



# Nutrition & Physical Activity Toolkit for Systems and Environmental Change to Promote Maternal, Child and Adolescent Health



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**PURPOSE:** To promote healthy environmental changes to support optimal nutrition, physical activity, and breastfeeding.

## Project Overview

This web-based Systems and Environmental Changes toolkit is to support optimal nutrition, physical activity, and breastfeeding through fostering partnerships between local health jurisdiction's Maternal, Child, and Adolescent Health (MCAH) Programs and existing organizations to promote healthy environmental changes. The resources that this toolkit links to are feasible projects for MCAH Program involvement.

## What is Systems and Environmental Change?



Systems and environmental change refers to altering the built environment to influence health across a population. Advice to breastfeed or to eat well and exercise often does not take into account that the environment may not be conducive to these healthy activities.

Systems and environmental change to support breastfeeding can involve a variety of activities: for example, having lactation accommodations can help promote and support breastfeeding in the workplace.

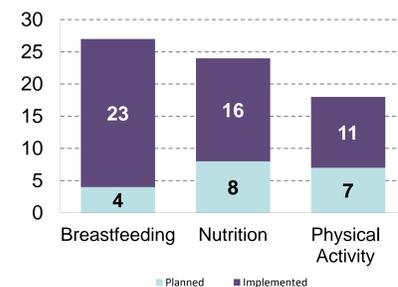
## Process



To develop the toolkit, Jenny Wong, a Masters of Public Health intern from the University of California, Davis:

- Reviewed the 2010-2011 local health jurisdiction (LHJ) MCAH annual reports for systems and environmental change activities
- Interviewed MCAH Directors and key state and local experts
- Reviewed existing related web sites
- Completed a literature review
- Finalized the toolkit by culling existing materials for what might be most useful to MCAH Directors

## Types of Built Environment Activities in Local MCAH Programs



In 2010-2011, local MCAH Directors reported that most of their built environment activities addressed improvements to the breastfeeding environment.

Types of breastfeeding activities included lactation accommodation, recognition and awards and providing breast pumps.

This graph shows how many breastfeeding, nutrition, and physical activity-related activities were done in 33 counties reporting built environment activities in their annual MCAH reports.

## Systems and Environmental Change Web-based Toolkit



[www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Pages/SystemsandEnvironmentalChange.aspx](http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Pages/SystemsandEnvironmentalChange.aspx)



## Tree Diagram

A Tree Diagram highlights resources. The apples represent "low-hanging fruit" which are a course of action that can be undertaken relatively quick and easy as part of a wider range of changes or solutions to a problem. These projects are similar to those already implemented by Directors or other key informants thus designated as "low-hanging fruit." They are optimal projects to begin with as other MCH programs have been successful already doing them. Also included are examples of local MCAH projects:



**Success stories**, such as Alameda County worked to improve the availability of fruits and vegetables in local corner stores in two low-income areas of Alameda County.

**Look out story:** The City of Pasadena's MCAH program is implementing a citywide workplace breastfeeding policy as well as a department-wide Mother-Baby Friendly workplace. They hope to make Pasadena a Mother-Baby Friendly community by 2015.

## Backgrounder

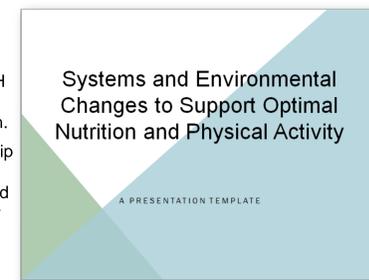
A backgrounder includes selected evidence on the effectiveness of chosen strategies. It is helpful if you are not familiar with systems and environmental change. It provides references for the main interventions included in the toolkit, such as the benefits of hospital, worksite, and childcare environments that support breastfeeding.

## PowerPoint Template

A PowerPoint template presentation was developed to assist local MCAH staff in preparing a presentation on systems and environmental change. The existing slides can be customized with data and images from their local health jurisdictions.

### Selected features:

- Links to find health-related data that is specific to local health jurisdictions for highlighting community-specific issues
- Animated slides
- A slide that highlights the unique role that MCAH has in addressing the built environment. The notes for the slide include a detailed explanation.
- Photos come from the online Microsoft Office Clip Art and Images gallery. For each slide with a photo, the notes section tells where it is from and provides links to where images can be found for customizing the presentation. It is encouraged that images from local health jurisdictions are used.
- Challenges, potential solutions and sample interventions



## Systems and Environmental Change Webinar

The Maternal, Child and Adolescent Health (MCAH) Division of the California Department of Public Health and Family Health Outcomes Project (FHOP) hosted an introductory webinar on systems and environmental change to highlight the toolkit and showcase the systems and environmental change activities of two local health jurisdiction MCAH programs. The webinar is posted on the Systems and Environmental Change website.

The webinar featured Dr. Richard Jackson. Dr. Jackson has done extensive work in the impact of the environment on health, particularly relating to children, and is a Professor and Chair of Environmental Health Sciences at the University of California, Los Angeles.

### Presentations include:

- Dr. Richard Jackson – *We Are What We Eat and Breathe, and Build: Preventing Chronic Diseases and Protecting the Environment by Building Healthy Communities*
- Dr. Robert Gilchick – *Improving the Nutrition and Physical Activity Environment in Licensed Child Care in Los Angeles County*
- Sandra Pearce – *Mono County MCAH: Working to Reduce Overweight and Obesity Rates Through Changes in the Nutrition and Built Environments*
- Suzanne Haydu and Jenny Wong – *CDPH MCAH Systems and Environmental Change Toolkit*

### Training Objectives:

- Understand MCAH's role in improving the built environment
- Explain how our environments can affect nutrition, breastfeeding and physical activity
- Identify specific ways to improve the nutrition, breastfeeding and physical activity environment
- Describe how two local MCH Programs promoted environmental changes in their health jurisdictions

## Conclusions

- States may use Title V funds to promote systems and environmental change to address nutrition, physical activity and breastfeeding.
- For inquiries, please contact:

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