



First Nations Health Authority
Health through wellness

BUILDING SUPPORTIVE ENVIRONMENTS FOR ORAL HEALTH & HEALTHY EATING

February/March 2016



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?

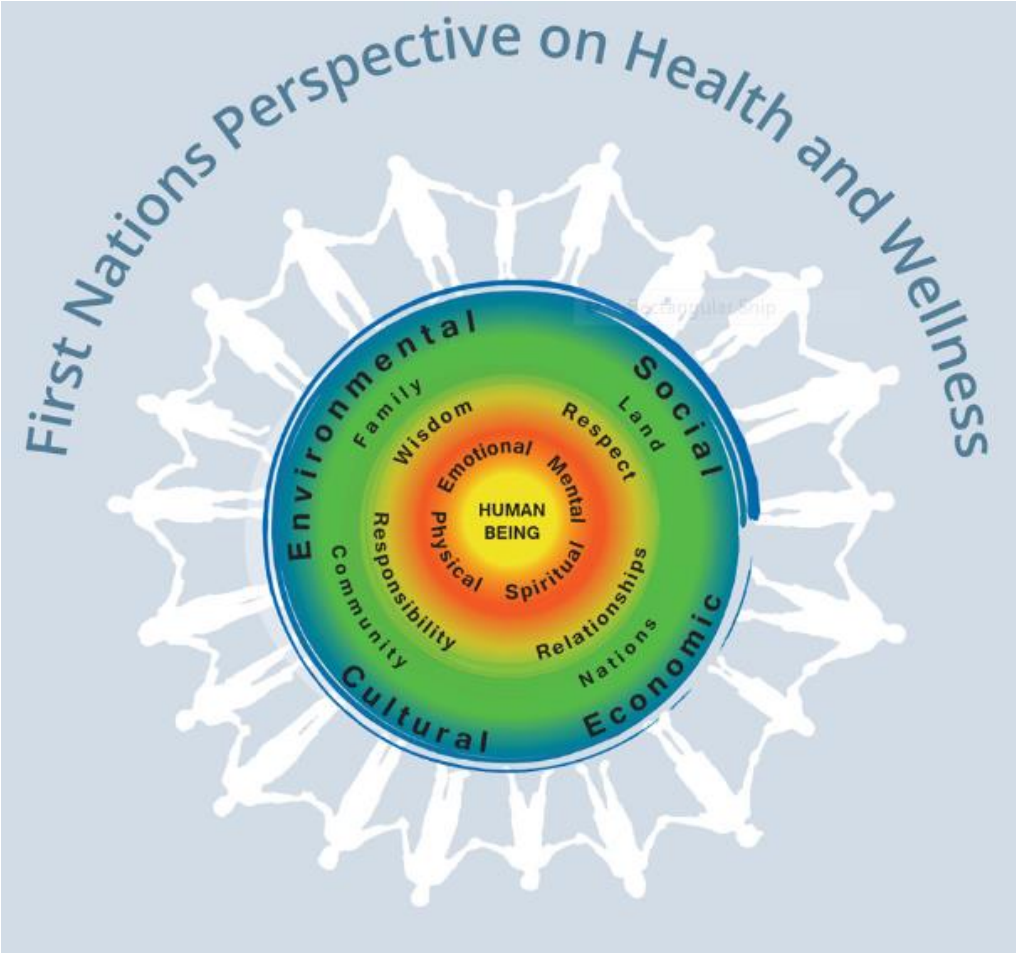


Shaping and Changing Environments

- 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.

Influence Type	Healthy	Unhealthy	Undecided
Environmental	Eg. Accessible space for dental care	Eg. Limited stores and gardens with fresh food	
Social	Eg. Normal to brush teeth regularly	Eg. Custom to drink juice at dinner	
Cultural	Eg. Elder teachings about traditional foods	Eg. Belief that toothpaste without fluoride is better	
Economic	Eg. Health benefits coverage for dental	Eg. Limited employment opportunities	
Political	Eg. Vending machine policies	Eg. Lack of political interest in oral health	



Community, Land, Family, Nations: Building Supportive Environments in Different Settings

Examples of settings:

Workplace

Home

Schools / Daycares

Community space (parks, gyms, long house)

Territory

Businesses



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
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- 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?