.gov

Systems Approaches for Healthy Communities

UNIVERSITY OF MINNESOTA | EXTENSION



Policy, Systems and Environmental (PSE) Change

Systems Approaches for Healthy Communities is a training composed of 5 Modules each containing a variety of interactive activities, videos and information about topics relating to Policy, Systems and Environmental (PSE) changes.







- Explains **HOW** your community (whether you're an outsider or part of the community) can be motivated to engage and build relationships
- Helps to **CONTINUALLY** assess current conditions and needs so you can make good decisions
- Shares tools for **PSE** and Engagement
- Helps tackle **SHORT-TERM NEEDS** and create **LONG-TERM CHANGES**

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.



LEARNING OBJECTIVES OF ONLINE MODULES AND INFORMATION ABOUT THE TOOLKIT

Completion times for each module are approximate and include time for reflection questions and related activities.

ONLINE MODULE	OBJECTIVES: <i>After participating in this module, course participants will...</i>
INTRODUCTION ~10 minutes	Orients course participants to the philosophy and contents of the course.
 MODULE 1: FRAMEWORKS FOR HEALTHY COMMUNITIES ~ 60 minutes	<ul style="list-style-type: none"> • Explain how systems impact whether making healthy choices is easy or difficult. • Apply definitions of policy, systems, and environmental change as part of a common language for public health approaches to prevention. • Describe how multi-level approaches to health promotion can have a greater impact on health outcomes than direct education alone.
 MODULE 2: TAKING A SYSTEMS APPROACH ~ 40 minutes	<ul style="list-style-type: none"> • Identify approaches or interventions to take at each level of the Spectrum of Prevention. • Recognize which level on the Spectrum of Prevention a given approach or intervention represents. • Describe the importance of integrating both direct education and PSE interventions.
 MODULE 3: ENGAGING WITH COMMUNITIES ~ 75 minutes	<ul style="list-style-type: none"> • Identify the role of community engagement in systems approaches to health promotion. • Describe basic principles for community engagement and working in partnerships. • Recognize varying levels of community participation and identify appropriate strategies at each level. • Differentiate between outreach and engagement.
 MODULE 4: KNOWING YOUR COMMUNITY ~ 60 minutes	<ul style="list-style-type: none"> • Describe the purpose and role of community assessment in PSE approaches to health promotion. • Explain why learning about your community is an ongoing process that increases the effectiveness of your work. • Develop questions and identify assessment tools that relate to health promotion.
 MODULE 5: PUTTING IT ALL TOGETHER ~ 50 minutes	<ul style="list-style-type: none"> • Explain that implementing PSE approaches requires ongoing learning, reflection, and practice. • Locate resources in the Systems Approaches Toolkit that can be used to communicate about systems approaches in communities. • Locate resources in the Systems Approaches Toolkit that can be used to build community development and leadership skills. • Set specific goals for implementing PSE approaches.
 TOOLKIT	<p>Part 1: Tools and resources for community-based educators to communicate about systems-approaches in their communities.</p> <p>Part 2: Tools and resources for community-based educators to build their community development and leadership skills.</p>