Acknowledgement of Sources:

First Nations Inuit Health Branch, Quebec Region.

*Toward a shared vision of environments that promote healthy eating, a physically active lifestyle and the prevention of weight-related problems.*

National Aboriginal Health Organization.

*Socio-Economic Framework to Understand Weight Related Issues in Aboriginal Children*
Making the Healthy Choice the Easy Choice

- Choices may depend not only on the individual, but also on contextual or environmental influences.

- Choices can be influenced by:
  - Access
  - Location
  - Convenience
  - Cost
  - Marketing
  - Enjoyment
  - Rules
  - Friends and family
  - Other?
Shaping and Changing Environments

- Focusing on individual behavior change is not always the answer

- Looking at ways to influence and change environments to create health promoting spaces and settings is another approach

- Focusing on environmental influences = potential to reach more people collectively

- Environment = Surrounding elements that affect a human being
Different Types of Contextual & Environmental Factors
Economic Influences on Health & Wellness

- Price of goods and services
- Business practice
- Employment / income of families / consumers
- Other?
Social Influences on Health & Wellness

- How people interact and relate to each other
- Social norms (common beliefs, attitudes, customs, values)
- Representations and understandings of ourselves, each other and reality (media, images, language choice)
Cultural Influences on Health and Wellness

- Elders
- Language
- Traditional knowledge, teachings and ceremony
- Identify and belonging
Environmental Influences on Health & Wellness

- Natural landscape and geography (land, water, air)
- Planned and built environment (buildings, roads, gardens)
- Technology (telephone poles, lighting, transit)
Political Influences on Health & Wellness

- Political system and decision making
- Policies, laws and regulations
- Guidelines
- Community engagement and input
World Café Activity

- Small groups will have approximately 5 minutes at each station to think of different examples of healthy and unhealthy environmental influences that can promote or prevent oral health.

<table>
<thead>
<tr>
<th>Influence Type</th>
<th>Healthy</th>
<th>Unhealthy</th>
<th>Undecided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Environmental</td>
<td>Eg. Accessible space for dental care</td>
<td>Eg. Limited stores and gardens with fresh food</td>
<td></td>
</tr>
<tr>
<td>Social</td>
<td>Eg. Normal to brush teeth regularly</td>
<td>Eg. Custom to drink juice at dinner</td>
<td></td>
</tr>
<tr>
<td>Cultural</td>
<td>Eg. Elder teachings about traditional foods</td>
<td>Eg. Belief that toothpaste without fluoride is better</td>
<td></td>
</tr>
<tr>
<td>Economic</td>
<td>Eg. Health benefits coverage for dental</td>
<td>Eg. Limited employment opportunities</td>
<td></td>
</tr>
<tr>
<td>Political</td>
<td>Eg. Vending machine policies</td>
<td>Eg. Lack of political interest in oral health</td>
<td></td>
</tr>
</tbody>
</table>
**Community, Land, Family, Nations: Building Supportive Environments in Different Settings**

<table>
<thead>
<tr>
<th>Examples of settings:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workplace</td>
</tr>
<tr>
<td>Home</td>
</tr>
<tr>
<td>Schools / Daycares</td>
</tr>
<tr>
<td>Community space (parks, gyms, long house)</td>
</tr>
<tr>
<td>Territory</td>
</tr>
<tr>
<td>Businesses</td>
</tr>
</tbody>
</table>
Activity: School Based Scenario

Goal: To develop a list of recommendations to promote healthier eating in a secondary school setting

Some factors to consider:
• The school has a cafeteria and vending machines on site
• The school has a foods teacher who is open to new ideas
• Many students do not come to school with a lunch
• There is a fast food business and corner store close to the school
• The price of food at the cafeteria is relatively high compared to the stores
• The social norm amongst students is that it is cool to go out for lunch

➢ Focusing on environmental, social, cultural, economic and political influences, what are some recommendations to promote healthier eating?
➢ Who would you want to bring these recommendations to and how would you present them?
➢ Who would be important to involve in moving from recommendations to action?
Activity: Story Telling Scenario

Goal: Create and tell the story of a day in the life of an individual (child, youth, adult, parent, elder, etc.) who lives in environments that promotes good oral health.

- How does this person spend the day? What does he or she see and experience?
- Keep in mind the environmental influences (physical environment, social, cultural, economic and political).
- Keep in mind the different settings he or she might be in (home, work, school, community space, outdoors, etc.)
Group Discussion Questions:

- How can you help to make the healthy choice possible in your work and workplace?

- What are examples of wisdom, responsibility, respect and relationships in relation to creating environments to promote health and wellness?

- What challenges have you or others personally faced in making environmental changes that support health and wellness? What are some potential options to address these challenges?