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# **Next Generation 2020 NLN Short Course**

# **Amplifying MCH Nutrition Impact Using I+PSE Approaches**

*Presented by Angie Tagtow, MS, RD, LD*

### Description

This short course offers capacity building tools to drive Title V MCH transformation by integrating direct service initiatives with policy (organizational/ public), system (simple/complex) and environmental (built/natural) approaches. This short course will explore how the I+PSE (Individual plus PSE) Conceptual Framework for Action can support innovative strategies that advance Title V MCH nutrition services, specifically by building and leveraging multi-sectoral partnerships. MCH teams can apply information from online modules, recorded webinars, articles, worksheets, case studies, and reflection to identify, plan, and implement policy, system, and environmental strategies further building Title V MCH capacity, practice-based evidence, and community/population impact.

### Objectives

Upon completing this short course, MCH teams will be able to:

* Describe the benefits of integrating direct services and policy, system and environmental approaches to address Title V MCH priorities.
* Build knowledge and capacity of MCH workforce and/or agency to advance individual, policy, system, and environmental (I+PSE) approaches.
* Identify the role of community engagement, networks, and partnerships in implementing I+PSE approaches to healthy eating and active living.
* Set specific goals for implementing PSE approaches in MCH state assessments and plans.

### Audience

The audience for this short course is MCH nutrition staff, their agencies, and partners. The short course can be integrated into team meetings or professional development opportunities.

### Maternal Child Health Bureau Competencies [Version 4.0](https://mchb.hrsa.gov/training/documents/MCH_Leadership_Competencies_v4.pdf)

* Competency 11: Working with Communities and Systems
* Competency 12: Policy

### CPEUs and Certificate of Completion

Upon completion of this short course, participants will receive 11.5 continuing professional education units and a certificate of completion.

### Instructions

Each of the following iterative activities are designed to advance I+PSE approaches within MCH nutrition. The activities should be completed in sequence and may be accompanied by an online recording and support materials. The short course is designed to be completed as a team but can be done individually as well. Teams are encouraged to share the materials with colleagues, leadership, and partners. Each activity is followed by reflection questions to stimulate additional thoughts and activities.

### Resources

These and other resources are available at <http://mchnutritionpartners.ucla.edu/>.

### Bio

**Angie Tagtow** 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. Angie has served as a technical adviser with the NLN since 2018.

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 is 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 was 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 started her career as a nutrition consultant at the Iowa Department of Public Health WIC Program and continues to serve in an advisory capacity to the IDPH Bureau of Nutrition and Physical Activity.

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 tolaunching 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.

### Amplifying MCH Nutrition Impact Using I+PSE Approaches Short Course Checklist

| **Activity** | **Title** | **Estimated Time** | **Date Completed** |
| --- | --- | --- | --- |
| **1** | **Preview the AMCHP Webinar “Accelerating MCH Impact: Integrating Direct Services with Policy, Systems and Environmental Approaches.”** November 2019  <http://amchp.adobeconnect.com/p9nxyct91rjj/>  **Reflection Questions** [include link]**:**   1. What information was new for you? 2. What role does systems thinking play in your current work? 3. What additional questions do you have about I+PSE approaches? | 1 hour |  |
| **2** | **Complete the University of Minnesota Extension “Systems Approaches for Healthy Communities” Online Modules**  Module 1: Frameworks for Healthy Communities  Module 2: Taking a Systems Approach  Module 3: Engaging with Communities  Go to <https://extension.umn.edu/nutrition-education/systems-approaches-healthy-communities>  [Include info on licenses]  **Reflection Questions** [include link]:   1. What areas of your organization apply policy, systems, and environmental change strategies to their work? What could you learn from them? 2. How would you describe the benefits of implementing both direct education and PSE interventions in your work? 3. Who would you define as your “community” and what outreach and engagement activities are most successful with them? | 4 hours |  |
| **3** | **Review the following articles**:   * Oscar Fleming W, Apostolico A, Mullenix A, Starr K, Margolis L. Putting implementation science into practice: Lessons from the creation of the National Maternal and Child Health Workforce Development Center. *Matern Child Health J*. 2019;23:722-732. <https://doi.org/10.1007/s10995-018-02697-x> (see attached PDF or include link) * Raskind I, Chapple-McGruder T, Mendez D. et al. MCH workforce capacity: Maximizing opportunities afforded by a changing public health system. *Matern Child Health J.* 2019;23:979. <https://doi-org.proxy.cc.uic.edu/10.1007/s10995-018-02728-7> (see attached PDF or include link)   **Reflection Questions** [include link]:   1. What have you/your agency done to build your capacity in delivering effective MCH nutrition services? What additional capacity building activities are needed? 2. Which competency, organization, and leadership implementation drivers (Figure 1 in Oscar Fleming, 2019) require strengthening in your organization. How can that be accomplished? 3. How can you and your agency be nimbler and more adaptive in the face of constant and complex changes within public health? | 1 hour |  |
| **4** | **Watch I+PSE Webinar: The I+PSE Conceptual Framework for Action**  [Include link]  **Reflection Questions** [include link]**:**   * What would be the benefits to your organization and the families you serve in expanding MCH nutrition efforts to include I+PSE approaches? * What type of training and professional development would be needed to build MCH nutrition capacity to advance I+PSE approaches? * How can you build leadership support for advancing I+PSE approaches in MCH nutrition? | 30 minutes |  |
| **5** | **Watch I+PSE Webinar: Community Engagement and Partnerships**  [include link]  **Reflection Questions** [include link]**:**   * Think about your current networks and partnerships. How did they form? What makes them valuable relationships? * As you begin your next assessment and planning cycle, who should be at the table and why? * How has your program and/or agency shared successes or lessons learned with the community and partners? If yes, what was the response? | 30 minutes |  |
| **6** | **Complete Value of MCH Nutrition Relationships Worksheet** (download MS Word Doc)  [include link] | 1 hour |  |
| **7** | **Watch I+PSE Webinar: Putting I+PSE to Work for MCH Nutrition**  [include link]  **Reflection Questions:** [include link]   1. What are your key talking points in promoting I+PSE approaches to your colleagues and partners? 2. What applications would you most likely use the I+PSE Conceptual Framework for Action? What new application could you consider? 3. Comparing the I+PSE Conceptual Framework for Action with your current Title V MCH State Plan, where is there alignment? Where are the gaps? | 30 minutes |  |
| **8** | **Complete Putting I+PSE to Work for MCH Nutrition Worksheet** (download MS Word Doc)  [include link] | 1 hour |  |
| **9** | **Complete the University of Minnesota Extension “Systems Approaches for Healthy Communities” Online Modules**  Module 4: Knowing Your Community  Module 5: Putting it All Together  Go to <https://extension.umn.edu/nutrition-education/systems-approaches-healthy-communities>  **Reflection Questions:** [include link]   1. How can the I+PSE Conceptual Framework be used to support your current program or community health assessments? 2. What addition resources or training do you and/or your team need to better support I+PSE efforts? 3. How will you build leadership support for I+PSE approaches within your organization? | 2 hours |  |
| **10** | **Course Evaluation**  Include link to online survey  Follow with a link to CPEUs and a certificate | 30 minutes |  |