

Jennifer A. King¹, PhD, Keren Valerus¹ MPH, David Ngendahimana¹ PhD, Ana Claudia Zubieta² PhD, Pat Bebo² MS, RDN, Elizabeth Benninger¹ PhD, Carol Smathers² MPH, & Darcy Freedman¹ PhD
¹Mary Ann Swetland Center for Environmental Health, Case Western Reserve University, ²Family and Consumer Sciences, The Ohio State University

Introduction

There is increasing attention within the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) for implementation of policy, system, and environmental (PSE) strategies to improve dietary outcomes among low-income populations. A web-based diagnostic tool, known as the **PSE Readiness Assessment and Decision Instrument (PSE READI)**, was developed to optimize implementation of community nutrition PSEs.

www.psereadi.org



Fig. 1. SNAP-Ed practitioners engaging in an individual PSE READI assessment.

Program Description

- The PSE READI was designed to help Ohio SNAP-Ed assess community readiness and build capacity to implement and sustain nutrition-related PSEs.
- The tool is focused on four PSE strategies: farmers' markets, farm-to-school, healthy eating in childcare, and healthy food retail.
- The tool is adaptive to practitioner response and provides a tailored report of three recommendations and resources linked to an online library to guide PSE implementation.

PSE READI Training Objectives

1. Describe key features of the PSE READI website.
2. Demonstrate confidence using website.
3. Complete a PSE READI assessment as an individual and team.
4. Develop strategies to support practitioners using the PSE READI tools.

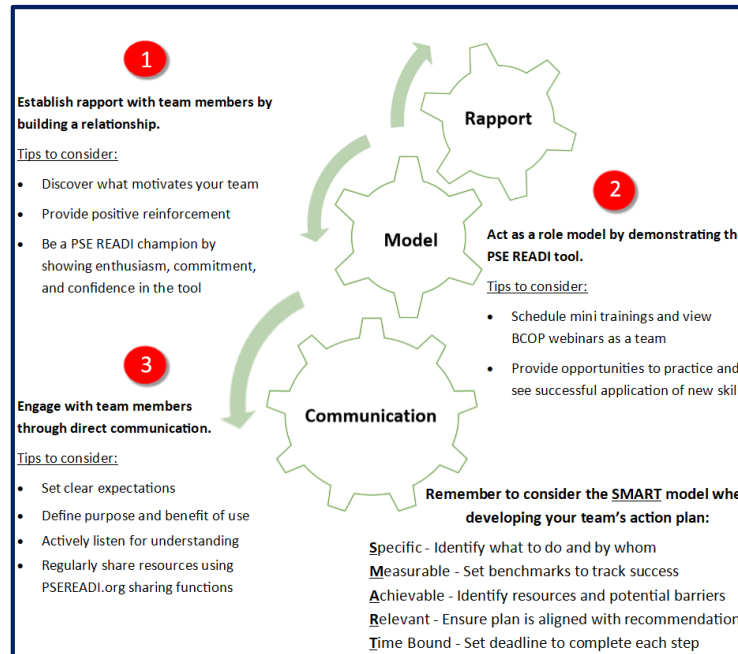


Fig. 2. How to support use of PSE READI tool.

Training Evaluation Results (N = 380 responses)

Table 1. Practitioner Confidence in PSE Implementation*

Level of Confidence	Pre-Training n (%)	Post-Training n (%)
Extremely confident	11 (3.9)	8 (7.3)
Very confident	47 (16.8)	25 (22.7)
Moderately confident	112 (40)	54 (49.1)
Slightly confident	84 (30)	17 (15.5)
Not confident at all	26 (9.3)	6 (5.5)

Table 2. Practitioner Confidence in PSE READI Tool Use*

Level of Confidence	Pre-Training n (%)	Post-Training n (%)
Extremely confident	11 (3.9)	14 (12.7)
Very confident	31 (11.1)	35 (31.8)
Moderately confident	85 (30.4)	48 (43.6)
Slightly confident	98 (35)	11 (10)
Not confident at all	55 (19.6)	2 (1.8)

*Aggregate data from 4 trainings

Conclusions

- The PSE READI tool provides a feasible and efficient method to tailor PSE implementation to the realities of diverse communities.
- Practitioners reported feeling **“better equipped,” “more informed,”** and **“inspired,”** resulting in a substantial increase in confidence to support implementation of community nutrition PSEs.
- In-person and web-based trainings were needed to promote adoption of the PSE READI website and assessment tool.