



APPENDIX A: SHERBURNE COUNTY SHIP MINI GRANT

SHIP uses policy, system and environmental changes to promote healthy eating, active living, tobacco free living and mental well-being.

Policy, System and Environmental (PSE) Change Definitions:

- **Policy change** includes the passing of laws, ordinances, resolutions, mandates, regulations, or rules at the state, local or organizational level. For example, schools establishing a policy that prohibits selling unhealthy foods at school fundraising drives.
- **System change** involves change made to the rules within an organization to transform the way things are “typically done”. For example, a healthcare clinic adding hunger screening at all office visits or a school creating a certification system for bake sales to ensure they are in line with the school’s wellness policy.
- **Environmental change** is a change made to the physical environment. For example, adding signage to bike routes or installing sidewalks to promote walking.

Additional examples and information:

- [What Is Policy, Systems and Environmental \(PSE\) Change?](#)
- [SHIP: Making the Healthy Choice the Easy Choice](#)