

Question 21 (continued)

- (b) Discuss how the creation of supportive environments is used to manage the health of Australians. 6

Creating supportive environments was one of the 5 areas identified under the Ottawa Charter for health promotion (1986).

It can be used to manage and improve the health of Australians particularly by applying it specifically to the action areas of cardiovascular disease, cancer, diabetes, mental health and injuries.

The principle of creating supportive environments refers to creating an environment which assists individuals to implement the healthy behaviour they have adopted and in which healthy choices are easier.

For example, when applied to cardiovascular disease as a priority area it involves providing support groups and counselling services to assist people to give up the risk behaviours associated with this disease, such as smoking and to modify their behaviour.

It includes organising community fun runs and providing exercise equipment in local parks to encourage individuals to participate in regular physical activity.

The creation of supportive environments does in fact incorporate elements of all of the areas of the Ottawa Charter in an attempt to manage and improve the health status of the Australian population.

It helps people to implement the information given to them under develop personal skills, is assisted by community initiatives, representative of strengthening community action,

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is supported by legislation under building healthy public policy such as smoke free workplaces and requires intersectoral collaboration of all.