

Policy, Systems, & Environmental (PSE) Change for Vibrant Native Communities

Policy, Systems, & Environmental (PSE) change is a framework for creating positive, sustainable community health outcomes and supports culturally specific health initiatives. Rather than focusing solely on individual behavior change, PSE changes utilize a broader community-level approach to achieve health equity.



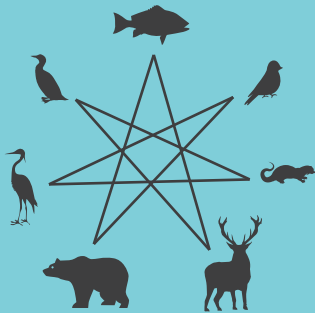
POLICY

Changes in rules that encourage or discourage a certain behavior

INDIGENOUS LENS:

The guiding principles for ways of living.

Example: Respecting our elders, never taking more than needed, and showing appreciation and respect for all living things



SYSTEMS

Changes in processes or procedures within an organization

INDIGENOUS LENS:

The building blocks of a community that allow it to function as a whole.

Example: Family, clan, band; food & medicine systems; tribal government systems



ENVIRONMENTAL

Changes in the places you live, work, play, shop and go to school

INDIGENOUS LENS:

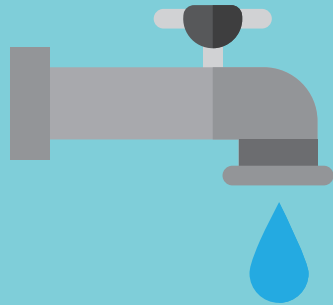
The natural and built world around us and how we interact with it.

Example: Planting gardens, fertilizing the land, harvesting food, seasonal practices; and changing infrastructure, such as sidewalks and playgrounds



Policy, Systems, & Environmental (PSE) Change Solutions

Policy, Systems, & Environmental (PSE) changes can each be implemented individually, but have a more sustainable, more impactful outcome when they are combined. It is important to understand that PSE approaches can overlap, meaning a policy change can also serve as a systems change, and a systems change can serve as an environmental change.



GOAL: Increase access to clean and safe drinking water

PSE APPROACH: Install a water filtration system

- **System** and **Environmental** change: the physical environment changes as a new water system is being implemented.
- **Policy** can be adopted to require water filtration systems in all tribally owned buildings.



GOAL: Promote healthy and Indigenous foods at community events

PSE APPROACH: Plant a community garden to increase access to healthy, traditional food options

- **System** and **Environmental** change: creating a community garden changes the current food system and changes the physical environment.
- **Policy** can be adopted to encourage positive, healthy and Indigenous food choices while supporting the system and environmental changes.



GOAL: Promote cultural connectedness through healthy, Indigenous foods education

PSE APPROACH: Encourage traditional practices through community educational opportunities (sugar bushing, wild rice harvesting, fishing/spearing, gardening)

- **System** change: Tailoring a standardized curriculum to be culturally-relevant changes the current system.
- **Environmental** change: Providing space such as a community medicine gardens or edible landscapes, and establishing a sugar camp for these educational opportunities.
- **Policy** can be adopted to support seasonal cultural practices to demonstrate the community's commitment to cultural revitalization practices.