

Webinar 2: More about Policies, Systems, and Environment

Reflect on the education you provide. Education is at the “individual” level of the socioecological model. Education is designed to do things like increase knowledge, change attitudes, or give people self-confidence.

- What are the benefits of the educational programming you provide to increasing knowledge, changing attitudes, or giving people confidence about healthy behaviors?
- What are some limitations of the educational programming you provide increasing knowledge, changing attitudes, or giving people confidence about healthy behaviors?
- How might other interventions at different levels of the socioecological model enhance your work or make it easier for people to do the healthy behavior ?
 - What specific levels specifically may enhance your work?

Thinking back to the last webinar, what were the most important factors that influence people’s behavior?

- What kinds of interventions would address those factors?
 - What kind of policy interventions?
 - Systems interventions?
 - Environmental factors?

Think about some of the resources your community has (i.e., organizational programs or resources, amenities such as sidewalks or transportation services, etc.). Write some of these resources down on a piece of paper. Then think of the factors that prevent someone from doing a behavior (from the discussion after Webinar 1).

- Look at these resources to identify one intervention for policy, one for systems, one for environment that addresses the factor(s) you have identified as preventing someone from doing a behavior? Select one that you think is most doable.
 - What would you need to start (contacts to be made, resources needed to get started)?
 - What would be most challenging in making the intervention happen?

To successfully implement a PSE intervention, you will need some different partners or you will need to convince your existing partners that this is a good idea. To do this- you need a “pitch.” Take some time and put that pitch together. You will need identify your message, share some data or a story, and present your request or ask. Once you have this outlined, practice it, so it becomes natural to you and you are confident in delivering your message. Try to keep this short, around 30 seconds to 1 minute.