

Local Health Department Cal Fresh Healthy Living FFY 2022

Brief 2: Policy, Systems, and Environment Change Interventions

Research Brief • July 2023

Background and Overview

In Federal Fiscal Year (FFY) 2022, 49 CDPH-funded Local Health Departments (LHDs) reported on their work toward implementing Policy, Systems, and Environment (PSE) changes at 818 sites, reaching 916,673 individuals.

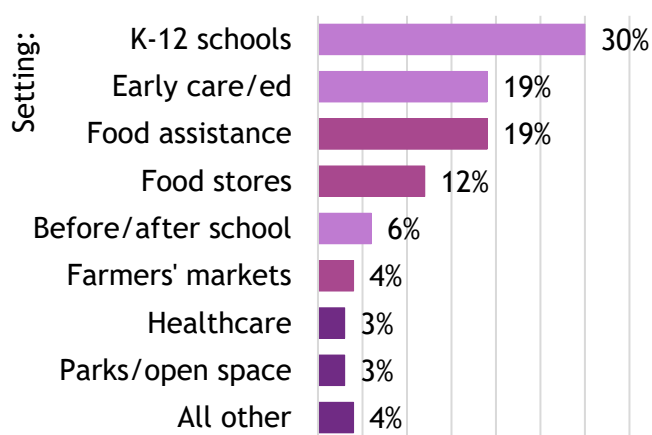
- On average, each LHD worked in 17 sites and 3 different settings
- 32% of PSE sites reported having their PSE activities impacted by COVID-19

PSE Settings and Domains

PSE interventions primarily occurred in the learn and shop domains (Figure 2.1).

Figure 2.1

PSE interventions by domain and setting



% of total PSE interventions

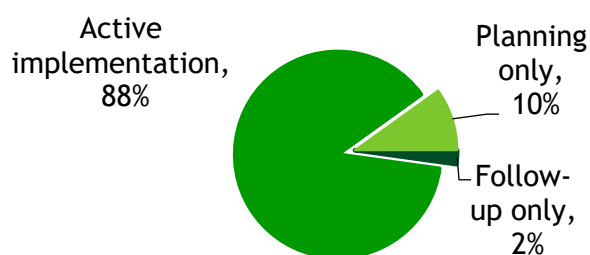
- Learn: K-12 Schools, Early Care/ed, Before/after school
- Shop: Food Assistance, Food stores, Farmers' markets
- Other: Live (Healthcare), Play (Parks/open space), all other

PSE Implementation Stage

The majority of PSE sites (88%) were in the implementation stage (Figure 2.2).

Figure 2.2

PSE sites by implementation stage



PSE Sub-Strategies

PSE change interventions are categorized into 25 PSE sub-strategies, which reflect specific sets of evidence-based, behaviorally focused PSE interventions. In FFY 2022, the most commonly reported PSE sub-strategy was physical activity (Table 2.1).

Table 2.1

Most and least frequently reported PSE sub-strategies (N=818)

Most reported PSE sub-strategies	
Physical activity (non-PE)	24%
Gardens	22%
Nutrition standards	21%
Least reported PSE sub-strategies	
Zoning	0.1%
Portion sizes	0.1%
Healthy defaults in kids' meals*	0.2%

*Combined two sub-strategies

There were 705 sites (86% of total) that reported adopting PSE changes, each implementing an average of 5 changes. The majority (77%) of these sites implemented nutrition-related changes (Table 2.2).

Table 2.2

Percent of sites adopting nutrition and physical activity PSE changes (N= 705)

PSE changes adopted	N (%)
Any nutrition	540 (77%)
Any physical activity	342 (49%)
Only nutrition	349 (50%)
Only physical activity	164 (23%)
Both nutrition & physical activity	192 (27%)

The types of PSE changes adopted differed by setting. Half of school sites worked on garden-related PSEs and over half of early care and education (ECE) and before/after-school programs worked on improving and/or increasing structured physical activity. Food distribution sites and farmers’ markets focused on improving healthy food access, while retail food stores focused on behavioral economics strategies to make healthy food and beverage options the easy choice. Table 2.3 summarizes the most common PSE changes adopted by domain and setting.

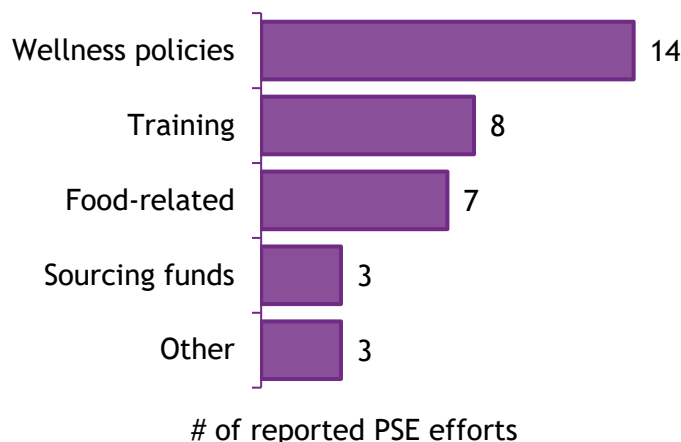
Organizational- & Community-Level PSE

Organizational-level PSEs are PSE changes that occur at a “parent” organization, which governs or provides direction for multiple sites. There were 33 organizational-level reports submitted by 20 LHDs, mostly reflecting PSE changes occurring at school districts (Figure 2.3). Trainings and policy-

related activities were the most frequently reported organizational-level PSE efforts.

Figure 2.3

Organizational-level PSE efforts for school districts (N=21)



In addition to school district PSE efforts, organizational-level PSE efforts occurred at 11 other organizations.

Community-level or “area-wide” PSEs are typically implemented through partnerships with local government agencies and impact a specific jurisdiction or geographical area, such as a county, city, or census tract. In FFY 2022:

- 10 LHDs reported on 20 community-level PSE efforts impacting 7 counties, 6 cities, 2 census tracts, 2 Native American reservations, 1 region, 1 neighborhood, and 1 zip code
- One third of these PSE interventions (N=7) worked on policy change efforts
- 4 cities and 2 counties worked toward improving policies related to healthy food procurement, local food systems, access to open space, complete streets, community design, or physical activity

Table 2.3

Most common types of PSE changes adopted by domain and setting

Domain: Learn		
Setting (N)	Types of changes adopted	# sites with PSE changes adopted by setting N (%)
<i>K-12 Schools (N=218)</i>	Gardens	110 (50%)
	Physical education	78 (36%)
<i>Early care & education (N=135)</i>	Structured PA	80 (59%)
	Wellness	76 (56%)
<i>Before/after school (N=42)</i>	Structured PA	23 (55%)
	PA facilities	21 (50%)
Domain: Shop		
Setting (N)	Types of changes adopted	# sites with PSE changes adopted by setting N (%)
<i>Food assistance (N=122)</i>	Food access	95 (78%)
	Behavioral economics	69 (57%)
<i>Food stores (N=97)</i>	Behavioral economics	93 (96%)
	Food quality	43 (44%)
<i>Farmers' markets and farm stands (N=33)</i>	Food access	32 (97%)
	Behavioral economics	27 (82%)
Domain: Other		
Setting (N)	Types of changes adopted	# sites with PSE changes adopted by setting N (%)
<i>Health care (N=18)</i>	Food access	18 (100%)
<i>Parks/open spaces (N=15)</i>	Unstructured PA	6 (40%)
	PA facilities	5 (33%)