

# ALProHealth

Alabama: Preventing and Reducing Obesity;  
Helping to Engage Alabamians for Long-Term Health

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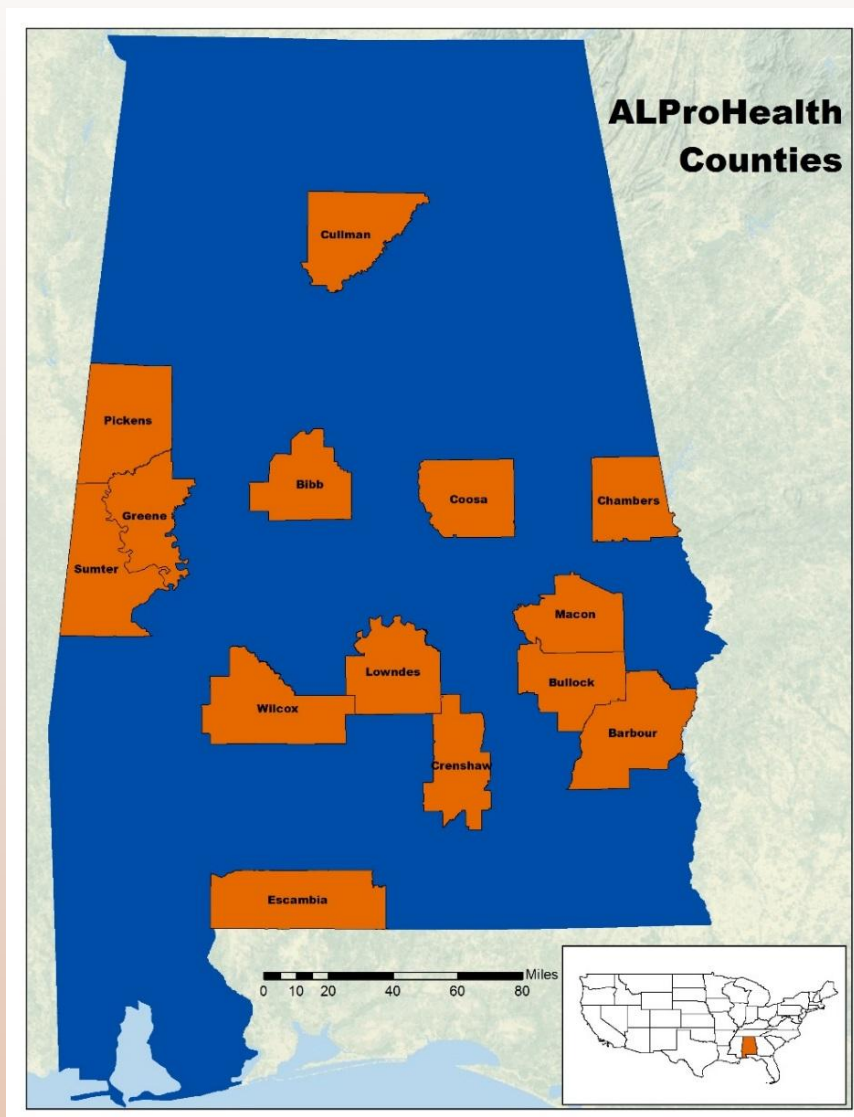
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Evaluation

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# ALProHealth Objectives

- Promoting **policy, system, and environmental (PSE) changes** to encourage communities to provide:
  1. Healthy nutrition education
  2. Healthy food retail and access
  3. Access to safe and affordable places for physical activity



Alabama counties with greater than 40% adult obesity.

Behavioral Risk Factor Surveillance System Data (2012)

# What are Policy, System, and Environmental (PSE) Changes?

- PSEs can be changes in:
  - **Policy:**
    - Always in written form (guidelines, laws, resolutions, etc.)
    - Example: Passing a law to create a tax on unhealthy food and drinks
  - **System:**
    - Changes in procedures or processes within a business or organization
    - Example: Expanding food bank hours to increase accessibility for those who might work during the day or on weekends
  - **Environment:**
    - Changing the physical space in which healthy choices are made
    - Example: Display fresh fruits and healthy snacks at the point of purchase in grocery stores and convenience stores

\*Moving beyond direct education

\*Creating a healthier community in which to live

## Nutrition Education Activity vs. PSE

Location	Nutrition Education Activity	PSE Example
School	<ul style="list-style-type: none"> <li>• Teach a class on the nutritional benefits of the fruit and vegetable food groups</li> </ul>	<ul style="list-style-type: none"> <li>• Allow students to purchase fresh fruits and vegetables in the cafeteria</li> <li>• Place a basket of fruit at the point of purchase</li> </ul>
Workplace	<ul style="list-style-type: none"> <li>• Make a bulletin board promoting healthy snacking</li> <li>• Write a column in a company newsletter about the benefits of physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Establish a policy for the nutritional standards of foods sold in vending machines</li> <li>• Stock the vending machine with healthy, affordable options</li> <li>• Add bicycle racks near the entrance to buildings</li> </ul>
Community	<ul style="list-style-type: none"> <li>• Provide direct education classes to residents living in a low-income housing area</li> <li>• Promote a “Bike to School Day” among parents, students, and teachers</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborate with community partners and low-income housing units to build and maintain community gardens</li> <li>• Secure funding to ensure that children can safely bike or walk to school (bike lanes, repairing sidewalks, crosswalks, etc.)</li> </ul>
Food Bank	<ul style="list-style-type: none"> <li>• Place a handout with a recipe and nutrition information in a client’s bag</li> </ul>	<ul style="list-style-type: none"> <li>• Display fresh fruits, vegetables, and dairy at the beginning of the line</li> </ul>

Source: Nutrition Education Network of Washington. *Energize Newsletter for Nutrition Educators*: Volume 20, Number 1 (October 2014)

## PSE Changes

- “Teaching people how to swim is effective only when they also have access to a safe, clean swimming pool that is convenient and free or low-cost to use. We cannot expect people to swim if they do not have access. Environmental changes make it possible and easier to act upon healthy behaviors without blaming individuals.”
  - Andrew Riesenber, Western Region FNS SNAP-Ed Officer
- You can teach people the value of healthy nutrition and physical activity choices, but you must also have policies, systems, and environments that support these choices.
- Make the healthy choice the easy choice!

## PSE Changes

- PSE changes require partnerships!
  - Schools
    - Safe Routes to School; National Bike/Walk to School Day; school vegetable gardens
  - Local government officials
    - Mayors, city clerks, city planners, parks and recreation boards
  - Department of Transportation or County Commissioners
    - Sidewalks, bike lanes, safety enhancements (street crossings, lights, fencing)
  - Faith-based institutions
    - Vacation Bible School; adult ministry programs; weekly meals

## PSE Changes

- PSE changes often are low-cost or free!
  - Example #1: Tawnya Kirkland (Henry and Barbour County) is currently working with local Boys and Girls Clubs to make healthy changes in the vending machines by adding nuts and fruit snacks.
  - Example #2: Patti Presley-Fuller (Pickens County) worked with a local Vacation Bible School program to switch out the snacks that were being given to the children for a healthier option.
  - Example #3: Cullman County residents expressed concern over a school crossing across a busy state highway in front of an elementary school. Because the road was scheduled to be resurfaced in 2016, the crossing will now be made safer with no cost to the school system.
- Making the healthy choice the easy choice!

# Barbour County

- Boys and Girls Club Vending Machine





# Pickens County

- Changing Snacks for Children at Vacation Bible School



## Bibb County

- Family Fun Walk – “It’s Called Getting Healthy, Bibb County”



# Bullock County

- Social Marketing Campaigns – Signage



# Coosa County

- Rockford Market Days



## Cullman County

- Refrigerators and Freezers for Two Local Food Banks  
\*700 families per month



## Escambia County

- School/Community Fitness Facility
  - Shared-use of facility



# Greene County

- Educational Tours of a Local Farm



## Lowndes County

- Enhancing the Safety and Aesthetics of a Community Park





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*“Alabama will not look the same in three years.”*

*-Barb Struempfer*