

**5-Step Approach to Implementing & Sustaining Nutrition & 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?