

# SHIP supports long-term changes that lead to healthier lives

For lasting change to occur, communities need to establish strong, responsive relationships among community members, decision makers, and influencers. This does not take place overnight.

To create healthier communities, we need to remove the barriers to getting there by making changes in three key areas:

## **P** Policy changes

Public policies offer the structure communities can lean into to foster better health—from laws and ordinances to resolutions and mandates.

## **S** Systems changes

We all work and live within organizations and institutions, from businesses and schools to health clinics and community centers. Changes made to how these “systems” work can support better community health.

## **E** Environment changes

We want to live and work in places where there are no financial, emotional, or physical barriers to making healthful choices.

When a community need is addressed through all three areas—policy, systems, and environment—it’s called PSE.

PSE changes are **EQUITABLE, SUSTAINABLE, ONGOING, WIDESPREAD**, and lead to **INDIVIDUAL BEHAVIOR CHANGES THAT RIPPLE THROUGH A POPULATION.**



A doctor provides a diabetic patient with a **voucher for fresh produce** at a neighborhood market.

A neighborhood market honors the Food Rx prescription, **growing their business.**

The children benefit from the **fresh produce** and can **focus on their schoolwork.**

The family with fresh produce now has **more energy** to be more active which contributes to a **stronger sense of well-being.**

Using their **Food Rx “prescription,”** a patient can afford fresh produce at a neighborhood market.

The patient is now able to bring **fresh produce to their family table.**

**PSE changes help ALL Minnesotans achieve better health outcomes.**  
Learn more at [health.mn.gov/SHIP](https://health.mn.gov/SHIP)

