

## Question 21 (continued)

- (b) Discuss how the creation of supportive environments is used to manage the health of Australians.

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The creation of supportive environments is an Ottawa Charter action area + is also part of the new public health approach. The health of Australians is now seen to be directly related to the social aspects of the environment rather than just based on the individual. Creating supportive environments is based on giving people the support they need to remain healthy. It is also concerned with building new infrastructure that is going to benefit those in the community. For example, creating parks with adequate walkways, and bicycle tracks encourages physical activity which is a risk factor for many disease such as cardiovascular disease. Also putting up shades around recreation areas like sporting fields and swimming pools also creates environments that encourage safety and good health. Shades can reduce the risk of cancer and other related diseases. For Australia to remain healthy adequate facilities and environments must be around for people to use and so they can continue to improve their health.

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