

## Reaching People with Disabilities through Healthy Communities

### A Six-Phased Approach to Healthy Community Change

#### Using Policy, System, and Environmental Strategies

<p><b>Descriptions:</b></p>	<p><b>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</b> in the local community setting where people live, learn, work, play, pray, or receive care.</p>
<p><b>WHY is this important?</b></p>	<p>PSE strategies differ from traditional programmatic strategies since they <b>target a wider community reach</b> at the organizational, community, and environmental level, and are often <b>more sustainable</b> than programs which might be time-based.</p> <p>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.</p> <p><b>For long term Healthy Community project success, implementing PSE approaches is recommended over programmatic approaches since PSE changes often yield greater sustainability and reach.</b></p>
<p><b>WHAT are the specifics of each?</b></p>	<p><b>A policy change is:</b></p> <ul style="list-style-type: none"> <li>- Rules, mandates, laws, ordinances, regulations, resolutions, or procedures;</li> <li>- Can be formal or informal, governmental or non-governmental;</li> <li>- Usually written and then signed or adopted through voting.</li> </ul> <p><b>A system change is:</b></p> <ul style="list-style-type: none"> <li>- A change that works system level to affect a larger amount of people verses a single organization, such as:             <ul style="list-style-type: none"> <li>o Healthcare systems verses one hospital or medical provider location;</li> <li>o School systems verses individual schools;</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Multi-employers in a town verses one location</li> <li>- Normally tied to a type of policy change;</li> </ul> <p><b>An environmental change is:</b></p> <ul style="list-style-type: none"> <li>- A change that involves physical, social, material, and/or architectural changes that influence behavior and/or practices.</li> </ul>
<p><b>How can DISABILITY INCLUSION be integrated into PSE approaches?</b></p>	<p>NACDD recommends embracing a “<b>twin approach</b>” for inclusive Healthy Community changes, which involves:</p> <ul style="list-style-type: none"> <li>- Targeting PSE strategy(ies) for the whole community/population, but be designed to be inclusive of people with disabilities (PWD), or</li> <li>- Tailoring PSE strategy(ies) to a specific disability population or group.</li> </ul>