

MT5/MT6 Policy, Systems, & Environmental Change - Definitions & Examples

Policy Change:

- A written statement of an *organizational* position, decision, or course of action. Policies describe actions, resources, implementation, evaluation, and enforcement.
- They are made in the public, non-profit, and business sectors.

Examples

- Improvements in hours of operation or time allotted for meals/physical activity
- Policies for working parents
- Rules for foods served in meetings/classrooms
- Standards for healthier eating across the org
- School wellness or child care wellness policy
- New/increased use of school facilities during non-school hours
- Workplace access to physical activity facilities
- Increase in school days/time spent in physical education
- New/stronger limits on screen time

Systems Change:

- Unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people the organization serves.
- Alter how the organization/network of conducts businesses.

Examples

- Change in menus (variety, quality, lighter options)
- Remove sugar sweetened beverages from children's menus
- Restrictions on use of food as rewards/celebration
- Change in food purchasing specification towards healthier foods
- Change in vendor agreement towards healthier foods
- Prioritizing farm-to-table/increase fresh local produce
- Use of standardized healthy recipes

Environmental change:

- Changes to the observable built/physical environment.
- May include economic, social, normative or message environments.

Examples

- Improvements in layout or display of food (Smarter Lunchroom)
- Edible gardens (establish, reinvigorate, or maintain food gardens)
- Healthier vending machine initiatives (access to healthier foods and beverages)
- Improvements in access to or appeal of stairwells
- Improvements in access to exercise or recreational facilities
- Improvements to access to safe walking or bicycling paths, or Safe Routes to School or work

Promotion:

- Efforts to promote adopted PSE changes.

Examples

- Point-of-purchase distribution prompts
- Menu labeling with calorie, fat, sodium, added sugar counts
- Signage and prompts for use of walking/bicycling paths
- New/improved stairwell prompts
- Increased awareness of the PSE change by the target audience