

# PSE Training: Making the HEALTHY Choice the EASY Choice



making the **HEALTHY** choice  
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An Introduction to Policy, Systems, and Environmental Approaches  
to Promote Healthy Eating and Physical Activity

**Making the Healthy Choice the Easy Choice** is an new online course designed to meet the needs of professionals working to increase access to healthy food and physical activity options for low-income individuals and families. Nutrition educators and other public health professionals can increase access to healthy food and activity options in communities through the use of policy, systems, and environmental approaches (PSEs). This course provides both an introduction for those new to PSE approaches and a more in-depth overview for those with more experience with PSEs.

This training is designed for nutrition education and obesity prevention professionals - including those in the Expanded Food and Nutrition Education Program (EFNEP), the Supplemental Nutrition Assistance Program Education (SNAP-Ed), and public health - working collaboratively with local partners to impact local communities.

The six self-paced modules in this training introduce PSE efforts undertaken in multiple settings. Learners will develop skills to assess needs, engage partners, develop and implement action plans, evaluate efforts, and create sustainability. Content delivery includes videos, an interactive workbook, practical tools, and self-assessments. The course connects learners with resources relevant to the specific settings where they work.

**Module 1: Introduction to PSE Approaches**

**Module 2: Identifying Community Needs**

**Module 3: Building Partnerships and Collaborations**

**Module 4: Creating PSE Action Plans**

**Module 5: Implementing PSE Action Plans**

**Module 6: Evaluation of PSE Approaches**

This course was developed by a team of national experts representing EFNEP and SNAP-Ed.

The course can be started at any time. It is estimated it will take approximately 12 hours to complete all six modules. Learners will have 1 year to complete the course once they enroll. Those who complete the course will receive a certificate of completion. This self-study activity is approved for 12.0 continuing professional education units (CPEUs) by Cornell NutritionWorks, a CPE accredited provider by the Commission on Dietetic Registration of the Academy of Nutrition and Dietetics.

For more information or to register for the course visit [www.ecornell.com/pse](http://www.ecornell.com/pse). There is a discount for those who work with EFNEP or SNAP-Ed.

**Background on Course Development.** This course was developed specifically 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.