A 5 Step approach to Implementing and Sustaining Nutrition and Physical Activity Change

You can use this worksheet to help brainstorm ways to make the program changes from OSNAP stick over the long term and think of ways to spread changes within your larger organization.

Step 1: Use credibility gained from short-term success to press for bigger change in your organization

What are 1 or 2 short-term successes that you want to share with others within your organization?
*Make sure to describe **how** new practices and policies are leading to improvements at your program and **why** this new way is preferable to the old way of work.*

_____
_____
_____

Moving forward, what larger changes would you like to make within your organization?

_____
_____
_____

Step 2: Keep tracking your progress with the OSNAP self-assessments

How will you keep track of your progress moving forward?

_____
_____

When will you complete the self-assessments? How can you build it into regular program practices?

_____
_____

Step 3: Get the right people on board

Who will continue to lead nutrition and physical activity efforts at your program? Will the site director be in charge or will responsibilities be delegated to other program staff?

_____
_____

How can you hire staff that are enthusiastic about encouraging healthy eating & physical activity?

_____
_____

How can I continue to train staff (new & old) on the importance of nutrition and physical activity?

_____
_____

Step 4: Set policies to ensure change is reaching all levels and programs in the organization

What current policies could you change to improve the nutrition and physical activity environments across your organization?

_____
_____

What new policies could be made? What would they look like (e.g. changes to staff manuals, family handbooks, required training)?

_____
_____

How can you share what you've learned through OSNAP with other programs like yours?

_____
_____

What barriers do see to creating policy changes throughout your organization and what supports do you need to overcome these challenges?

_____
_____

Step 5: Gain support of leaders

Who do you need to involve to sustain and spread the changes you've made in OSNAP?

_____

How will you gain organizational leaders' support?

_____
_____