

WORKSHEET

Getting Started With Policy Change

This worksheet is a companion to the Getting Started with Policy Change Action Learning Guide. Consider the worksheet a place to track your progress through the guide. Use it for individual reflection or to guide group discussions about your community's experience with the topic.

The worksheet will take you through the three sections of the Action Learning Guide:



What is Policy?



Policy Nuts & Bolts

A policy is:

- a written statement
- binding and enforceable
- broadly applicable to a geographic area, type of institution or physical space, and/or group of people.

Now that you've seen this description. What are some policies in your workplace or community?



What do policy changes look like?

Policy changes can take various forms, including:

- Voluntary agreements
- Administrative rule-making
- Legislation

Each of these pathways for policy changes may require different approaches to advocating for change. You'll want to ask questions like:

- Who are the decision makers?
- What practices or procedures do they follow to make or change policy?
- What, if any, opportunities exist for public participation?

Consider the one of the policies you thought of above.

<p>What kind of policy is it? (e.g., <i>voluntary agreement, administrative rule, legislation</i>)</p>	<p>Who made the decision?</p>
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Tools and Resources

Looking for a quick resource to introduce partners to the concept of policy change? [What is Policy?](#), a 2-page introductory fact sheet from [Change Lab Solutions](#) can help.

[What Works for Health](#) offers a menu of evidence-informed policies and programs that can help you address your community's priorities.



Reflection and Discussion

On your own or with others, take a few minutes to discuss or journal individually responses to these questions.

<p>What is one thing you have learned about policy or your experience with it?</p>	<p>What new perspective has this given you?</p>
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Why Does Policy Change Matter?



The Role of Programs and Policies

Programs play an important role in helping people meet current needs. They can make a real difference in the lives of the people they serve.

Policy addresses more broadly the conditions and environments that impact the health of communities. Rather than fulfilling a specific need, a policy-based approach might address the root cause of why too many people face that need in the first place.

<p>Consider the roles that programs and policies can play in communities. What are some programs available in your community that meet current needs?</p>	<p>Now, think about a policy-based approach that might address why too many people face that need in the first place?</p>
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Tools and Resources

Get started using the Intervention Planning Matrix in three easy steps:

1. Download the [Intervention Planning Matrix tool](#).
2. Download the [PowerPoint slide deck](#), which lays out a 20-30 minute activity to use with your partners to practice using the Intervention Planning Matrix.
3. Schedule a time with partners to practice with the activity.



Reflection and Discussion

On your own or with others, take a few minutes to discuss or journal individually responses to these questions.

<p>Why is policy change important to you and your work?</p>	<p>What questions does this raise for you?</p>
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How Do We Change Policy?



Pathways to Policy Change

Who wants the change?

The people asking for change can include individual advocates, legislative champions, coalitions, and other change leaders.

Who makes the change?

Decision-makers can vary and may be an individual, volunteer board members, or elected members of a governing body.

How is the change made?

Policy change can happen when advocates use their influence and collective power to persuade decision-makers to create new or improve existing policies.

Imagine a specific change you want to see in your community, and answer the following questions:

Who wants the change?	Who makes the change?	How is the change made? <ul style="list-style-type: none">• Is a new policy needed?• Does an existing policy need to be changed?



Getting Started With an Advocacy Campaign

The first step to changing policy is answering three questions:

- What do you want?
- Why do you want it?
- Who has the power to give it to you?

Consider the change you imagined above. Try answering the three key questions for an advocacy campaign:

What do you want?	Why do you want it?	Who has the power to give it to you?



Tools and Resources

Answering Three Key Questions for Advocacy Campaigns: The answers to these three questions will guide everything you do in an advocacy campaign. The tool also includes additional prompts to help you get specific about your answers. [Download the tool.](#)



Reflection and Discussion

On your own or with others, take a few minutes to discuss or journal individually responses to these questions.

Think about a time you advocated for a change. What worked well? What would you do differently next time?

What are the next steps you or your group need to take?