Systems and Environmental Change Web-based Toolkit

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Project Overview
Systems and Environmental Changes
Systems and Environmental Changes

Types of Built Environment Activities in local health jurisdiction MCAH Programs, FY 2010-2011
Toolkit

Systems and Environmental Changes for Nutrition and Physical Activity

The purpose of this toolkit is to support optimal nutrition, physical activity, and breastfeeding through fostering partnerships between local health jurisdiction’s Maternal, Child, and Adolescent Health (MCAH) Programs and existing organizations to promote healthy environmental changes. The resources that this toolkit links to were chosen as they appear to be feasible projects for MCAH Program involvement. This is not intended to be a comprehensive toolkit; however, it does provide concise examples of environmental change projects that are specific for supporting optimal nutrition, physical activity, and breastfeeding within the maternal, child, and adolescent population.

See Systems and Environmental Interventions Backgrounders (PDF) for selected evidence on the effectiveness of these strategies.

Alert Links to non-California government web site addresses are provided for informational purposes only, and this listing does not imply California Department of Public Health endorsement of these programs.
Breastfeeding

Breastfeeding is beneficial to babies, moms, and society as a whole. Supporting a built environment that promotes breastfeeding through lactation accommodation, Baby Friendly initiatives, and recognition is a way to ensure the well-being of our maternal and infant population and to reduce the risk of obesity.

**Women, Infant, and Child (WIC) Program’s Breastfeeding Toolkit**
Includes a training toolkit for hospitals and providers and information for moms, employers and health professionals, plus brochures, training presentations, publications and other websites.

**California Department of Public Health’s Breastfeeding Data**
Provides various links to breastfeeding data and statistics, as well as other resources such as reports, briefs, presentation slides, and breastfeeding report cards.

**California Women, Infants, and Children (WIC) Breastfeeding Policy**
A comprehensive list of resources addressing worksite lactation, childcare, hospital care, state and federal data and organizations, and prenatal and postpartum support compiled with the California Breastfeeding Coalition

**Hospital Environments**

**Baby Friendly USA**
The website for the accrediting body for our nation’s baby-friendly hospital initiative which includes step by step instructions, forms, and general information.

**Model Hospital Policy Recommendations Toolkit**
Developed by the California Department of Public Health, this toolkit includes resources created by hospitals and other agencies to promote breastfeeding support in hospitals.

**Increasing Exclusive Breastfeeding Rates in California Hospitals: A Workshop for Hospital Administrators and Key Decision Makers**
Developed by the CDPH in response to California Health and Safety Code section 1257.9 (SB22) this workshop includes trainings toolkits with presentations, guides, curriculum, and data.

**Work Environments**

**The Business Case for Breastfeeding**
The Business Case for Breastfeeding is a well-researched program distributed by the Department of Health and Human Services. It includes booklets and kits for supporting breastfeeding-friendly workplaces.

**Breastfeeding Works Resources**
The Breastfeeding Task Force of Greater Los Angeles has developed toolkits and resources for employees and employers to implement policies and programs to support lactation in the workplace.

**Investing in Workplace Breastfeeding Programs and Policies: An Employer’s Toolkit**
The National Business Group on Health’s toolkit covers the essential information employers need to understand the components of breastfeeding programs, get started and measure success. Valuable resources include breastfeeding program options, employer case studies and materials for employers. Employers can create tailored workplace breastfeeding programs and policies.
**Toolkit – Breastfeeding Resources**

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**Breastfeeding and Healthy Living: Going Back to Work or School**
The CDPH webpage contains resources for parents, employers, CDPH employees, child care workers, and community leaders.

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**Childcare Environments**

**Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, 3rd Edition**
These standards include the best evidence for feeding and use of breast milk in childcare settings.

**Ten Steps to Breastfeeding Friendly Child Care Centers (PDF)**
A resource kit to assist childcare providers to promote and support breastfeeding women. Developed by the Wisconsin Nutrition, Physical Activity and Obesity Program of the Wisconsin Department of Health Services.

**WIC Nutrition – Texas Department of State Health Services Supporting the Breastfeeding Mother: A Guide for the Childcare Center**
Useful module for supporting breastfeeding mothers in childcare centers. Includes handouts, evaluation forms, and sample PowerPoint presentations and other materials for supporting breastfeeding in childcare environments.

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**California Mother-Baby Friendly Workplace Awards**

**California Breastfeeding Coalition**
Nominate employers throughout the state that provide outstanding support for breastfeeding employees. This website also includes useful fact sheets and local breastfeeding awareness walk planning toolkits.

**Look Out**

“During fiscal year 2012-13, the City of Pasadena’s Maternal, Child, and Adolescent Health program will work on implementing a citywide workplace breastfeeding policy as well as a department-wide Mother-Baby Friendly workplace. They hope to make Pasadena a Mother-Baby Friendly community by 2015.”
The Kaiser Foundation
A private, national foundation that funds various community projects to improve the quality of life through seven programs. Look under Healthy Environments to fill out a grant application.

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-presentations-

Built Environment 101 PowerPoint presentation (PDF, 2.7MB)
Created by Active Living by Design, these slides give an in-depth overview of the built environment and systems change.

We Are What We Eat and Breath, and Build: Preventing Chronic Diseases and Protecting the Environment by Building Healthy Communities (PDF, 13.6MB)
Dr. Richard Jackson’s lecture from the Cal Environmental Protection Agency’s monthly speaker presentation on how environmental strategies can improve a community’s health. Provides quantitative data, policy solutions, and relevant headlines and articles.

Built Environment PowerPoint Presentation Template (PPT, 7.285 MB)
Refer to this template when preparing a presentation on systems and environmental change. You can customize the existing slides with data and images from your own local health jurisdictions.

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-nutrition-

The nutrition environment is a significant contributor to the epidemic of childhood and adult obesity in the United States. This can include convenient access to high fat and low nutrient foods as well as a lack of access to and the high cost of nutritious foods, such as fruits and vegetables. We can address both community and consumer nutrition environments through understanding the food landscape in our counties or local health jurisdictions and employing certain strategies for change.

California Statewide Nutrition Surveys
Data from three statewide surveys of diet and physical activity, including research briefs from the surveys, data tables, and fact sheets.

Communities of Excellence (C3S)
A project of the Network for a Healthy CA in partnership with local health departments. Their website provides tools for collecting and measuring food quality, availability and affordability in low-income communities.

Community Design for Healthy Eating: How land use and transportation solutions can help (PDF)
A Robert Wood Johnson Foundation paper that explores how the built environment affects food access. It also provides eight specific recommendations to improve healthy eating and success stories for each of them.

Healthy Eating Research
A research website for policy and environmental factors that influence nutrition. The page includes strategies for reversing the childhood obesity epidemic and grant funding.

California Center for Public Health Advocacy’s General Policy Recommendations (PDF)
Addresses healthy local food environment policies.
The purpose of this toolkit is to support optimal nutrition, physical activity, and breastfeeding through fostering partnerships between local health jurisdiction's Maternal, Child, and Adolescent Health (MCAN) programs and existing organizations to promote healthy environmental changes. The resources in this toolkit include selected evidence on the effectiveness of these chosen strategies.

See Systems and Environmental Interventions Backgrounder (PDF) for selected evidence on the effectiveness of these chosen strategies.

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Environmental and System Interventions

There are four main types of nutrition environments: the community, consumer, organizational, and institutional. The community nutrition environment includes the type, location, and accessibility of food outlets such as stores and restaurants. The consumer nutrition environment includes the availability of healthy options, price preference, placement, location, and use. The institutional nutrition environment encompasses the school, workplace, and social environments. These environments are not mutually exclusive and often overlap, meaning that people in one environment may be influenced by the other.

Consequences of these different environments and their variables are useful in establishing the type of nutrition environment and its impact. Nutrition plays an important role in the prevention of chronic diseases, and changing the food environment can be an effective strategy in reducing the risk of chronic diseases.

California mTACM Intervention is a comprehensive approach to addressing the food environment. The intervention includes policies, regulations, and education programs to change the food environment and promote healthy eating habits. The mTACM Intervention is based on the principles of the Social Ecological Model, which includes the influence of individual, organizational, and community factors on health outcomes. The mTACM Intervention aims to create a healthier food environment by addressing the root causes of unhealthy eating habits, such as lack of access to healthy food options. By promoting healthy eating habits, the mTACM Intervention can help reduce the risk of chronic diseases and improve overall health outcomes.
• Working/School
• California Lactation Laws
• Right to work card
• Resources for hospital quality improvement
Resources for Hospital Quality Improvement

- Recommended Hospital Policies (PDF) Model Hospital Policy Recommendations
- On-Line Toolkit to Implement the Policies Toolkit developed in 2006 and most recently revised in 2012
- Resources for the Infant Feeding Act
cdph.ca.gov/Breastfeeding

Resources for Hospital Quality Improvement

- **A Workshop for Hospital Administrators Pursuant to California Health and Safety Code Section 1257.9**
- **Birth and Beyond California Hospital Breastfeeding Quality Improvement & Staff Training Demonstration Project**