Reaching People with Disabilities through Healthy Communities

A Six-Phased Approach to Healthy Community Change

|  |
| --- |
| **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.
 |