— Massachusetts —

COMMUNITY HEALTH AND HEALTHY AGING FUNDS

Training: Developing and submitting an application for PSE

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Introductions

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House Keeping Items

- If you have any **logistical or content questions**, please type them into the chat box.

- Close Captions/transcription is available. Click the **CC/Live Transcript** button on the bottom of your screen.

- This session will be recorded.

Agenda

Topic	Time
Approach & Application Questions	20 minutes
Your Questions	40 minutes

Funds Purpose

We are committed to disrupting and removing barriers to health through community-centered policy, systems, and environmental change approaches.

We provide the resources to enhance the capacity of multi-sector collaboratives to authentically engage residents and work together so that everyone has the highest quality of life possible in Massachusetts.

What's a PSE Approach?

Policy, systems, and environmental change (PSE) strategies are a way of making *sustainable, lasting change* within a community to make healthy choices practical and available to all residents.

Source: [Mass in Motion – Policy, Systems, and Environmental Change](#)

Policy Change

Policy change includes the passing of laws, ordinances, resolutions, mandates, regulations, or rules.

Government bodies (federal, state, or local), park districts, healthcare organizations, worksites, and other community institutions (schools, jails, daycare centers, etc.) all make policies.

It is important to note that a policy must be implemented and enforced to make a change.

Housing example: Implementing a smoke free housing policy to prevent secondhand smoke and other smoking related health issues.

Source: Mass in Motion – Policy, Systems, and Environmental Change

Systems Change

Systems change involves transforming and redesigning the practices and structures within organizations, institutions, or networks to promote better health outcomes.

Often includes changes made to the policies, processes, power structures, and relationships *within* an organization that determine how resources and services get distributed. Systems change can also be implemented *across* organizations.

Systems change and policy change often work hand-in-hand.

Housing example: Creating local affordable housing coalitions

Source: Mass in Motion – Policy, Systems, and Environmental Change

Environmental Change

Environmental change is an actual transformation of the physical environment. It can be as simple as installing bike signage on already established bike routes or as complex as sidewalk installation and pedestrian friendly intersections to promote walking and biking among all citizens.

Environmental change, when paired with sustainable systems and policy improvements, can create the most lasting change.

Housing example: Renovating an old building to include affordable housing units and other community resources

Source: Mass in Motion – Policy, Systems, and Environmental Change

Active Living Example

Program

- Hosting a community bike ride

Policy

- Passing a municipal Complete Streets bylaw or ordinance to ensure community roads are designed to be safe and accessible for all users, including pedestrians, bicyclists, motorists, and transit riders of all ages and abilities.

Systems

- Creating a system for how municipal agencies work together to implement the Complete Streets Policy, ensuring that prioritization plans improve conditions and build infrastructure for all municipal neighborhoods.

Environmental

- Using funding from the Complete Streets Funding Program to develop safe walking, biking, and transit routes throughout communities.

Source: Mass in Motion – Policy, Systems, and Environmental Change

Food Access Example

Program

- Hosting a farmers market

Policy

- Adopting a local Urban Agriculture ordinance or a policy to enable the use of vacant lots for activities such as community gardens.

Systems

- Creating an urban agriculture commission made up of City representatives, such as public health staff, economic development staff, planners, residents, and community partners and members, to advise the City on creating and implementing urban agriculture policies.
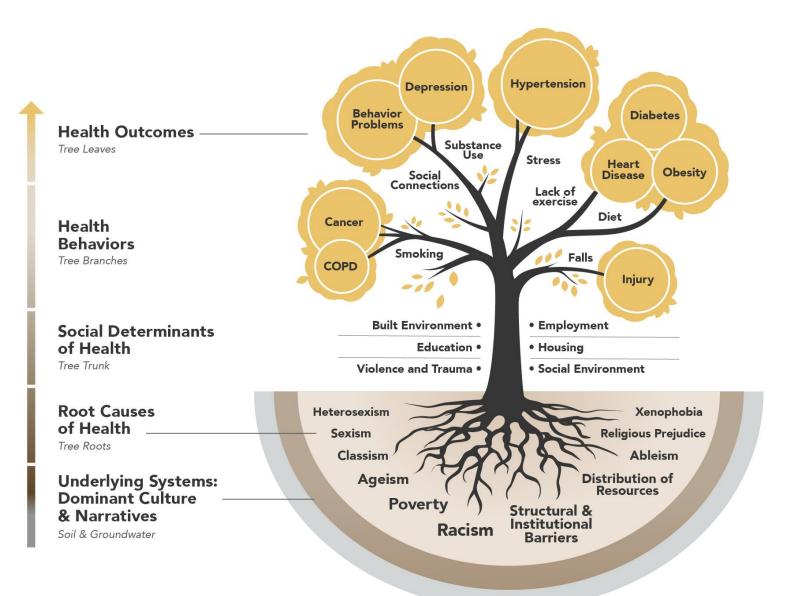
Environmental

- Municipalities implementing a city-wide community gardens program, making open space available for residents to grow fresh fruits and vegetables.

Source: Mass in Motion – Policy, Systems, and Environmental Change

Addressing Inequities Guiding Questions

When considering a particular idea to address an inequity, we continuously ask four questions:

Who benefits?	**Who is harmed?**
Who influences?	**Who decides?**

What do we mean when we talk about health?

Program Approach V.S PSE Change Approach

A Programs Approach

- Hosting a community bike ride
- Having an "open gym night" at a local school
- Working with a corner store to become a designated Healthy Market
- Opening and maintaining a community garden

How do you make each program approach into a PSE change approach?

Source: Mass in Motion – Policy, Systems, and Environmental Change

Program Approach V.S PSE Change Approach

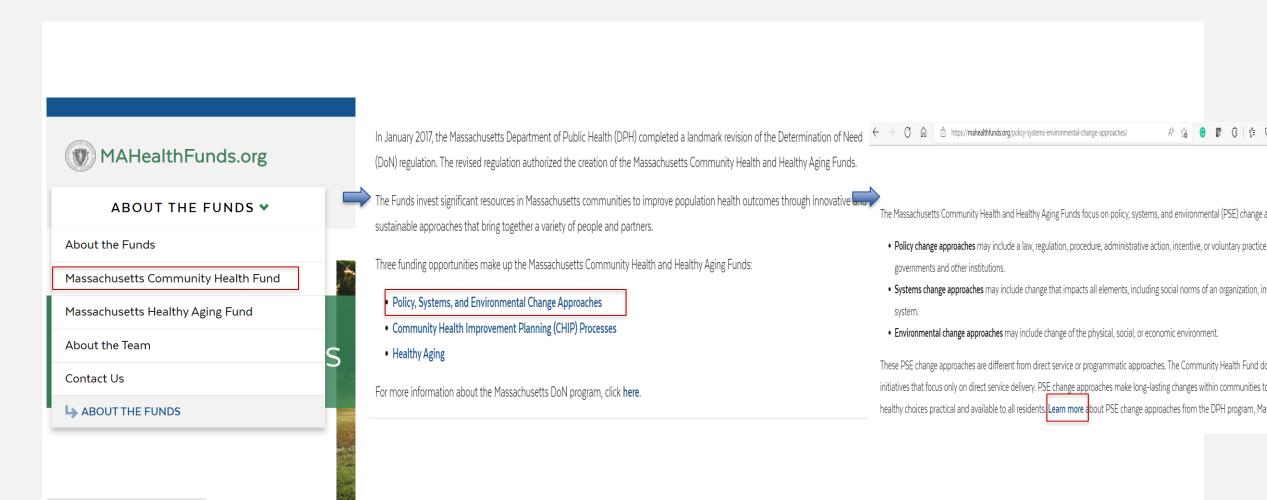| A Programs Approach	VS.	A PSE Change Approach
Hosting a community bike ride		Implementing a Complete Streets policy to ensure community roads are designed to be safe and accessible for all users
Having an "open gym night" at a local school		Implementing a town-wide Joint Use Agreement enabling community members to have access to the school's gym and fields when school is not in session
Working with a corner store to become a designated Healthy Market		Creating a city-wide healthy retail program that supports food retailers to offer a variety of products and fresh, affordable healthy foods
Opening and maintaining a community garden		Passing a municipal urban agriculture ordinance or policy which allows residents to use space for community gardens

Source: Mass in Motion – Policy, Systems, and Environmental Change

Other Resources

- MA Community Health and Healthy Aging Funds [Capacity Building Opportunities & Resources](#)

- Community Health Training Institute: [Improving Community Health through Local Policy Change](#)

- Community Commons [Introduction to Policy, Systems, and Environmental Change](#)

How to find the PSE information on our website

Visit Our Website

ABOUT THE FUNDS ⌄   WHAT WE FUND ⌄   APPLY ⌄   RESOURCES ⌄

Massachusetts Community Health &
Healthy Aging Funds

www.mahealthfunds.org/apply

Contact Information

Stay in touch:

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Questions & Answers