



POLICY, SYSTEMS &  
ENVIRONMENT CHANGE (PSE)



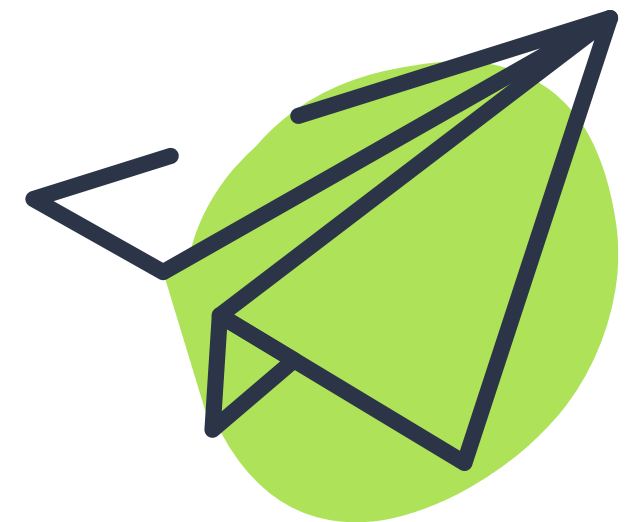
# POLICY, SYSTEM, AND ENVIRONMENTAL CHANGE



What Is Policy, Systems and Environmental Change?



Why is Policy, Systems and Environmental Change Important?





PSE 101

**WHAT IS THE DIFFERENCE?**



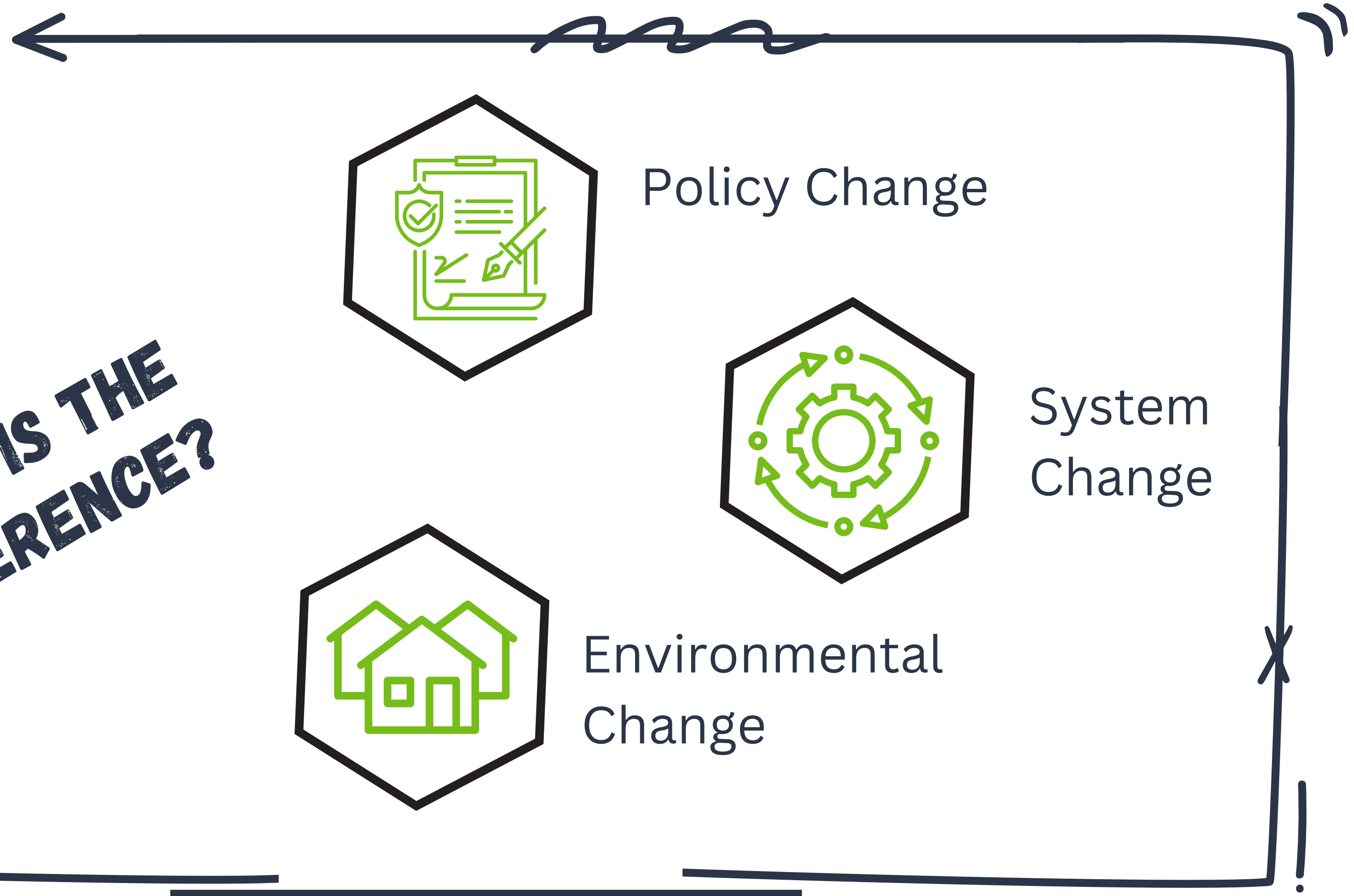
Policy Change



System Change



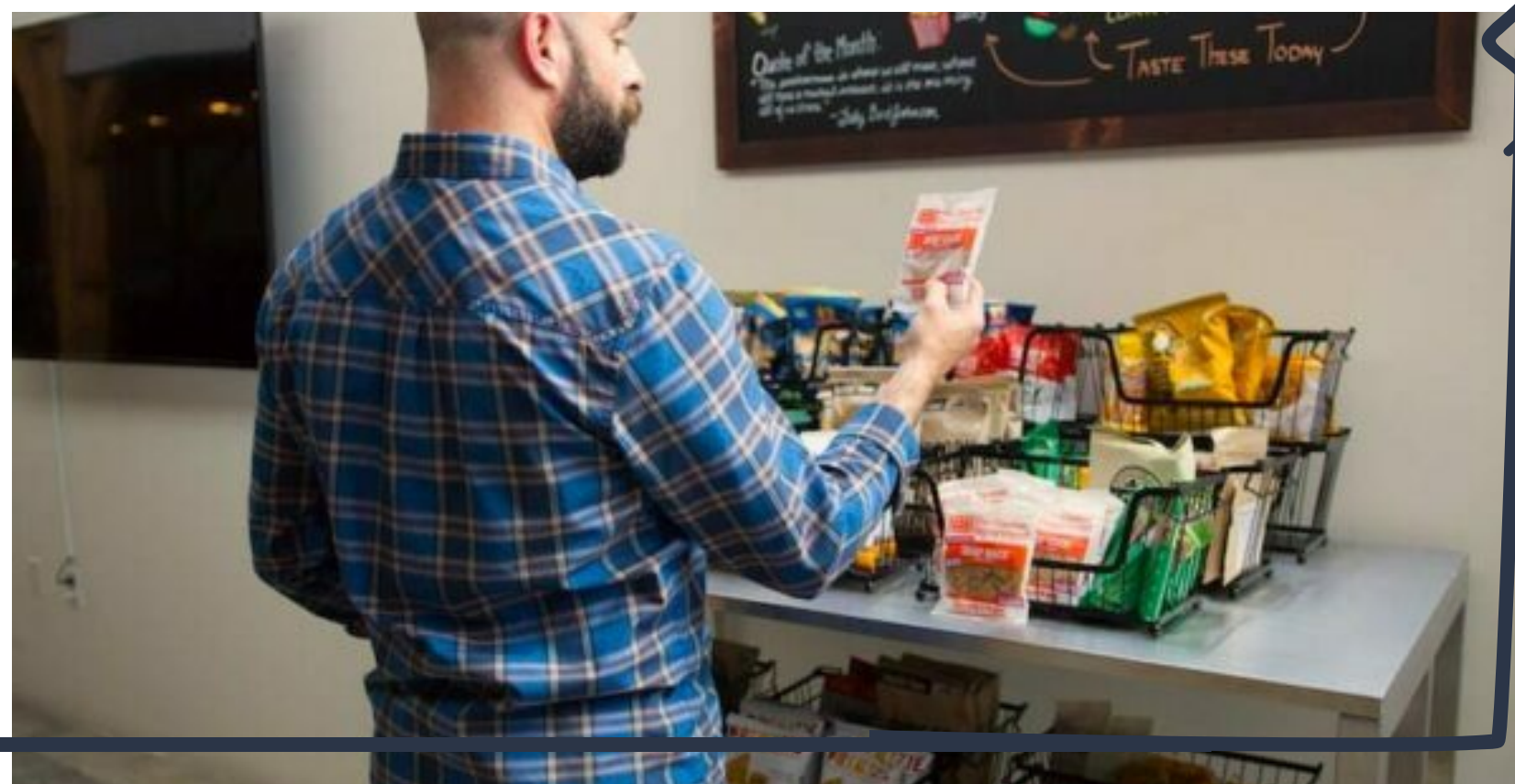
Environmental Change







# PSE Example for MN EATS in the Workplace





# MN EATS WORKPLACE PSE EXAMPLE

## POLICY

Policies that sustain healthy eating environments. For example, providing only water at meetings rather than sugar sweetened beverages.

## SYSTEM

- RFP contracts for vending services
- Vending quality assurance practices
- Pricing structure that encourages healthy food purchases
- Catering guide
- Management of healthy snack station
- Labeling and signage

## ENVIRONMENTAL

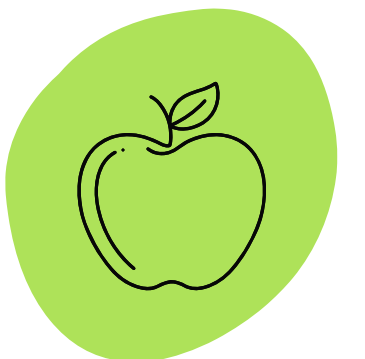
Healthy foods and beverages in/at:

- Vending
- Healthy snack stations
- Cafeteria
- Meetings or events

## SOCIAL CONNECTION

For employees working on-site, encourage eating away from workstations and with colleagues.

For employees working from home, encourage connecting virtually with a colleague and eating together during lunch.







PSE Example for  
MN MOVES in the  
Workplace





# MN MOVES WORKPLACE PSE EXAMPLE

## POLICY

Employees can combine breaks for physical activity time, dress code, walking meetings, work accommodations, that support physical activity.

## SYSTEM

- Developing a process for allowing all employees an opportunity to use provided equipment of leave their workstation to be active. If providing exercise equipment on-site, how will employees be involved in selecting equipment?

## ENVIRONMENTAL

- Mapped walking routes
- Bike racks, shower, lockers
- Physical activity room/space

## SOCIAL CONNECTION

Encourage employees to find an exercise buddy to walk with or move with during break time.

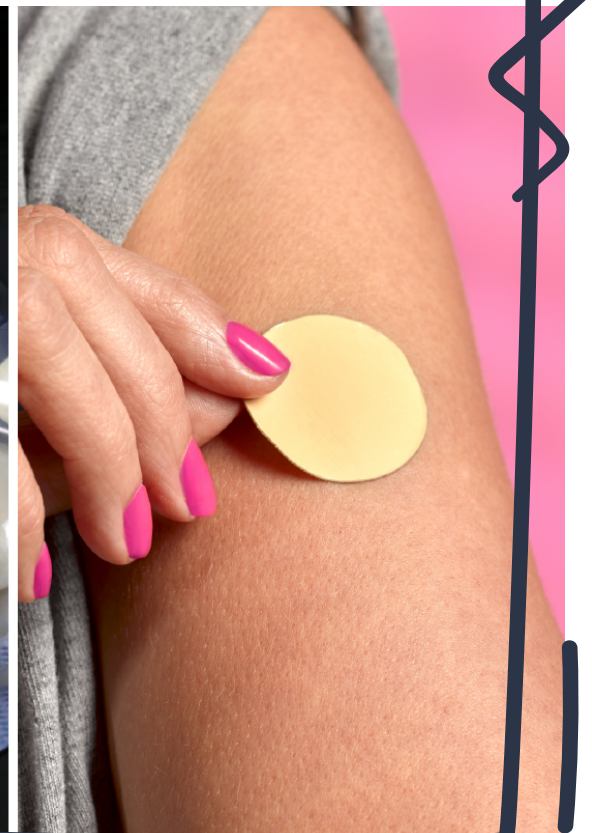




**NO  
SMOKING  
OR VAPING**

**WITHIN 25 FEET  
OF BUILDING  
ENTRANCE**

PSE Example for MN  
Commercial Tobacco  
Free (CTF) in the  
Workplace



# MN CTF WORKPLACE PSE EXAMPLE

POLICY

Commercial tobacco-free policy that includes all commercial tobacco products

SYSTEM

Free quit medications – pharmacy benefit fully covers OTC quit medications and prescription quit meds with no or minimal copay or deductible

ENVIRONMENTAL

Completely commercial tobacco-free workplace: buildings, grounds, vehicles

SOCIAL CONNECTION

Provide on-site cessation classes for employees, or provide a peer support group for employees who want to quit







PSE Example for  
MN EATS in  
Child Care





# MN EATS CHILD CARE PSE EXAMPLE

POLICY

Following the Food Guidelines and the Child and Adult Care Food Program (CAFP) guidelines, if participating

SYSTEM

Purchasing locally grown food via the Farmers' Market Hub

ENVIRONMENTAL

Serving locally grown foods to children through meals and snacks

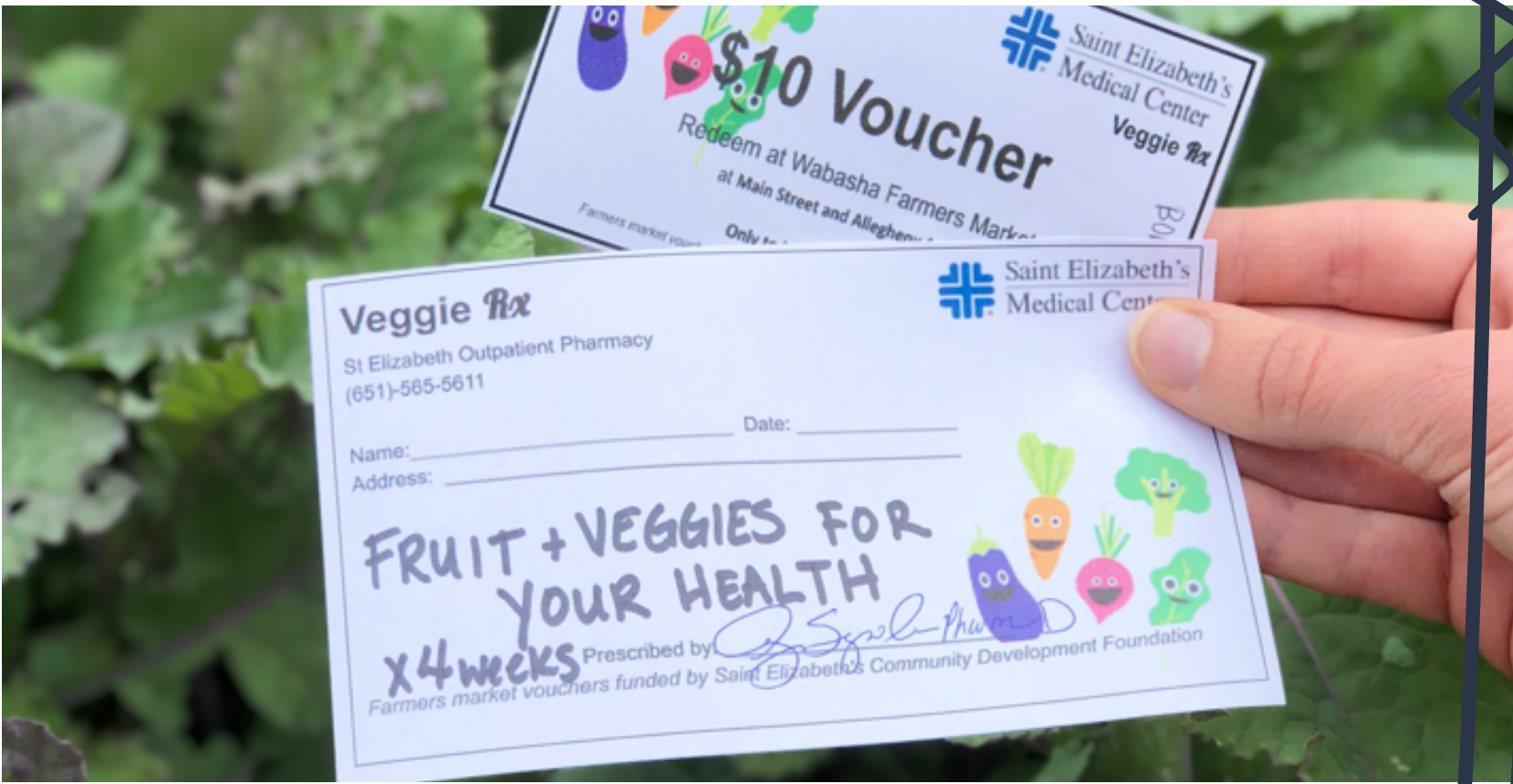
SOCIAL CONNECTION

- Gardening with children
- Offering food and farming-related educational activities for children





# PSE Example for MN EATS in Health Care





# MN EATS IN THE COMMUNITY - FVRX PROGRAM

## POLICY

To adopt the American Academy of Pediatricians' (AAP) policy recommendation that healthcare providers add questions that screen for food insecurity in patients' medical records

Hospital adopts a policy and process for operation of Farmers' Market Hub (Pack-N-Cool) onsite at the hospital/clinic.

## SYSTEM

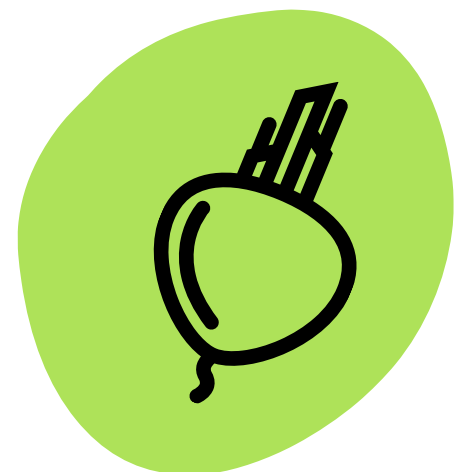
- Educating pediatricians and medical staff about the link between food insecurity and obesity
- Hunger Vital Sign is used during clinic visits embedded in their EMR
- Referral System to Dietitians for to help patients access nutrition & IBT program
- Redeem prescriptions at the Farmers' Market and/or Farmers' Market Hub

## ENVIRONMENTAL

- Increased sales at the Farmer's Market and the local economy for farmers
- Access to fresh produce for those experiencing food insecurity
- Better health outcomes

## SOCIAL CONNECTION

- Group Classes
- Cooking Demonstrations







# PSE Example for MN EATS in the Community





# MN EATS IN THE COMMUNITY - COMMUNITY GARDEN

## POLICY

Passing a law allowing residents to plant community gardens in vacant lots

## SYSTEM

- Build Community Garden- Raised Garden Beds
- Identify a sign up process

## ENVIRONMENTAL

Community-based agriculture increases access to fruits and vegetables and has the potential to displace food choices that are high in sodium, saturated fat and added sugars.

## SOCIAL CONNECTION

Community gardens bring people together at a central location where they work side by side to grow food for their families and neighborhoods.



# MN EATS IN THE COMMUNITY - SUPERSHELF

POLICY

SYSTEM

ENVIRONMENTAL

SOCIAL CONNECTION

Develop a healthy food policy for the SuperShelf (vision and guidelines that focus on healthy eating)

Create a welcoming environment in which to access healthy food

Staff to be trained in SuperShelf

Created a welcoming environment in which to access healthy food

SuperShelf is for food shelf participants to access healthy, culturally appropriate foods in the easiest and most dignified way possible.



# MN EATS IN THE COMMUNITY - FARMERS' MARKET

## POLICY

Will create a policy and/or protocol to legally and safely sell their "products of the farm" at the market

Safe Food Sampling Policy at the market

## SYSTEM

Accept SNAP and other programs such as Market Bucks and Power of Produce (PoP)

Farmers' Market Hub sells wholesale to institutions, child care, schools, veggie share boxes and market share boxes

Add a food ambassador introduces people who may be new to the market to help them get the most out of their market experience.

## ENVIRONMENTAL

Increasing access to and availability of Farmers' Markets in communities

Farmers' Market is located to be easily accessible for all (intentionally placed for convenience and access)

A family member learned about healthy eating and as a result the family is now eating healthy

## SOCIAL CONNECTION

Some of the ways they do this are built in, like increasing access to healthy food, providing a chance to gather with neighbors or spend more time outdoors, and by supporting the local economy







# PSE Example for MN MOVES in the Community





# MN MOVES IN THE COMMUNITY - ACTIVE TRANSPORTATION

## POLICY

Review and update the City's Complete Street Policy to focus on:

- Improving Safety and Active Transportation

## SYSTEM

- Host a Community Walkable Audit
- Conduct a demonstration project and implement permanent infrastructure changes based on outcomes.

## ENVIRONMENTAL

Municipality planning process to ensure better pedestrian and bicycle access to main roads and parks.

## SOCIAL CONNECTION



# MN MOVES IN THE COMMUNITY - PARK PLANNING

## POLICY

Develop a City Park Policy Plan

Provision of county or city public land (or previously vacant land) for green spaces or "pocket parks"

Changing community park laws to allow fruit trees

## SYSTEM

Conduct community engagement events to identify and designate space, along with activities that encourage sustained use and park access improvements.

Based on community engagement and stakeholder/user group feedback, create a concept map of the park

## ENVIRONMENTAL

Enhancements to city ballpark adding a walking path around folds so spectators can walk during events

Installing signage on already established walking or biking routes.

## SOCIAL CONNECTION

- Informal gathering spaces within the park
- Welcoming signage
- Alternatives to written materials and English







# PSE Example for MN EATS in the Schools





# MN EATS IN THE SCHOOL - FARM TO SCHOOL

## POLICY

Incorporate farm to school language in the school wellness policy (533)

## SYSTEM

- Implement Farm to School program to include local produce in school meals
- Incorporate a Robot Coupe daily operations to cut/slice/dice local food
- Use MN Agriculture in the Classroom curriculum
- Teaching locally grown produce procurement to institutional buyers

## ENVIRONMENTAL

Supporting the local food economy

Kids/Parents know where their food comes from.

Encourages kids/parents/families to go to farmers' markets

## SOCIAL CONNECTION

Parents/Family members will be able to join their student at Farm to School meals at the school.



# MN EATS IN THE SCHOOL - CLASSROOM CELEBRATIONS

POLICY

Healthier Classroom Celebrations to be included in Wellness Policy (533) approved by wellness committee/policy committee and school board

SYSTEM

Creating a list of items teachers can refer to  
Rock the Bike Blender Bike used for Classroom Celebrations- smoothies offered

ENVIRONMENTAL

Increase in acceptance of limiting candy as rewards in classrooms across a school district

SOCIAL CONNECTION







# PSE Example for MN MOVES in the Schools





# MN MOVES IN THE SCHOOL - SAFE ROUTES TO SCHOOL

## POLICY

Safe Routes to School plan update to be approved by school board

City adopts policy reducing speed limit near school in order to encourage safe-routes to school and pedestrian safety.

## SYSTEM

Implement a volunteer crossing-guard program to provide assistance and supervision at crosswalks near schools before and after school hours and to ensure that traffic yields to students

Implement a voluntary "walking school bus" program

## ENVIRONMENTAL

Create remote drop-off locations where students can voluntarily be dropped off by bus or car and safely walk the remainder of the way to school, increasing physical activity

## SOCIAL CONNECTION





PSE Example for MN  
Commercial Tobacco  
Free in the Schools





# MN CTF IN THE SCHOOL - ALTERNATIVES TO SUSPENSION

POLICY

Update School District's Tobacco Policy

SYSTEM

Implement alternatives to suspension for use and possession of commercial tobaccos products (My Life, My Quit)

ENVIRONMENTAL

Students enroll in 5 week course with MyLife, My Quit during/after school hours. Obtain a certificate of completion.

SOCIAL CONNECTION

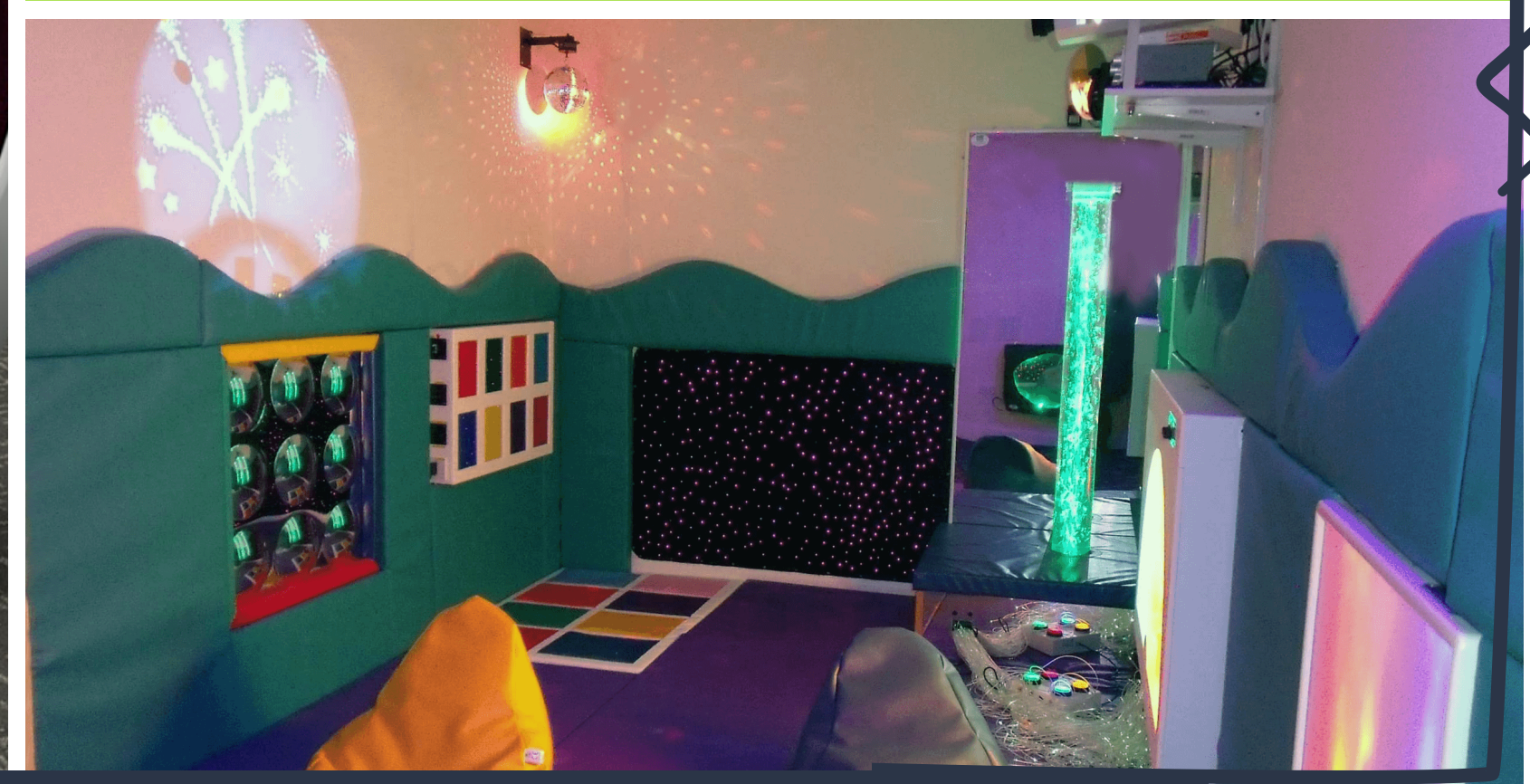
- Peer networking
- Support by school staff







# PSE Example for MN Well-Being in the Schools





# MN WELL-BEING IN THE SCHOOL - CALMING CLASSROOMS

POLICY

Policy where calming rooms can be a place for student's to be sent after acting out in the classroom.

SYSTEM

Create a room as a designated place designed to calm the senses where the student can experience calming visual, auditory, and tactile stimuli. They are designed and furnished to provide an area of low stimulus and provide mindfulness and destressing activities

ENVIRONMENTAL

Calming rooms provide a space for students to go to prevent teacher "burn out"

SOCIAL CONNECTION

