



California SNAP-Ed Statewide Training



Systems Approaches for Healthy Communities

UNIVERSITY OF MINNESOTA | EXTENSION



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

“Our team is better able to assess the needs of our partners as well as participants. We also are learning how to collaborate with our partners in a more effective way, to create a more sustainable community change.”

- **Andriana Lewis**
UC CalFresh, Amador and Calaveras

“Benefit: The model should be helpful when we develop our next 3-year IWP.”

- **Anna Martin**
UC CalFresh, San Joaquin

“(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.”

- **Andrea Morey**
Local Health Department, Riverside



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**

To RESERVE your seat or for more information contact:

LeeAnn Timbrook
Training Consultant, CA SNAP-Ed Statewide Training
916-449-5412 • leeann.timbrook@cdph.ca.gov



California SNAP-Ed Statewide Training



PROGRAM SUMMARY

The purpose of the Systems Approaches for Healthy Communities program is to help professionals apply policy, systems, and environmental change (PSE) approaches to their work promoting healthy and active lifestyles for all people in their communities.

PROGRAM COMPONENTS

Online Modules and Toolkit



Five online modules are the primary source of content for the program. Modules average about 60 minutes each, with material presented through activities, examples, stories, reflection questions, and interactive exercises. Online content can be completed individually or in groups over a flexible time frame. The program qualifies for up to eight hours of continuing education credit.

Follow-Up Discussion & Action Planning



Follow up discussion and action planning is an essential part of the program. Discussion sessions led by designated supervisors, team leaders, and/or peer mentors are recommended following each module to help staff reflect on program content and consider ways to apply strategies to strengthen their PSE work.

Module Content

MODULE 1: Frameworks for Healthy Communities



Introduces the concepts behind systems approaches and provides an overview of the Socio-Ecological Model and Spectrum of Prevention frameworks used to plan multi-level interventions to promote healthy communities.

MODULE 2: Taking a Systems Approach



Reviews levels of the Spectrum of Prevention and provides examples of approaches to take at each level to promote healthy communities.

MODULE 3: Engaging with Communities



Explores community engagement and working in partnerships.

MODULE 4: Knowing Your Community



Focuses on gathering information about current needs, conditions and assets in a community in order to make decisions about PSE approaches.

MODULE 5: Putting it All Together



Explores Toolkit resources to support participants in applying what they learned in Modules 1 - 4.