

Part 1: EFNEP PSE Guidance and Planning in the 5-Year Plan

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Disclaimer

The findings and conclusions in this presentation have not been formally disseminated by the US Department of Agriculture and should not be construed to represent any agency determination or policy.

The Expanded Food and Nutrition Education Program (EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (NIFA).

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Overview

Introduction and welcome

Overview of EFNEP PSE Guidance

Planning PSE efforts in the 5-Year Plan



What is PSE?

Policy, Systems, and Environmental Change

Enhance Direct Education

Make the healthy choice the easy choice

Examples

- Policy
 - Related to the written, officially adopted statements of position, decision, or course of action
- Systems
 - Related to the decisions or changes that result in ways of conducting business that reach people within an organization or community
- Environment
 - Related to the physical, economic, or social environment





Tell us what
you think!
Poll 1



Tell us what
you think!
Poll 2



Overview of EFNEP PSE Guidance

Foundation for this Work

Material Review

- Determine context and framework for PSE in EFNEP
- Common language with other community nutrition programs
- Identified content applicable to EFNEP

Included

- SNAP-ED Interpretive Guide Evaluation Framework
- Dietary Guidelines for Americans
- RE-AIM Model



PSE Guidance Overview

PSE Guidance:
<https://nifa.usda.gov/sites/default/files/EFNEP-PSE-Guidance-20191204.pdf>

Expanded Food and Nutrition Education Program (EFNEP) Integrating Policy, Systems, and Environmental Change Efforts

November 2019

The Expanded Food and Nutrition Education Program (EFNEP) applies a social-ecological framework for improving the nutritional health and well-being of program participants and their families. Implemented through Cooperative Extension¹, EFNEP provides direct education and establishes community partnerships to facilitate personal, family, and community change. Coordination, collaboration, and coalition² work with community partners is integral to the effectiveness of Policy, Systems, and Environmental (PSE) change efforts. Identifying and reporting the effects of PSE change efforts in addition to those of direct education is essential to reflecting the influence of EFNEP in communities and states/territories. EFNEP reporting of PSE change efforts continues to evolve. Currently, such efforts are reported in terms of environmental settings, sectors of influence, and community impacts. PSE setting³ and sector⁴ level efforts may increase EFNEP's reach and facilitate sustained change by program participants.

This document provides guiding principles and answers key questions on PSE change efforts through EFNEP.

Guiding Principles

- PSE change efforts do not replace direct education; rather, they are used to enhance and complement direct education.
- EFNEP direct education is provided by peer educators in the community. Peer educators may also serve as a catalyst to PSE change efforts, but should not have a primary responsibility for PSE change efforts. PSE change efforts must be led and supported by EFNEP supervisors/coordinators and other professional staff with EFNEP connections.
- Coordination, collaboration, and engagement with community partners and stakeholders is essential to the success of PSE change efforts. EFNEP respects and gives attribution to those involved through mutually developed, implemented, and reported efforts.
- EFNEP's national web-based nutrition education, evaluation, and reporting system – WebNEERS – is used to reflect PSE change efforts, including the impacts of partnerships, and other coordinated and collaborative efforts that involve EFNEP.
- As with direct education, EFNEP PSE change efforts should reflect the practical application of evidence-based and valid practices.

Key Questions

What is the goal of PSE change efforts in EFNEP?

The goal of PSE change efforts in EFNEP is to facilitate sustained change for nutritional health and well-being of low-income families with youth within EFNEP communities. These efforts expand EFNEP's reach beyond direct education through work with community, regional, or state coalitions, committees, and initiatives.



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Overview of EFNEP PSE Guidance

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What is the role of peer educators (paraprofessional staff) and supervisors/ coordinators (professional staff) regarding PSE change efforts?

Peer educators are responsible for teaching EFNEP participants, as per legislative intent. Professional staff lead PSE change efforts in conjunction with other partners. Peer educators may serve as a conduit for connecting with other partners and with direct education that is underway. Professional staff may use their judgement to involve peer educators in informing coalition work where appropriate, as peer educators may be able to offer additional insight to the needs of communities served to enhance PSE change efforts. Professional staff should remain the main contacts for PSE change efforts. Such efforts should not interfere with or diminish peer educators' focus on reaching and teaching EFNEP participants.

Key Questions

In what settings can PSE change efforts occur?

PSE change efforts can occur at locations where participants eat, live, work, learn, and play. Such approaches should target locations where EFNEP is available with the intent to serve eligible persons. Settings involving the general population could also be considered in support of EFNEP if program leadership represent EFNEP and if actions taken for the general population, resonate with and are helpful to families and individuals eligible for EFNEP.

What are PSE change efforts as they relate to EFNEP?

PSE approaches suitable for EFNEP include those which support changes in settings or sectors (see US Dietary Guidelines - 2015-2020) related to EFNEP core areas of diet quality and physical activity, food resource management, food safety, or food security. They should also be targeted to the EFNEP audience, or relevant and appropriate for the target audience. Such changes may encourage or reinforce behavior changes made by families and individuals that are eligible for EFNEP. PSE change may occur within a single organization (such as a school or school district), or more broadly, across organizations at local, regional, or state/territory levels.

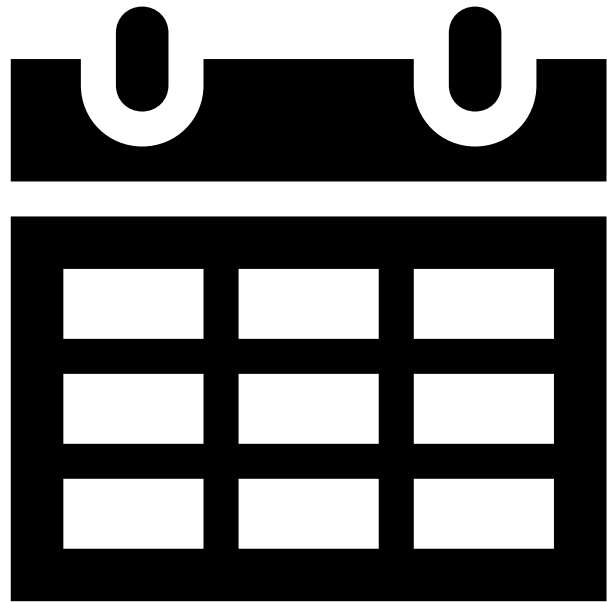


Questions?

Please review the EFNEP PSE Guidance

PSE Guidance: <https://nifa.usda.gov/sites/default/files/EFNEP-PSE-Guidance-20191204.pdf>





Planning PSE in the 5-Year Plan

Planning PSE in the 5-Year Plan

Print
Print with comments
Comments

General Information & Program Plan

Contact Info
Situation
Other Inputs

Results from Previous Year

Environmental Settings
Sectors of Influence
Impacts

Program Plan & Results from Previous Year

Budget Inputs
Program Priorities
Delivery Sites and Partnerships * Required Data Missing

Signature
Status: Approved
Approved by: hammersr@anr.msu.edu

Back Submit for Federal Review

In the past, PSE planning was projected in the Environmental Settings and Sectors of Influence section of the 5 YR Plan

Planning PSE in the 5-Year Plan

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[Notes](#)
[Comments](#)

General Information & Program Plan

[Contact Info](#) * Required Data Missing

[Situation](#) * Required Data Missing

[Program Approach](#) * Required Data Missing

Program Plan & Results from Previous Year

[Budget Inputs](#)

[Program Priorities](#) * Required Data Missing

[Delivery Sites and Partnerships](#) * Required Data Missing

[Back](#)

Results from Previous Year

[Impacts](#) * Section is empty

Signature

[Request Director Signature](#) (plan must be completed before signature can be requested)

Moving forward, PSE Planning in the 5 YR Plan can be located in the Delivery Sites and Partnerships section

Planning PSE in the 5-Year Plan Overview

Description of DSPs and Policy, System, Environmental (PSE) Change Efforts

Summarize any plans to expand, eliminate, or relocate program delivery sites/locations or to change, develop/enhance, or expand community partnerships. Also, describe any plans to expand or change program efforts/involvement in policy, systems, and environmental change (PSEs) efforts in the upcoming years.

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Planning PSE in the 5-Year Plan Example 1

Description of DSPs and Policy, Systems, and Environmental (PSE) Change Efforts

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Our PSE coalition work will include involvement with a county-wide non-profit working to improve the health of a community facing lack of grocery stores, closure of a hospital, and lack of playgrounds. The EFNEP professional staff will collaborate with groups to provide nutrition education. Plans are in place to work with community food pantries to promote healthier offerings. Another goal from this coalition is to work to create local youth sports leagues to encourage activity.

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Planning PSE in the 5-Year Plan Example 2

Description of DSPs and Policy, Systems, and Environmental (PSE) Change Efforts

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Our state will be working with a school district to promote PSE related to healthier cafeteria environments and water consumption (promoting less sugary drinks). Recently, the district created a wellness team which EFNEP professional staff participate. EFNEP will provide ‘Rethink Your Drink’ lessons in the school. Future plans include working with this district to offer additional fruit and vegetable options in all school cafeterias as well as improving the cafeteria environment in all schools.

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Planning PSE in the 5-Year Plan Example 3

Description of DSPs and Policy, Systems, and Environmental (PSE) Change Efforts

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Current PSE efforts include professional staff coordinate with food pantry programs with two sites to improve food offerings. This has included shelf talkers, incorporating a client choice model, improving produce visibility, and providing recipes. Goals in the next five years include working with local pantries and developing resources and guidance for pantry efforts in the state.

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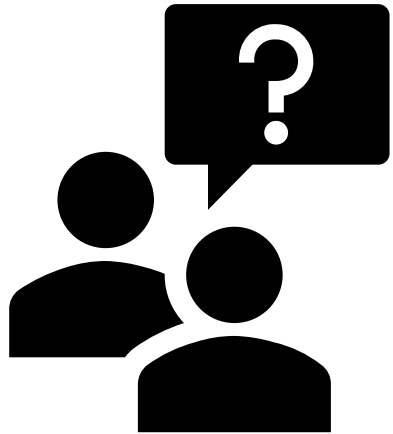
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For EFNEP Policy questions related to PSE, please submit to:

helen.chipman@usda.gov

mallory.koenings@usda.gov





Questions?



Join us for Training Part 2: PSE Reporting

What is your preferred
month for training?



Thank you for joining!

You can locate PSE resources on the EFNEP Digital Resources Webpage

https://efnepdigitalresources.org/toolkit/?_sft_toolkit_category=pse

