

# Advancing Resilience Using PSE Approaches in Nutrition and Health: Applying the I+PSE Conceptual Framework for Action to Advance Healthy People, Communities, and the Planet

This is a supplemental handout developed by Angie Tagtow, MS, RD, LD, Åkta Strategies, LLC; Dena Herman, PhD, MPH, RD, UCLA Fielding School of Public Health; and Leslie Cunningham-Sabo, PhD, RDN, Food Science and Human Nutrition, Colorado State University to support the 2021 SNEB session: *Advancing Resilience Using PSE Approaches in Nutrition and Health: Integrating Framework, Application, and Evaluation Strategies* presented Monday, August 9, 2021.



The acronym “I+PSE” represents a suite of approaches that bundles evidence-based individual or direct services with policy, systems, and environmental approaches to optimize the impact on individual, community and population health. The I+PSE Conceptual Framework for Action (Tagtow et al, 2021) is a blueprint for tackling complex problems – such as overweight and obesity, food and nutrition security, food waste, breastfeeding duration, health equity and racial justice, sustainable food and water systems – *and many others*. It supports assessment, planning, implementation, and evaluation of multidimensional strategies using a systems orientation to sustain policies, systems, and environments that promote nutrition and health. The results may garner more sustained and collective impacts and more resilient families and communities. This handout is designed to offer examples to practitioners, organizations, and communities on potential strategies for each component. These are exemplars but can be modified and expanded to best meet the needs of populations.



Reference: Tagtow A, Herman D, Cunningham-Sabo L. Next-Generation Solutions to Address Adaptive Challenges in Dietetics Practice: The I+PSE Conceptual Framework for Action. *J Acad Nutr Diet*. 2021. Open Access. <https://doi.org/10.1016/j.jand.2021.01.018>.


## Example: Framing I +PSE Conceptual Framework for Action For *Healthy Eating & Active Living*





## I+PSE Conceptual Framework for Action Examples

Components	Healthy Eating Active Living Examples	Food Waste Examples	Nutrition Security Examples
 <p><b>Strengthen Individual Knowledge &amp; Behavior</b></p> <p><i>Enhance personal, individual, or household's decision-making and capability of participating in or benefitting from</i></p>	<p><b>Personal/Professional:</b></p> <ul style="list-style-type: none"> <li>✓ Assess knowledge and skills on childhood obesity, food systems, I+PSE strategies, etc.</li> <li>✓ Establish a CPE plan and complete CPEs</li> <li>✓ Network</li> <li>✓ Apply new knowledge and skills</li> </ul> <p><b>Individual/Household:</b></p> <ul style="list-style-type: none"> <li>✓ Use MyPlate resources for nutrition education</li> <li>✓ Provide incentives for healthy eating</li> <li>✓ Offer healthy cooking classes</li> <li>✓ Offer grocery shopping tours</li> <li>✓ Provide food preparation equipment to low-income households</li> </ul>	<p><b>Personal/Professional:</b></p> <ul style="list-style-type: none"> <li>✓ Attend a composting/vermiculture class hosted by Cooperative Extension</li> <li>✓ Explore the opportunities and challenges of reducing food waste in the community</li> </ul> <p><b>Individual/Household:</b></p> <ul style="list-style-type: none"> <li>✓ Encourage meal planning and making a shopping list before shopping</li> <li>✓ Assist clients and patients with reading date labels on food</li> <li>✓ Make referrals to organizations who can assist patients, clients, and students in obtaining a working refrigerator or stove (i.e., means to safely store and prepare food)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Assess household access to healthy food</li> <li>✓ Refer clients to food and nutrition assistance programs</li> <li>✓ Provide gardening education programs and distribute plants and seeds to SNAP and WIC clients</li> <li>✓ Promote increased consumption of fruits, vegetables and whole grains to benefit human and environmental health</li> <li>✓ Provide information to consumers on farmers' markets, CSAs and U-pick farms within the community</li> <li>✓ Encourage use of WIC fruit and vegetable cash value voucher, WIC Farmers' Market Nutrition Program and Senior Farmers' Market Nutrition Program coupons</li> </ul>
 <p><b>Promote Community Engagement &amp; Education</b></p> <p><i>Connect with diverse groups of people with information and resources</i></p>	<ul style="list-style-type: none"> <li>✓ Conduct community needs assessment to identify gaps in nutrition education and physical activity opportunities</li> <li>✓ Engage the nutrition community to promote consistent messages around healthy eating and physical activity (i.e., boys' and girls' clubs, YMCA/YWCA, summer camps, fitness centers)</li> <li>✓ Partner with community groups, civic organizations, and/or food retail on social marketing campaigns</li> <li>✓ Collaborate with planners and engineers to assess walkability of neighborhoods</li> <li>✓ Leverage local media to promote healthy eating and active living messages</li> </ul>	<ul style="list-style-type: none"> <li>✓ Host food preservation workshops with community or civic groups</li> <li>✓ Connect small- and mid-sized producers with local food banks and pantries</li> <li>✓ Launch a community messaging campaign to raise public awareness of the simple steps to reduce food waste at home</li> <li>✓ Present on the Bill Emerson Good Samaritan Food Donation Act<sup>b</sup> to food retailers</li> </ul>	<ul style="list-style-type: none"> <li>✓ Host a farmers' market at the hospital or health department</li> <li>✓ Develop and implement community-wide programs aimed at healthy eating and local food access</li> <li>✓ Work with food pantries, grocers, farmers' market managers, Extension or community colleges to offer cooking demonstrations to consumers regarding preparation of whole foods</li> </ul>

Components	Healthy Eating Active Living Examples	Food Waste Examples	Nutrition Security Examples
 <p><b>Activate Intermediaries &amp; Service Providers</b></p> <p><i>Inform and educate intermediaries and service providers who transmit information and skills to others</i></p>	<ul style="list-style-type: none"> <li>✓ Conduct nutrition trainings for teachers, HeadStart, and childcare providers on the importance of early childhood nutrition and on engaging kids in nutrition activities</li> <li>✓ Equip (pediatric) health systems with nutrition education and physical activity information</li> <li>✓ Offer nutrition CMEs/CPEs for health care professionals on ways to incorporate HEAL messages into clinic visits</li> <li>✓ Inform community leaders of health, social, and economic benefits of healthy eating and active living</li> <li>✓ Identify opportunities for intermediaries to educate others (4-H, FFA, coaches)</li> <li>✓ Share experiences and outcomes with peers</li> <li>✓ Write articles and publish findings in peer-reviewed publications</li> </ul>	<ul style="list-style-type: none"> <li>✓ Provide a seminar to local food service providers on ways to reduce food waste in school (K-12, university) and workplace cafeterias</li> <li>✓ Write articles for nutrition, dietetics, food service, hospital management, or food retail newsletters on strategies for reducing food waste within institutions</li> </ul>	<ul style="list-style-type: none"> <li>✓ Work with Cooperative Extension to offer food safety and fresh produce handling training with food pantry staff and volunteers</li> <li>✓ Work with Master Gardeners or other gardening groups to train neighborhood associations or faith-based groups on creating and maintaining community gardens</li> <li>✓ Provide technical and marketing assistance to convenience store operators to encourage increased availability of fresh healthy foods</li> </ul>
 <p><b>Facilitate Partnerships and Multisector Collaborations</b></p> <p><i>Foster relationships and cultivate multisector collaborations with stakeholders and individuals to meet broader public health goals</i></p>	<ul style="list-style-type: none"> <li>✓ Strengthen existing partnerships and identify new partnerships (Examples: WIC, R&amp;Rs/CACFP, SNAP-Ed, HeadStart, food policy councils)</li> <li>✓ Assess and nourish relationships with partners (e.g., communication, cooperation, coordination, collaboration)</li> <li>✓ Identify and engage with community leaders (champions) with interest in nutrition and physical activity</li> <li>✓ Engage private and public sectors to build support</li> <li>✓ Establish a coalition, council, or commission focused on obesity prevention</li> <li>✓ Initiate a Community of Practice or Community of Learning (peer-to-peer network)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Host a food waste discussion with colleagues on how your organization can reduce food waste</li> <li>✓ Invite commercial composters and waste haulers to a roundtable discussion on food waste</li> <li>✓ Join or start a community food waste reduction coalition</li> <li>✓ Assemble a volunteer food gleaner corps, groups of volunteers to rescue surplus farm crops</li> </ul>	<ul style="list-style-type: none"> <li>✓ Form a county or regional coalition focused on addressing food insecurity and hunger by increasing access to healthful foods</li> <li>✓ Work with agricultural partners to recruit and support beginning or transitioning farmers</li> <li>✓ Convene a food access work group that addresses food security and health issues in the community</li> <li>✓ Encourage development of food-buying cooperatives to save households money by pooling resources</li> </ul>

Components	Healthy Eating Active Living Examples	Food Waste Examples	Nutrition Security Examples
	<ul style="list-style-type: none"> <li>✓ Join or establish a division, section and/or practice group within professional organizations (e.g., AND, APHA, ASPHN, ASNNA, SNEB)</li> </ul>		
<div style="text-align: center;">  </div> <p><b>Align Organizational Policies &amp; Practices</b></p> <p><i>Revise or adapt policies, procedures, and practices within institutions that shape norms</i></p>	<ul style="list-style-type: none"> <li>✓ Incorporate nutrition standards in procurement policies and concessions</li> <li>✓ Include a food gardening clause in homeowners' association contract</li> <li>✓ Specify PSE knowledge and experience in public health position descriptions</li> <li>✓ Reimburse employees for preventative health activities</li> <li>✓ Explore the integration of services (WIC, SNAP, Medicaid, etc.)</li> <li>✓ Assess current organizational practices and procedures (e.g., procurement, contracts, employee handbook)</li> <li>✓ Establish a school wellness committee</li> <li>✓ Serve on a school wellness committee to address universal breakfast, after school snacks, open vs closed campuses (closed campus means more school meals consumed which are generally healthier than outside meals), concession options, and mobile vending around school campuses</li> <li>✓ Supply faith-based organizations with messaging, materials, and suggestions for improving the healthfulness of food during functions</li> <li>✓ Employ nutrition guidelines on food served at conferences, meetings, and events</li> <li>✓ Be an active professional organization member and provide input</li> <li>✓ Serve on boards, committees, taskforces, councils</li> <li>✓ Develop and/or update resolutions, curricula, protocol, policy statements</li> <li>✓ Incorporate nutrition, nutrition education, nutrition services, and/or</li> </ul>	<ul style="list-style-type: none"> <li>✓ Work with a local composter to establish a food compost program within the facility</li> <li>✓ Maximize opportunities for recycling and composting within your facility</li> <li>✓ Register organizations as U.S. Food Loss and Waste Champions<sup>a</sup></li> </ul>	<ul style="list-style-type: none"> <li>✓ Support emergency feeding providers to implement food donation and procurement guidelines that align with MyPlate or Dietary Guidelines</li> <li>✓ Establish edible landscaping on city and county-owned property</li> <li>✓ Launch a community garden "delivery" program to deliver produce to senior, disabled or rural residents who may lack transportation</li> <li>✓ Assess, develop, and adopt strategies to increase the purchase of fruits and vegetables at farmers' markets by low-income households. For example: <ul style="list-style-type: none"> <li>○ Secure financial support to provide incentives for SNAP participants to purchase fruits and vegetables (e.g., <i>Double Up Bucks Program</i>)</li> <li>○ Use public-private partnerships to purchase wireless EBT devices</li> <li>○ Launch outreach initiatives targeted to farmers' market managers, vendors, and low-income households</li> <li>○ Provide fruit and vegetable prescriptions to patients or clients</li> </ul> </li> <li>✓ Remove fast food outlets in schools and hospitals</li> <li>✓ Support school, workplace, and business policies that make healthy foods accessible at reasonable prices and set nutritional quality standards for food sold in vending machines</li> </ul>

Components	Healthy Eating Active Living Examples	Food Waste Examples	Nutrition Security Examples
	nutrition policy into professional competencies, standards or performance measures ✓ Promote active transport to schools (e.g., walking school bus) ✓ Eliminate physical activity as discipline in schools		
 <p><b>Foster Physical, Natural and Social Settings</b></p> <p><i>Design, foster, and maintain physical (built), natural (ecosystems), and social settings within institutions and public environments</i></p>	<ul style="list-style-type: none"> <li>✓ Install adequate food storage and prep spaces in school cafeterias</li> <li>✓ Retrain school cafeteria staff on healthier food preparation and cooking methods</li> <li>✓ Work with municipalities to install sidewalks, curb cuts, and cross walks in neighborhoods</li> <li>✓ Increase water access in schools (i.e., make water fountains operable and accessible)</li> <li>✓ Establish green and recreational space in new residential developments</li> <li>✓ Eliminate food and beverage advertising in schools</li> <li>✓ Install and maintain backyard, community, or school gardens</li> <li>✓ Establish joint use agreements between schools and communities for gym/recreational space</li> <li>✓ Redesign/refresh school playgrounds and incorporate gardens or edible landscapes</li> <li>✓ Establish optimal school physical activity facilities</li> <li>✓ Provide vending or concessions with healthy options</li> <li>✓ Identify neighborhoods with low-walkability options and develop a proposal</li> <li>✓ Assess public transportation options in low-income neighborhoods</li> <li>✓ Establish a farmers' market in a health clinic or hospital parking lot</li> </ul>	<ul style="list-style-type: none"> <li>✓ Demonstrate to leadership the economic and environmental benefits of installing a food pulper within a food service operation</li> <li>✓ Connect food retail (grocery and convenience stores, restaurants) to the emergency food system to decrease food waste in landfills               <ul style="list-style-type: none"> <li>○ This may be supported using online technologies to match food donors with emergency food organizations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Establish a food pantry in the student wellness center on campus</li> <li>✓ Retrofit a recreation vehicle into a mobile food pantry to connect healthy food to areas that have lack of access to healthy food</li> <li>✓ Install a commercial kitchen in a food bank to process high volumes of fresh produce to be distributed to low-resource households</li> <li>✓ Increase availability and affordability of healthy food choices in worksite cafeterias</li> </ul>

Components	Healthy Eating Active Living Examples	Food Waste Examples	Nutrition Security Examples
 <p><b>Advance Public Policy &amp; Legislation</b></p> <p><i>Develop strategies to inform change to laws, regulations, and public policies (or work with those who can)</i></p>	<p><b>Public Policy (local, regional, state, Federal)</b></p> <ul style="list-style-type: none"> <li>✓ Restrict food and beverage marketing to children in schools</li> <li>✓ Regulate unhealthy foods in and around schools</li> <li>✓ Support consumer-friendly nutrition labeling</li> <li>✓ Invest in food system (i.e., agriculture) infrastructure to produce healthy foods</li> <li>✓ Provide universal school breakfast across the district or state</li> <li>✓ Provide input on State Performance Standards</li> <li>✓ Incentivize the purchase of healthy foods</li> <li>✓ Change zoning ordinances to allow fresh produce carts or food trucks near worksites</li> <li>✓ Tax unhealthy foods</li> <li>✓ Provide public comment (written or oral) to regulation proposals</li> <li>✓ Write a policy brief</li> <li>✓ Provide testimony at a hearing</li> <li>✓ Serve on Federal Advisory Committee</li> <li>✓ Monitor and engage in Federal annual appropriations and legislation such as the Child Nutrition Act, Farm Bill, Older Americans Act, Bill Emerson Good Samaritan Act, National Nutrition Monitoring and Related Research Act</li> </ul>	<ul style="list-style-type: none"> <li>✓ Develop a policy brief on food waste to support a platform for a professional nutrition organization</li> <li>✓ Present to state lawmakers a proposal to offer a state tax incentive for specialty crop producers who donate fresh fruits and vegetables to emergency food providers</li> </ul>	<ul style="list-style-type: none"> <li>✓ Create GIS maps of food deserts, access to healthy food retail, or access to food and nutrition assistance, farmers' markets, etc. to educate city and county governments the role planners have on linking neighborhoods to healthful food</li> <li>✓ Set nutrition standards, such as the <i>Dietary Guidelines for Americans</i>, for food provided through emergency food assistance programs</li> <li>✓ Support allowances and agreements for organizations to lease non-developable city or county-owned property for community gardens or urban farms</li> <li>✓ Inform on the benefits of municipal transportation policies that increase access to healthy food such as bus routes, pedestrian walkways and bike paths that connect to farmers' markets, food retail and food assistance programs</li> <li>✓ Provide incentives to healthy food vendors in lower income neighborhoods Educate on the availability and benefits of a tax credit for food producers to donate excess harvest to food banks or food pantries</li> <li>✓ Pass legislation to increase minimum wage to ensure families can earn a living wage and be economically sufficient</li> </ul>