

Gaining Ground: Applying Individual, Policy, System & Environmental Change to Sustainable Food System Initiatives

A webinar with Angie Tagtow, MS, RD, LD

How to Use This Webinar

This webinar was originally hosted live in March 2019 as part of the Academy of Nutrition and Dietetics Foundation's Future of Food initiative, which is funded by an educational grant to the Foundation from National Dairy Council.

This webinar was originally hosted as part of an interactive, three-part series:

1. A live "training webinar" (recording available)
2. Independent completion of a hands-on activity by participants (activity template available)
3. A live "follow-up webinar" for small-group discussion and feedback (not available)

The following materials are available to facilitate access to sustainable food systems training for dietetic interns, students, and professionals:

- **Instructions** (this document), which includes:
 - Session description, learning outcomes, CDR learning codes, speaker bio
 - Instructions for Activity: I+PSE worksheet
 - Guide for conducting a follow-up discussion after the activity
 - Recommended readings
- **Recording** from the training webinar
- **Activity Template** (I+PSE worksheet)
- **CPE certificate** for 1 CPEU (expires 3/20/2022)

If you are a program director or educator, you can use these materials to implement the interactive, three-part format with your students:

1. Students watch the recording on their own time, either individually or in groups
2. Students complete the I+PSE worksheet on their own time, either individually or in groups. Resources include the I+PSE worksheet template (which contains examples) and the recommended readings listed in this document.
3. Students convene (in person or virtually) to discuss the activity in small groups, share and provide feedback as part of a larger group, ask follow-up questions, and synthesize what they have learned. See the "Guide for conducting a follow-up discussion" below for more detail.

For questions, please contact Marie Spiker, PhD, MSPH, RDN, Healthy and Sustainable Food Systems Fellow, at mspiker@eatright.org. If you have feedback or success stories to share about this resource, we would love to hear from you!

Session Description

Registered dietitian nutritionists are the quintessential profession to solve the health care crises in the U.S. Individual behavior change approaches are limited in their efficacy but coupled with policies, system and environmental (PSE) change strategies that support healthy eating, we CAN deliver greater impact. This webinar will explore the role of policy in our programs, practice and the profession and how we can affect policy change that support healthier individuals, families, and communities. The I+PSE (Individual plus Policy, System and Environment) Conceptual Framework for Action, adapted from the Spectrum of Prevention, provides a multidimensional set of interventions that can be applied to maximize impact. Often applied to advance healthy eating, the I+PSE Conceptual Framework has applicability in sustainable food system arenas.

Learning Outcomes

At the end of this series, participants will be able to:

- Describe the intersection of food systems, nutrition, and public health;
- Identify how theoretical models can shape broader interventions; and
- Apply individual *and* policy, system, and environmental change to sustainable food system initiatives

CDR Learning Codes

- 1070 Leadership, critical and strategic thinking
- 1080 Legislation, public policy

Speaker Bio

Angie Tagtow is an entrepreneur, systems thinker, leadership developer, solution-based innovator, and a change maker. She is the Founder and Chief Strategist of Äkta Strategies, a consulting firm that designs authentic solutions for systems change. She has more than 25 years of experience working at local, state, federal, and international levels in agriculture, food, and nutrition policy; public health; and food and water systems.

In 2014, she was appointed by President Barack Obama to serve as the Executive Director for the USDA Center for Nutrition Policy and Promotion in which she co-led the development and launch of the *2015-2020 Dietary Guidelines for Americans*.

Angie is a registered dietitian and served as a Senior Fellow and Endowed Chair at the Minnesota Institute for Sustainable Agriculture, University of Minnesota College of Food, Agricultural and Natural Resource Sciences, and as a Food and Society Policy Fellow with the Institute for Agriculture and Trade Policy. She was the founder and CEO of a successful consulting firm that provided program and policy development, strategic planning, capacity building, communication, and education services to diverse clients that worked toward advancing sustainable, resilient, and healthy food and water systems. She co-founded a non-profit focused on health and food systems in addition to forming a statewide community of practice that promoted evidence-based strategies to increase access to healthful food. Angie has worked with the Iowa Department of Public Health in several capacities including as a Nutrition Consultant in the Special Supplemental Nutrition Program for Women, Infants and Children Program, a food systems consultant with the Iowa Community Transformation Initiative, and strategic advisor with the SNAP-Ed Program.

Angie has served in professional leadership positions within the Academy of Nutrition and Dietetics, Iowa Academy of Nutrition and Dietetics, Society for Nutrition Education and Behavior, and the American Public Health Association. In addition to launching the *Journal of Hunger & Environmental Nutrition* in 2005 in which she served as the managing editor for 11 years, she has published numerous peer-reviewed articles, book chapters, and reports. Angie has been honored by many organizations for her leadership and professional contributions to nutrition, public health, and food systems.

Angie is a graduate of the University of Northern Iowa and Iowa State University and resides on a reconstructed tallgrass prairie in central Iowa.

Instructions for Activity: I+PSE worksheet

The recording concludes with an invitation for participants to practice what they have learned using the attached I+PSE worksheet. The example policy priorities listed here can be divided up so that each individual or small group only completes a single policy priority, but the group as a whole discusses all policy priorities during the follow-up discussion. Participants may complete their I+PSE worksheet individually, or in groups.

Assignment:

The I+PSE worksheet template shows the categories of the conceptual framework, with ideas filled in for two examples – Healthy Eating and Active Learning, and Food Access. The last column is left blank for you to brainstorm ideas at each level of the framework for one of the example policy priorities below.

This activity should take 30-60 minutes to complete.

Group	Local Policy Priority
Group 1	Integrate gardening and food preparation programs into school district curriculum
Group 2	Establish a mobile processing unit and community kitchen in the community
Group 3	Establish procurement policies that give priority to locally/regionally produced foods in municipal cafeterias
Group 4	Establish a city ordinance allowing mobile fruit and vegetable vendors in low-income neighborhoods
Group 5	Implement a residential community composting initiative

Guide for Conducting a Follow-Up Discussion after the Activity

The following guiding questions may be helpful for conducting a follow-up discussion after the activity. If students are convening virtually, note that some video call platforms allow for smaller group discussion in breakout rooms.

1. **Discussion in small groups:** each group discusses one of the local policy priorities.
 - a. Brief introductions
 - b. Identify one person to take notes, and one person to report out to the larger group
 - c. How was the experience of working on the I+PSE worksheet for your example policy priority – what came easily, and what was difficult?
 - d. For each part of the framework, what ideas do you have?
 - e. What did you learn about your local policy priority? Do you have any questions about it?

2. **Report-outs to the larger group:**
 - a. Each group should share a few highlights from their local policy priority, and any questions they may have about the framework or the policy priority.

3. **Discussion among the larger group:** the following guiding questions may be helpful.
 - a. What are your reflections on the activity?
 - b. How can you apply this framework to your current work?
 - c. How can policy be a driver for changing sustainable, resilient, healthy food and water systems (SRHFWS)?
 - d. What are the key messages in communicating the benefits of I+PSE approaches?
 - e. How does SRHFWS transform the dietetics profession?

Recommended Readings

These readings are not required in order to watch the webinar or complete the hands-on activity, but they may provide valuable context for participants.

Canada's Dietary Guidelines for Healthy Professionals and Policymakers. Health Canada. January 2019. Available at <https://food-guide.canada.ca/static/assets/pdf/CDG-EN-2018.pdf>.

Dietary Guidelines Advisory Committee. 2015. *Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture.* Chapter 5 (pp 283-330). Food Sustainability and Safety U.S. Department of Agriculture, Agricultural Research Service, Washington, DC. Available at <https://health.gov/dietaryguidelines/2015-scientific-report/pdfs/scientific-report-of-the-2015-dietary-guidelines-advisory-committee.pdf>.

Lyn R, et al. Policy, systems, and environmental approaches for obesity prevention: A framework to inform local and state action. *J Public Health Manag Pract.* 2013;19(2 Suppl 1):S23-S33. Available at <https://www.ncbi.nlm.nih.gov/pubmed/23529052>

Miller P, Reedy J, Kirkpatrick S, Krebs-Smith S. The United States food supply is not consistent with dietary guidance: evidence from an evaluation using the Healthy-Eating Index-2010. *J Academy Nutr Diet.* 2014; 115(1):95-100. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4276446/>.

National Academies of Sciences, Engineering, and Medicine. *Sustainable diets, food, and nutrition: Proceedings of a workshop – in brief.* Washington, DC: The National Academies Press. Available at <http://www.nationalacademies.org/hmd/Reports/2018/sustainable-diets-food-and-nutrition-proceedings-in-brief.aspx>

Nelson M, Hamm M, Hu F, Abrams S, Griffin T. Alignment of healthy dietary patterns and environmental sustainability: A systematic review. *Adv Nutr.* 2016;7:1005-1025. Available at <https://academic.oup.com/advances/article/7/6/1005/4568646>.

Rose D, Heller M, Roberto C. Position of the Society for Nutrition Education and Behavior: The Importance of Including Environmental Sustainability in Dietary Guidance. *J Nutr Ed Behavior.* 2019;51:3-15. Available at [https://www.jneb.org/article/S1499-4046\(18\)30673-0/pdf](https://www.jneb.org/article/S1499-4046(18)30673-0/pdf).

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Tagtow A, Roberts S. *Cultivating Resilience - A Food System Blueprint that Advances the Health of Iowans, Farms and Communities.* February 2011. Available at <https://www.farmlandinfo.org/cultivating-resilience-food-system-blueprint-advances-health-iowans-farms-and-communities>.

Tagtow A, Robien K, Bergquist E, et al. Academy of Nutrition and Dietetics: Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sustainable, Resilient and Healthy Food and Water Systems. *J Acad Nutr Diet*. 2014;114(3):475-488. Available at [https://jandonline.org/article/S2212-2672\(13\)01682-1/fulltext](https://jandonline.org/article/S2212-2672(13)01682-1/fulltext).

Tagtow A. *Healthy Food, Healthy Iowans, Healthy Communities. Public Health Tools to Advance Healthy, Sustainable Food Systems*. Part 1. Community Food Systems: A Primer for Local Public Health Agencies; and Part 2. A Community Food Systems Assessment & Planning Toolkit for Local Public Health Agencies. Iowa Department of Public Health. Iowa Department of Public Health. 2013. Des Moines, IA. Available at <https://idph.iowa.gov/Portals/1/Files/CHNAHIP/IDPH%20Community%20Food%20Systems%20Primer%20June%202014.pdf> and <http://idph.iowa.gov/Portals/1/Files/CHNAHIP/IDPH%20Food%20System%20Assessment%20Toolkit%20June%202014%20%282%29.pdf>.

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Willet W, et al. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *Lancet*; 393:447-492. Available at [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31788-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext).