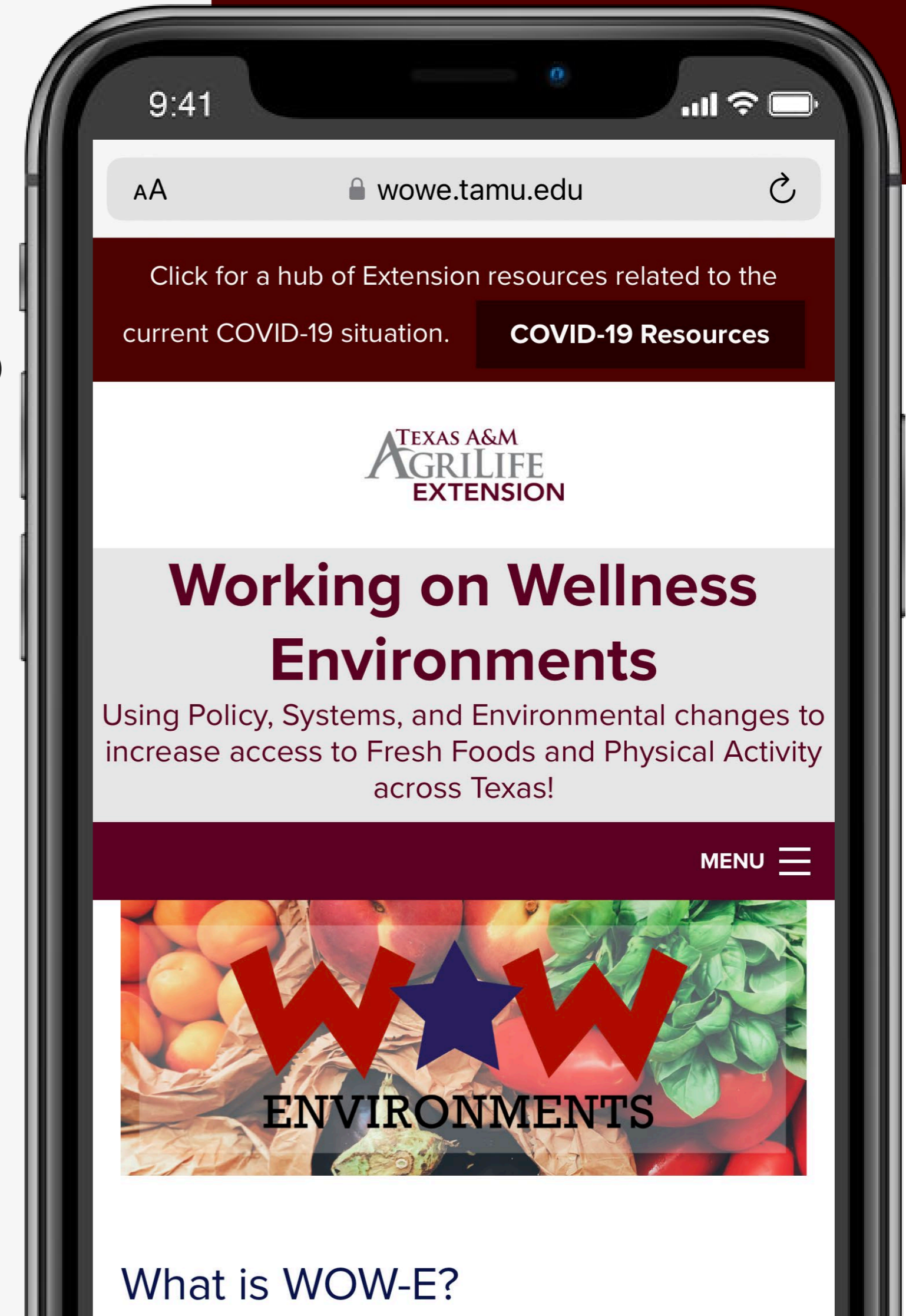


TEXAS A&M AGRILIFE



Working on Wellness Environments (WOW-E Program)

→ Cross Program: Team



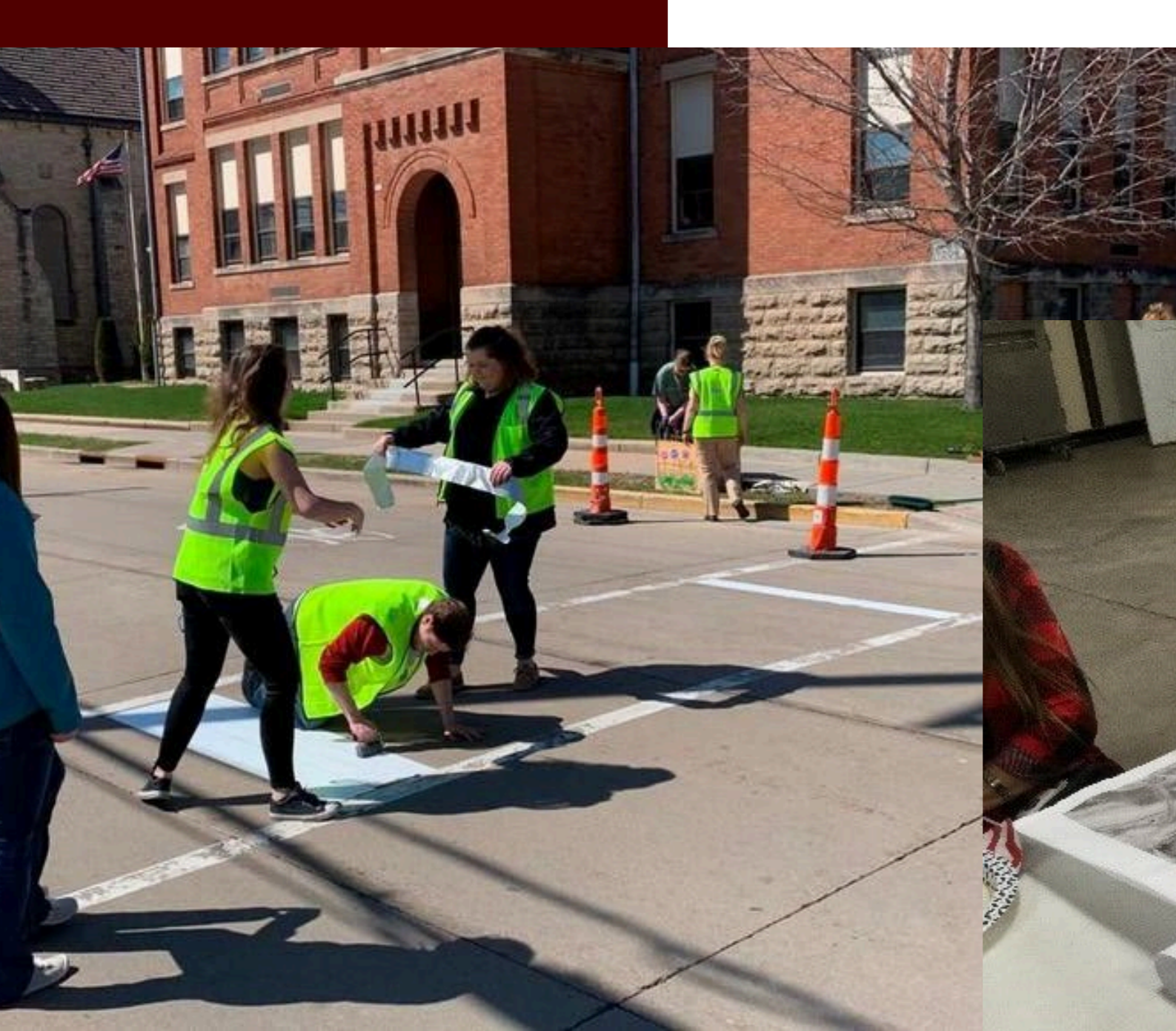
What is PSE?



“Policy, Systems, and Environmental change is a way of modifying the environment to make healthy choices practical and available to all community members. Successful PSE strategies are evidence-based and multi-sector collaborations. By changing laws and shaping physical landscapes, a big impact can be made with little time and resources.



Source: <http://plan4health.us/policy-systems-and-environmental-change-strategies/>
https://smhs.gwu.edu/cancercontroltap/sites/cancercontroltap/files/PSE_Resource_Guide_FINAL_05.15.15.pdf



WOW-E

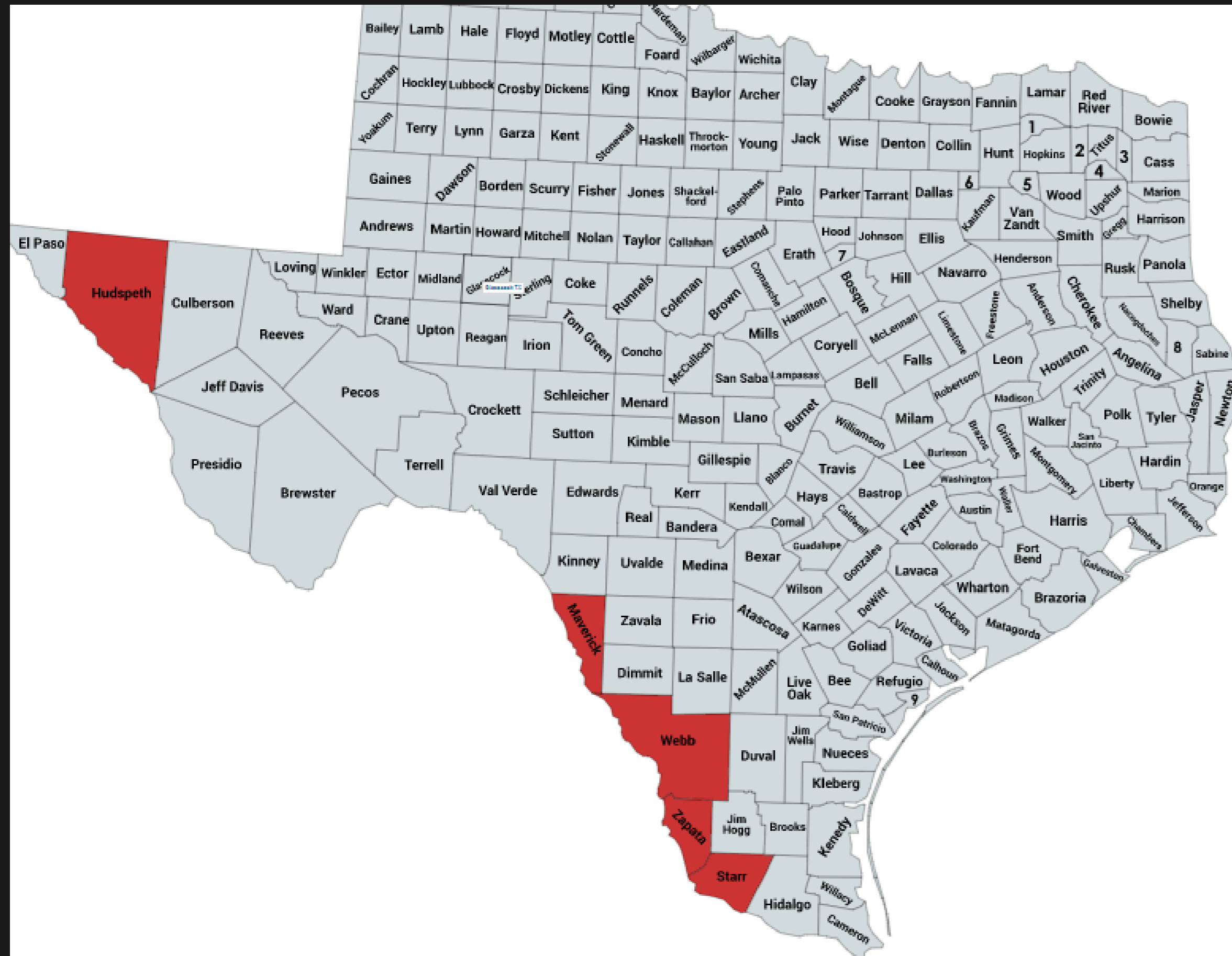
Funded in part by the Centers for Disease Control and Prevention (CDC) the Working on Wellness Environments program empowers local leaders to learn about, pilot-test, and make policy, system, and environmental changes to improve their communities.

This effort focuses on creating walkable connections between everyday places, enhancing use of everyday places for physical activity (such as parks), adopting nutrition policies in local institutions, businesses, and early childcare settings; and enhancing food systems



Direct Support for 5 counties

- Hudspeth
- Maverick
 - Starr
 - Webb
 - Zapata





Cross-Program Approach

WOW-E is a collaborative approach with experts in:

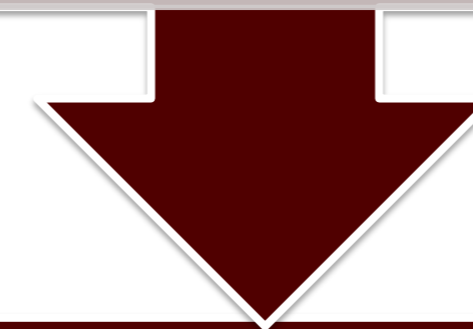
Parks

Nutrition

Economic and
Community
Development

Early Childcare

Urban and
community planning



The goal is to work together to promote increased physical activity levels and improved access to healthy foods.





Assembly of Team



Initial program scope was designed by AgriLife Extension Parks Specialist and the Associate Department Head for nutrition based on previous related work on similar projects



The introduction of an implementation guide identified the need for a broader interdisciplinary approach



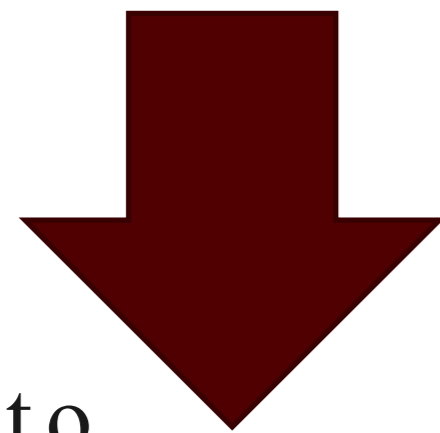
Colleagues with previous project work and expertise in community development, economics, early childcare policy and operations, and community planning were recruited to join the team

Staying Connected



Bi-monthly meetings

The team meets bi-monthly to review progress and as needed when providing TA for local education, outreach, and projects



Led to

Developed Action Institute Program and handouts highlighting common community efforts for rural communities in PSE work

Developed readiness assessments

Developed community challenge program to help reinvigorate communities in PSE work through COVID-19 recovery.

Mondays software

Mondays is used to delegate and keep track of tasks. Allows members to see project and outreach overviews and key steps and share progress, link to files, and provide updates

Calendly

Useful for scheduling internal and external meetings.

Allows community members to choose one expert or multiple experts at the same time

Monthly Reporting

Allow everyone to know what is being accomplished

Success Stories

Yearly Success Stories allow everyone to share in compiling the need for, approach to, and outcomes of key PSE initiatives led by local leaders and supported by WOW-E team members.



Benefits to Community

To date, local leaders and the WOW-E team have completed:

- 5 county windshield surveys
- 4 county PSE kick-offs
- 4 county PSE action institutes
- 3 early childcare PSE action institutes (1 in person and 1 online)
- 5 walkability pop-up demonstrations



They have collectivity included over 284 attendees representing 63 partner organizations

Benefits to Community



Local leaders submitted 10 requests for assistance (RFAs) with coaching from team members and

4 community challenge proposals

5 childcare policies for testing

Specific projects have resulted in:

Downtown walkability plan

Local places wayfinding and walkability inventory

Storywalk in a park

Pop up demonstration in a local park to enhance wayfinding and connectivity

Pop-up demonstration for enhanced walkability from a middle school to a park



Benefits to Community

Nutrition efforts have:

Assisted over 11 ECEs in measuring readiness to adopt health policies and assess their cultures and environment

Youth to explore why healthy vending and concessions should be a priority

- 1 farm-to-school expanding to include an orchard
 - 1 food environment assessment
-





Creative Collaborative Methods

PSE work is new to many rural communities and takes a community development approach to solving systemic health issues and cultures that exist in communities

Working with experts from various disciplines has helped to reach members in the communities from many sectors and organizations and guide them in understanding the importance of community development tools

Utilizing this approach has helped recruit non-traditional community partners in addressing health issues like economic developers, public works directors, librarians, youth groups among others.

Award-Winning Team Members



Jamie Rae Walker, Ph.D – Parks, Planning, and Physical Activity Specialist

Rebekka Dudensing, Ph.D – Economics and Community Development Specialist

Jenna Anding, Ph.D – Nutrition Specialist

Jodi Nerren, Ph.D – Early Childhood Education Specialist

Valerie Jauregui, MPA – Program Director

Kelsey Coats, MRP – Program Specialist, Community Planning

Victor Cantu, MS – Program Coordinator II

Emily Gunderson, MUP – Program Manager, Community Planning

Anna Stehling – Program Coordinator II, Community Navigator/ Capacity Building

Jeongseup Lee – Program Aide

Jacqueline White, Ph.D – Family and Community Health Cooperative Extension

THANK
you

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