

Webinar 1: Sociological Model and Policies, Systems, and Environment

Think about the behaviors that are a focus of your work (healthy eating, physical activity, less screen time,...).

- What factors create barriers or challenges to individuals you targeting
- Consider the socioecological model, what factors at each level influence the people you work with (policy, community, organization/institution, interpersonal, and individual)?
 - What factors prevent someone from doing the behaviors?
 - What factors help support someone in doing the behaviors?

Reflecting on your own work, which level or levels do you work at?

- What are you doing at the policy level?
- What are you doing at the community level?
- How about organizational/institutional level?
- What about the interpersonal or individual level?

Which level(s) do you feel most comfortable working at?

Which level(s) are you least comfortable?

As part of your work, how could you address factors at each level of the socioecological model?

- What supports could the program you oversee or work on provide each level of the socioecological model?
- How could your organization/institution assist in working to address factors at each level of the model?
- What other organizations in your community could you bring on board to help address factors that would be difficult for your program or your organization to address?
- What gaps are still missing in addressing these factors? What could be some next steps to fill in these gaps?