

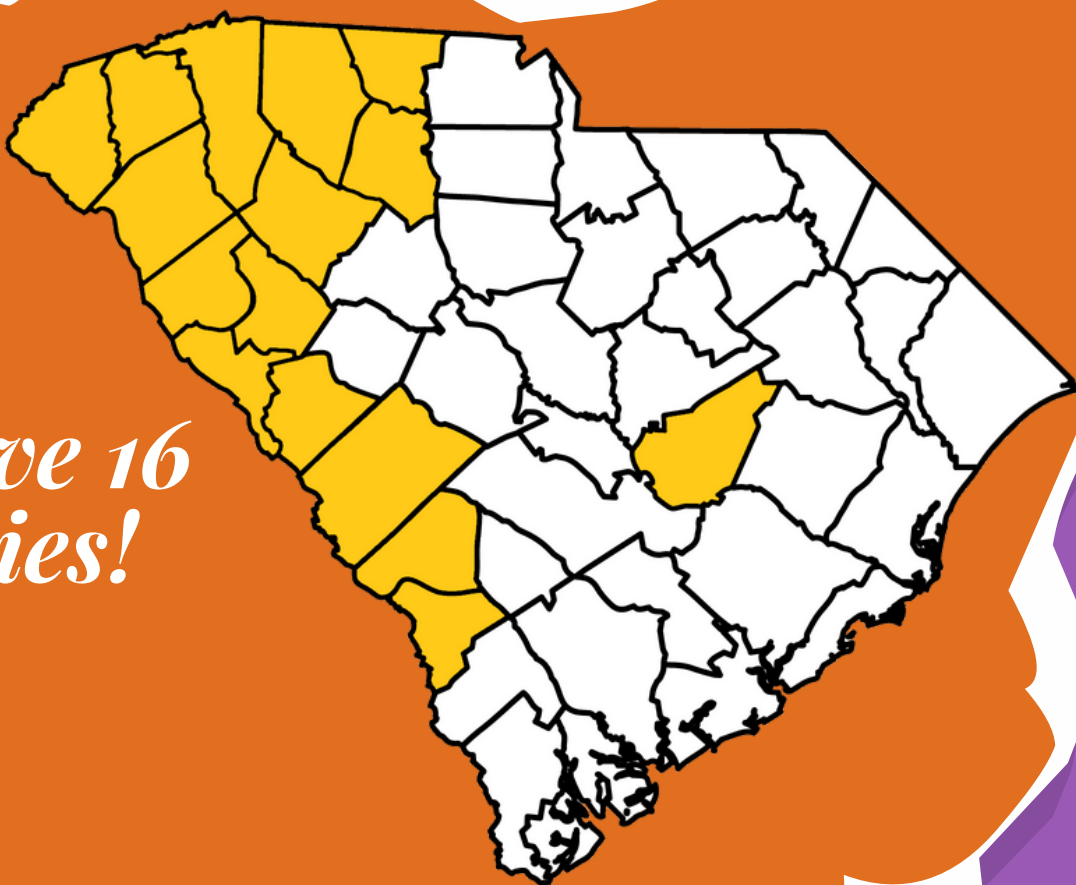


**SNAP-Ed**  
CLEMSON  
YOUTH LEARNING INSTITUTE

## POLICY, SYSTEMS & ENVIRONMENTAL CHANGES PROGRAMMING

Clemson University YLI SNAP-Ed strives to provide technical assistance in guiding organizations, communities, and state representatives on what changes are best to address health concerns related to nutrition and physical activity barriers. These sustainable changes make healthy foods and physical activity spaces more accessible, affordable, and equitable for everyone. In addition to applying expert knowledge, we assist in implementation and evaluation of the initiative. We can work with partners to find and write grant funding alternatives, if needed.

*We serve 16  
counties!*



Some examples of our past PSE efforts:

- Physical Activity Libraries- providing physical activity equipment to local library branches to be checked out by community members for use at home
- Food Pantries- organizing food displays to highlight healthier options
- Community Gardens- establish and empower members to maintain gardens for the entire community

These are just a few of the many types of PSE efforts that we can provide. If you are interested in speaking with a Clemson SNAP-Ed member about PSE changes and how we can best assist you and your community with implementing such a sustainable strategy, please contact **Sarah King** at [sarahbk@clemson.edu](mailto:sarahbk@clemson.edu).

# P.S.E. = Sustainability!

What are P.S.E. changes and how are they sustainable?



## P: POLICY CHANGE

A regulation that encourages healthy eating and active living for each individual. To be successful, it must be enforced and followed by all members.

I.e. A school accepting a policy stating each student will have a 10 minute physical activity break in their 3rd period class.

## S: SYSTEMS CHANGE

A shift in operations or entity to increase the likelihood of engaging with a health behavior. A supportive process structure that makes it more convenient to make a healthy choice.

I.e. A farmer's market staying open an additional hour to allow people to stop by after work.



## E: ENVIRONMENTAL CHANGE

A physical change in the environment that provides access to healthier food options or promotes more activity among community members.

I.e. Creating a community garden with a walking track around the perimeter. Allows individuals the space to be physically active and have access to fresh produce.

