



## SHIP Community Partner Awards Program Definitions

### SHIP Context Areas

#### MN EATS

##### Vision

All people in Minnesota experience an equitable, just, nourishing, and resilient food system that is responsive to change.

##### Strategic Directions

- Work in partnership with community to assess and shape their food system, considering culturally diverse assets and opportunities across multiple sectors.
- Strengthen cross-sector and cross-setting connections to increase healthy and culturally appropriate food access at every age and in every place.
- Work in partnership to build a resilient local food system that benefits the health of consumers and producers, while protecting natural resources.

#### MN MOVES

##### Vision

Moving is vital for our health: in daily life, as transportation, for recreation, and to foster thriving communities. Many communities have been systemically denied access to these kinds of movement, especially people of color, people with disabilities, low-income and low-wealth communities, Black communities, Indigenous communities, youth, and older adults.

##### Strategic Directions

- All people in Minnesota move regularly throughout the day. People in Minnesota move regularly because opportunities to do so are a natural part of their day.
- Activity-friendly Routes to Everyday Destinations. Routes and destinations within a community are welcoming, inclusive, affordable, and convenient for people walking, biking, and using transit.
- Work to reduce auto trips to help achieve public health goals regarding climate change and transportation by supporting investments in walking, bicycling, and transit.

#### MN Commercial Tobacco-Free

##### Vision

Intentionally working with communities to improve the health and environments of all Minnesotans, especially communities facing commercial tobacco-related disparities and most targeted by the tobacco industry, recognizing social determinants of health and lifting up community assets.

## **Strategic Directions**

- Preventing initiation and eliminating use of commercial tobacco and nicotine products among youth and young adults.
- Eliminating commercial tobacco and nicotine use and secondhand smoke disparities.

## **MN Well-being**

### **Vision**

SHIP intentionally invests in creating opportunities in partnership with communities to create equitable, healthy, and positive conditions that promote well-being for all Minnesotans.

### **Strategic Directions**

- To increase policy, systems, and environmental change (PSE) opportunities for healing, social connection and belonging within all Contexts.
- To build mental well-being and resiliency within a community or specific age groups within a setting or across settings.

## **Policy, Systems & Environmental (PSE) Change**

### **Policy**

Policies may include laws, ordinances, resolutions, mandates, regulations, organizational guidelines, rules, or practices. Policies are in writing; set expectations that people and organizations will follow them, and they are enforceable beyond relying on social and cultural norms.

### **Systems Change**

A change in the processes, procedures, relationships, or power structures in a community or organization. A system refers to the way organizations and communities operate or do their work.

### **Environmental Change**

A change in the settings or spaces within which people live, work, study, play or pray. The change could be tangible (for example, a change to a physical structure, i.e., the built environment) or intangible (changing cultural, social, or economic dynamics).

## **Why Policy, Systems, and Environmental Change?**

When we create or change policies, systems, and environments that support healthy lifestyles, it is easier for community members to thrive. While investing in individual programs is good, it often benefits specific groups and may not have lasting impact. PSE work seeks to change the built environment, local rules and regulations, and local systems so that being healthy is a default way of life – being healthy becomes easier.

Project proposals may focus on policy, systems, or environmental change. There is no requirement to work on all three types of change at the same time for each project. However, if an environmental change is selected, we highly encourage the change be combined with policy or systems change to support and sustain the environmental change.

## Differences between PSE change and events/programs

### Characteristics of event or program:

- One time
- Additive: often results in short-term behavior change
- Individual level
- Not part of ongoing plan
- Short term
- Non-sustaining (usually funding dependent)

### Characteristics of PSE change:

- Ongoing
- Foundational: often produces behavior change over time
- Community/population level
- Part of an ongoing plan
- Long term
- Sustaining

Source: [The Food Trust, 2012](#)

## Examples of PSE change

*The following is not an exhaustive list.*

### Policy Change

- An organization translating practices that are unwritten policies into written policies. This may include deeply rooted customs or consistently followed patterns of behavior or activity.
- Reduce barriers to breastfeeding and chestfeeding for nursing individuals by implementing a policy to support breast/chestfeeding and providing or creating a private physical space to express human milk.
- Create or update current school tobacco policy to include methods of discipline that promote student well-being, address chemical dependency, and are alternatives to suspension or expulsion.
- Share suicide prevention hotlines, resources and materials.
- Ask faith communities and community organizations to do the same through their channels.

### Systems Change

- Training child care directors and staff on how to offer educational support to expecting or new parents about breast/chestfeeding.
- Coordinating a leadership network of child care providers to offer trainings and support in Spanish and in culturally meaningful ways.
- Creating opportunities to build or increase knowledge and awareness of Quit Partner Programs in common community spaces such as places of worship, barber or beauty shops, recreation centers, or other gathering spaces.
- Improving screening and referrals to programs in schools or health care settings.
- Incorporating social and emotional learning opportunities in schools.

- Providing train-the-trainer opportunities for clinic or community organization staff for healthy lifestyle change programs such as the [National Diabetes Prevention Program](#), [Walk with Ease](#), Chronic Disease Self-Management, and [Matter of Balance](#).

### **Environmental Change**

- Create a quiet room or wellness spaces for employees.
- Purchase bike racks and/or Fix-It stations.
- Dedicate an existing space for physical activity.
- Start-up costs for a community garden.
- Improve water access, for example: purchase of a water bottle filling station.
- Worksite Wellness initiatives such as walking meetings, flexible work schedules, and mapping walking routes.
- Increase the number of healthy food options in convenience stores, vending machines, and concessions in the community.
- Communications campaign to reduce mental health stigma or promote healthy stress management.
- Host Mental Health First Aid training or other programs to reduce stigma and build support.

### **Equity in PSE Change**

Equity means examining the impacts of current systems AND of proposed changes, and taking time to center the experiences and needs of impacted communities.

Some helpful questions to ask:

- Who benefits from the current system? Who is harmed or burdened? How do I know?
- Who will benefit from proposed changes? Who will be burdened? How do I know?
- Where are the community relationships; is the full community experience represented in the proposed PSE change work? Who influences decision making?
- What are the systems or environments experienced by the community that make it more likely (protective factors) or less likely (risk factors) to lead healthier lives?

For more information on these definitions or any questions regarding the SHIP Community Partner Awards, please contact the Bloomington Public Health Division SHIP team at [ship@bloomingtonmn.gov](mailto:ship@bloomingtonmn.gov).