

**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. Assemble a small change team
2. Plan: Who, What, Where, When
3. Do: implement change strategy
4. Study: collect process, outcome, balance data
5. 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

**Adjust Theoretical Model Based
upon Implementation Outcomes**

**Implementation of Change Strategy
Modified from PDSA Cycles**

Summative Findings

1. Barriers
2. Solutions
3. Processes
4. Sustainability