

Policy, Systems, and Environmental (PSE) Change Webinars

PSE 101

A webinar on building healthier communities through policy, systems and environmental (PSE) change

Adopting a Policy, Systems & Environmental (PSE) change approach can help public health advocates create sustainable, comprehensive measures to improve community health. PSE can enrich and expand the reach of current health preventive efforts and engage diverse stakeholders around the goal of improving health. But how can PSE approaches be integrated with nutrition education and social marketing activities to increase access to and consumption of healthier foods? What are characteristics of successful policy, systems, and environmental change approaches?

This webinar provides an introduction to best practices for how health advocates can implement PSE approaches, present inspiring case studies from California and beyond.

(First shown April 24, 2013)

<http://changelabsolutions.org/publications/pse-101>

Strong Communities – Urban

A Webinar on 13 ways to Improve Urban Environments

This webinar provides a practical introduction to the Network for a Healthy California's Top 13 policy, systems and environmental (PSE) strategies for creating healthier nutrition environments, focusing on approaches in urban communities. Learn about each strategy, explore real-life examples of interventions at work, and connect to resources.

(First shown May 7, 2013)

<http://changelabsolutions.org/publications/strong-communities>

Strong Rural Communities

A webinar on 13 Ways to Improve Rural Environments

How can rural communities implement the Network for a Healthy California's 13 priority policy, systems and environmental change (PSE) strategies for creating healthier nutrition environments? This webinar explores how rural communities have put these interventions to work and equip you with resources to use locally.

(First shown May 21, 2013)

<http://changelabsolutions.org/publications/strong-rural-communities>

California Childcare Settings

A webinar on the child care nutrition and physical activity environments

This webinar provides an overview of the framework that governs childcare settings and how communities can use this framework as well as other policy, systems and environmental (PSE) strategies to encourage physical activity and promote good nutrition in childcare settings. A

long-time childcare provider also shares her experience of working to improve the nutritional environment in childcare settings.

(First shown June 11, 2013)

<http://changelabsolutions.org/publications/california-childcare-settings>

Farmers' Markets

A webinar on Farmers' Markets in California

By using a framework grounded in policy, systems and environmental change (PSE) strategies, presenters discuss four steps for improving access to farmers' markets for low-income communities.

(First shown June 25, 2013)

<http://changelabsolutions.org/publications/farmers-markets>

After School Environment

A webinar on strategies to improve health outcomes

Creating a healthier food environment in afterschool programs is a key strategy for reducing childhood obesity. This training provides an overview of ways to improve the food landscape in afterschool settings, including ensuring healthy beverages in vending machines, increasing access to fresh drinking water, and more. The presenters highlight the role of youth engagement in implementing healthy afterschool strategies.

This webinar was presented in partnership with Network for a Healthy California.

(First shown on July 9, 2013)

<http://changelabsolutions.org/publications/after-school-environment>

Urban Agriculture

A webinar on urban agriculture plans and policies in California

Urban agriculture - including home gardens, community gardens, and urban farms - can help improve residents' access to fresh fruits and vegetables, physical activity, and educational and entrepreneurial opportunities.

(First shown July 23, 2013)

<http://changelabsolutions.org/publications/urban-agriculture>

Healthy Food at Schools

A webinar on how to provide healthier school food options

Creating a healthier food environment at school is a key strategy for reducing childhood obesity. This training provides an overview of how policy, systems and environmental (PSE) strategies can improve the food landscape on campus, including strategies for ensuring healthy beverages in school vending machines, increasing access to fresh drinking water, restricting non-nutritious food and beverage advertising on school grounds, and establishing a "healthy food zone" in school neighborhoods.

(First shown August 13, 2013)

<http://changelabsolutions.org/publications/healthy-food-schools>