



Individual Change Strategies

1. **Provide Information:** Educational presentations, workshops, seminars or other presentations of data (e.g., public announcements, brochures, dissemination, billboards, community meetings, forums, web-based communication).
2. **Enhance Skills:** Workshops, seminars, or other activities designed to increase the skills of participants, members and staff needed to achieve population level outcomes (e.g., training, technical assistance, distance learning, strategic planning retreats, curricula development).
3. **Provide Support:** Creating opportunities to support people to participate in activities/strategies that reduce risk or enhance protection.

Environmental Change Strategies

4. **Enhance Access and Reduce Barriers:** Improve systems and processes to increase the ease, ability, and opportunity to utilize systems and services (e.g., assuring healthcare, childcare, transportation, housing, justice, education, safety, special needs, cultural and language sensitivity).
5. **Change Consequences (Incentives/Disincentives):** Increasing or decreasing specific behaviors that reduce risk or enhance protection by altering the consequences for performing that behavior (e.g., increasing public recognition for deserved behavior, rewarding individual and business, or levying taxes, citations, fines, revocations/loss of privileges).
6. **Change Physical Design:** Change the physical design or structure of the environment to reduce risk or enhance protection (e.g., parks, landscapes, signage, lighting, outlet density).
7. **Policy Modification:** Formal change in written procedures, by-laws, proclamations, rules, or laws (e.g., workplace initiatives, law enforcement procedures and practices, public policy actions, systems change within government agencies, communities, and private organizations).