

PSE READI

A dynamic tool designed to assess a community's readiness and capacity to implement community nutrition PSEs.



What is the PSE READI?

The **PSE Readiness Assessment and Decision Instrument (PSE READI)** is a web-based tool designed to assess your community's readiness and capacity for both new or ongoing community nutrition PSE interventions and provide concrete next step actions on where to start or where to go next. We provide support to Assess, Plan, and Act based on each local community's readiness and capacity for six different intervention areas:

Farmers Markets, Healthy Eating in Childcare, Healthy Food Retail, Farm to School, Food Pantry, and K-12 Schools.

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I really like how it gives a step by step approach as to how to get your PSE project started.

- PSE READI User

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After taking an assessment, the action steps were immediate and easy to navigate.

- PSE READI User

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The resources provided were extremely helpful, timely, and the links all worked properly.

- PSE READI User

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This is a great tool for someone just starting or has no knowledge of how to execute a PSE.

- PSE READI User

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The PSE READI is evidence-based:

- In 2020, the PSE READI was added to the USDA's SNAP-Ed Library, which houses tools and best practices for SNAP-Ed implementation.
- PSE READI's six assessments are built on an in-depth, multi-phase research process that identifies the most important factors for successful PSE interventions. This research involved community practitioners, individuals eligible for SNAP benefits, and content experts, and is documented in seven publications in public health journals.

- **Farmers Markets:** Lee, E., Dalton, J., Ngendahimana, D., Bebo, P., Davis, A., Remley, D., Smathers, C., & Freedman, D.A. (2017). Consensus-based assessment tool of readiness and capacity for implementing community-based nutrition interventions: A case study using farmers' markets. *Translational Behavioral Medicine*, 7(3): 506-516. [Read More](#)
- **Healthy Eating in Childcare:** Parsons, A.A., Monteban, M., Lee, E., Bebo, P., Zubieta, A.C., Ginetti, S., Hewitt, J., & Freedman, D. (in press). Indicators of Readiness and Capacity for Implementation of Healthy Eating Strategies in Childcare Settings Serving Low-income Children. *Journal of Nutrition Education and Behavior*, 51(4), 465-477. [Read More](#)
- **Team-Based Open Coding Approach:** Cascio, M.A., Lee, E., Vaudrin, N., & Freedman, D.A. (in press). A Team-Based Approach to Open Coding: Considerations for Creating Inter-coder Consensus. *Field Methods*, 31(2), 116-130. [Read More](#)
- **Farm to School:** Lee, E., Smathers, C., Zubieta, A. C., Ginnett, S., Shah, A., & Freedman, D. A. (in press). Identifying indicators of readiness and capacity for implementing farm to school interventions. *Journal of School Health*, 89(5), 373-381. [Read More](#)
- **Healthy Food Retail:** Sanchez-Flack, J., Joshi, K., Lee, E.E., & Freedman, D.A. (2021). Indicators of readiness and capacity for implementation of healthy food retail interventions. *Journal of Agriculture, Food Systems, and Community Development*, 10(3), 1-17. [Read More](#)
- **Food Pantry:** Yamoah, O., Schulte, J., Osborn, L., Ogland-Hand, C., Zubieta, A. C., & Freedman, D. A. (2023). Pantry clients and Supplemental Nutrition Assistance Program-Education practitioners' perspectives on factors influencing healthy eating policy, system and environmental interventions in food pantries. *Journal of Nutritional Science*, 12, e81. [Read More](#)
- **K-12 Schools:** Ogland-Hand, C., Schulte, J., Osborn, L.M., Yamoah, O., Bebo, P. & Freedman, D.A. (in press). Healthy Eating in K-12 Schools: Assessing Readiness and Capacity to Guide SNAP-Ed Programming in Ohio. *Journal of Nutrition Education and Behavior*, 56(12), 845-855. [Read More](#)

PSE READI by the Numbers:



316 USERS

Public health practitioners, nutrition educators, farmers, business leaders, elected and government officials, researchers, and more!



175 ASSESSMENTS

143 individual and 32 team assessments have been completed.



OVER 60 UNIQUE ORGANIZATIONS



52 COUNTIES IN OHIO

153 assessments have been taken in Ohio.



16 COUNTIES IN WISCONSIN

23 assessments have been taken in Wisconsin.

When should someone take a PSE READI?

- Developing a new PSE intervention
- Working collaboratively with partners to start or expand a PSE intervention
- Addressing a new community challenge
- Maintaining support for an existing PSE intervention

What are the benefits of the PSE READI?

- Easy to use and evidence-based assessment
- Helps guide how to move forward through prioritized action steps
- Offers essential resources to increase confidence and capacity
- Adaptive to changing needs and opportunities

After completing a PSE READI assessment, users receive three expert-derived and tailored recommendations to take action in their community. Each recommendation is accompanied by additional details and resources to help the user. Below are some common recommendations the PSE READI has provided to users taking the Food Pantry PSE READI assessment.

Begin to build meal planning and cooking skills with items offered at food pantries.

Begin to support recruitment and training opportunities for food pantry personnel.

Begin to communicate with food sourcing systems in your service area.

The PSE READI is currently accessible in Ohio and Wisconsin, with access granted at the state level. Curious about availability in your state? Want to learn more about the PSE READI? Reach out to our team at PSEREADI@case.edu.



CASE WESTERN RESERVE
UNIVERSITY
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for Environmental Health



OHIO
SNAP-ED
Better food choices for healthier Buckeyes

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