Making the HEALTHY choice the EASY choice

An Introduction to Policy, Systems, and Environmental Approaches to Promote Healthy Eating and Physical Activity

*Making the HEALTHY choice the EASY choice* is a new online course designed to help learners use policy, systems, and environmental (PSEs) approaches to increase access to healthy food and activity options for low-income individuals and families. The course provides both an introduction for those new to PSE approaches and a more in-depth overview for those with more experience with PSEs.

**Course Development.** This course was developed for professionals in SNAP-Ed, EFNEP, and other public health programs. Due to shifts in program guidance, SNAP-Ed and EFNEP now allow or require using PSE approaches to complement direct nutrition education. This shift prompted obesity prevention efforts that emphasize PSE strategies nationwide. However, research with both Cooperative Extension and public health practitioners—the most common deliverers of EFNEP and SNAP-Ed—indicates that, regardless of academic training and professional development, many nutrition education professionals lack the knowledge or skills needed to incorporate PSE approaches into their efforts. In response to this discrepancy, the Northeast Regional Nutrition Education and Obesity Prevention Center of Excellence conducted a needs assessment to determine the specific PSE training needs of SNAP-Ed and EFNEP professionals. *Making the HEALTHY choice the EASY choice: An Introduction to Policy, Systems, and Environmental Approaches* was created to meet the training needs identified in this assessment.

**Course Overview.** *Making the HEALTHY choice the EASY choice* is a self-paced, 12-hour, six-module online course that improves learners’ abilities to develop, implement, and evaluate effective PSE approaches.

The course’s six modules cover:

1. an introduction to PSEs,
2. identifying community needs,
3. building partnerships and collaborations,
4. creating PSE action plans,
5. implementing PSE action plans, and
6. evaluation of PSEs.

Course content connects learners with resources relevant to the specific settings where they work.

Content delivery includes videos, an interactive workbook, a discussion guide, practical tools, and self-assessments.

Registered Dietitian Nutritionists who complete the course receive 12 CPEUs.

**Register for the course.** For more information or to register for the course visit [www.ecornell.com/pse](http://www.ecornell.com/pse)