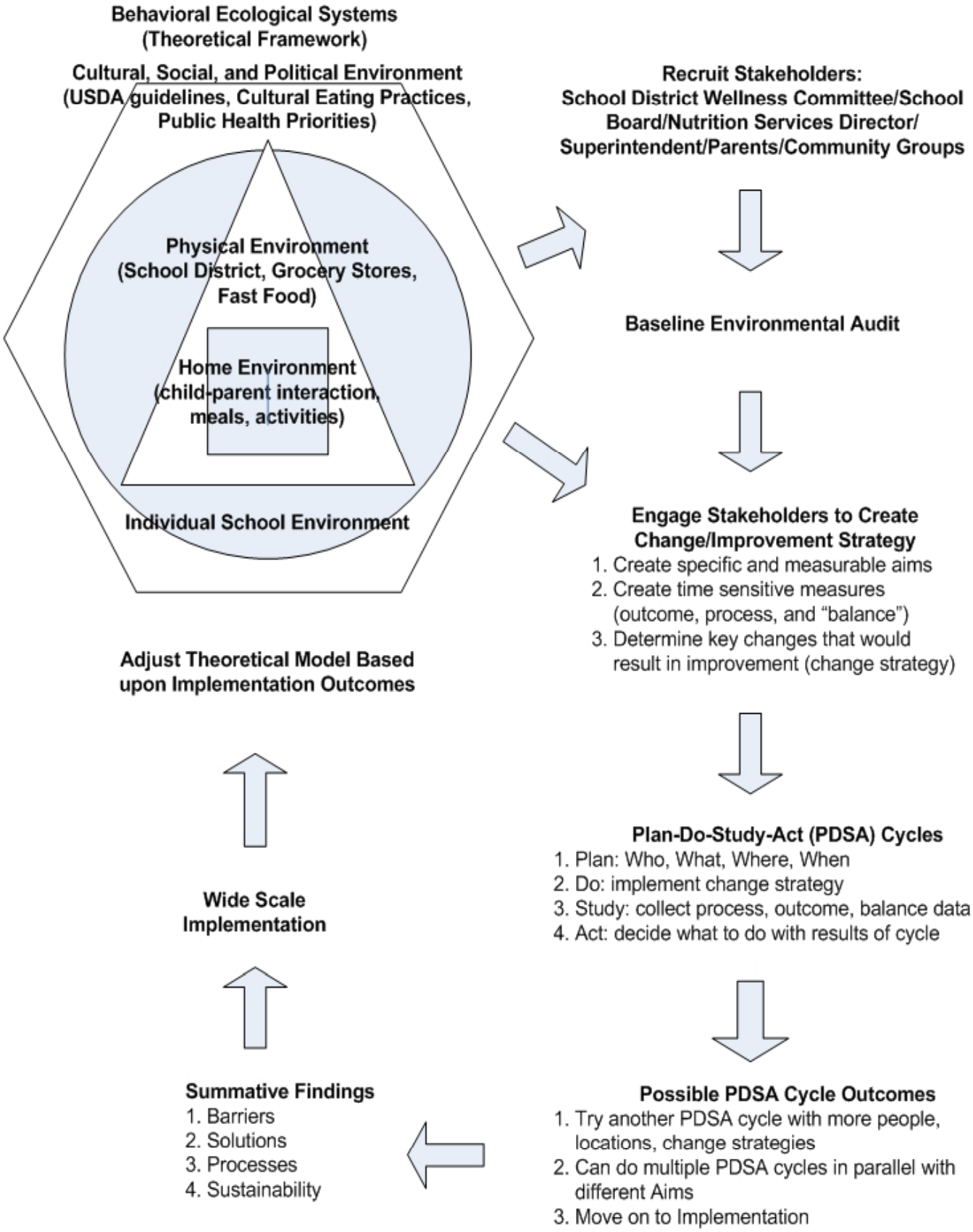
Behavioral Ecological Systems
(Theoretical Framework)
Cultural, Social, and Political Environment
(USDA guidelines, Cultural Eating Practices, Public Health Priorities)
Physical Environment
(School District, Grocery Stores, Fast Food)
Home Environment
(child-parent interaction, meals, activities)
Individual School Environment
Recruit Stakeholders:
School District Wellness Committee/School Board/Nutrition Services Director/ Superintendent/Parents/Community Groups
Baseline Environmental Audit
Engage Stakeholders to Create Change/Improvement Strategy
1. Create specific and measurable aims
2. Create time sensitive measures (outcome, process, and "balance")
3. Determine key changes that would result in improvement (change strategy)
Plan-Do-Study-Act (PDSA) Cycles
1. Plan: Who, What, Where, When
2. Do: implement change strategy
3. Study: collect process, outcome, balance data
4. Act: decide what to do with results of cycle
Possible PDSA Cycle Outcomes
1. Try another PDSA cycle with more people, locations, change strategies
2. Can do multiple PDSA cycles in parallel with different Aims
3. Move on to Implementation
Summative Findings
1. Barriers
2. Solutions
3. Processes
4. Sustainability
Wide Scale Implementation
Adjust Theoretical Model Based upon Implementation Outcomes