Reaching People with Disabilities through Healthy Communities

A Six-Phased Approach to Healthy Community Change

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| **Using Policy, System, and Environmental Strategies** | |
| **Descriptions:** | **Policy, system, and environmental (PSE) changes are a type of strategy approach that can be implemented to influence healthy eating, physical activity, tobacco prevention/reduction, and general accessibility improvement behaviors** in the local community setting where people live, learn, work, play, pray, or receive care. |
| **WHY is this important?** | PSE strategies differ from traditional programmatic strategies since they **target a wider community reach** at the organizational, community, and environmental level, and are often **more sustainable** than programs which might be time-based.  Programs often target the individual (intrapersonal) and smaller social groups (interpersonal), are usually time limited, reach a lesser number of people, and are less sustainable when not paired with a policy or systems approach.  **For long term Healthy Community project success, implementing PSE approaches is recommended over programmatic approaches since PSE changes often yield greater sustainability and reach.** |
| **WHAT are the specifics of each?** | **A policy change is:**   * Rules, mandates, laws, ordinances, regulations, resolutions, or procedures; * Can be formal or informal, governmental or non-governmental; * Usually written and then signed or adopted through voting.   **A system change is:**   * A change that works system level to affect a larger amount of people verses a single organization, such as:   + Healthcare systems verses one hospital or medical provider location;   + School systems verses individual schools;   + Multi-employers in a town verses one location * Normally tied to a type of policy change;   **An environmental change is:**   * A change that involves physical, social, material, and/or architectural changes that influence behavior and/or practices. |
| **How can DISABILITY INCLUSION be integrated into PSE approaches?** | NACDD recommends embracing a **“twin approach”** for inclusive Healthy Community changes, which involves:   * Targeting PSE strategy(ies) for the whole community/population, but be designed to be inclusive of people with disabilities (PWD), or * Tailoring PSE strategy(ies) to a specific disability population or group. |