

Levels of Community Change Game: Level Descriptions

Individual- This level includes knowledge, skills, attitudes, beliefs, preferences, demographic factors and personality traits.

Group/Social- The support or lack thereof provided by friends, family and peers, as well as social norms and identity.

Organizational- Rules, regulations, guidelines, policies, cultures and structures in place at institutions where people live, work, worship and play. This includes the built environment.

Policy/System- Local, state and federal policies, laws and wide-reaching systematic practices.

Sample Scenarios

1. The CEO of Company X signs a healthy workplace food and beverage pledge to demonstrate a commitment to the health of his employees.
2. A community center offers a fall prevention class for seniors.
3. A food truck owner posts a sign in his truck window which reads "Because I love you, I do not serve soda; only water, the most hydrating drink"
4. A hospital trains a cohort of nutrition educators to also serve as certified lactation consultants.
5. A childcare center provides every client with a reusable water bottle to drink from throughout the school day. The childcare center washes the bottles nightly so they are always clean for the next morning.
6. A food pantry redesigns its layout so that fresh produce is the first item that clients see when they walk through the door.
7. A community pool changes its concession stand menu to offer fresh fruit and other healthy snack items at prices similar to or less expensive than the traditional items.
8. A childcare center adopts a gardening curriculum to teach children about fruits and vegetables in an on-site garden.
9. A health department distributes free bike helmets to children in the community.
10. A senior center hosts a weekly walking club.
11. A local school system signs a shared-use agreement which allows other organizations in the community to use school gyms for physical activity programs during non-school hours.
12. A local parks and recreation department provides summer feeding sites with physical activity kits to use through the duration of the summer food service program.
13. A farmers' market attains an EBT machine in order to accept SNAP benefits.
14. A local health department provides technical assistance to childcare center directors, assisting them in planning healthier menus for events and meals.
15. A non-profit organization offers healthy cooking classes at no charge to the community.
16. A county Extension office serves only water- no sugar sweetened beverages- at events held for the community.
17. A corporate event planner makes drinking water freely available to meeting and event attendees at all times.
18. A convenience store owner provides samples of fresh fruits and vegetables to his customers on a regular basis.
19. A food pantry manager provides slow-cooker recipes and cooking demonstrations to her clients.
20. A parks and recreation department includes sidewalks and bike lanes in the zoning for all new road improvement projects.
21. A school teacher chooses to drink only water in her classroom in an effort to role model good behavior for her students.
22. A family eats dinner around the kitchen table together at least 4 nights of the week.
23. A soda tax is passed by the City of Springfield.
24. The Mayor of Pleasantville signs an Executive Order providing space for nursing mothers to nurse and/or express breast milk in all city buildings.

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