

# Is health an individual's or environmental problem?

## YOU hold the answer!

Health decisions are an individual's choice within an environment (a workplace, home, school or wider community). If we shape the environment, we support the individual to make health choices.

**Figure 1:** Individuals within an environment



**Figure 2:** Changing the environment (education and environmental change)



As a leader, become a Health Champion; change the environment; inform, involve and empower your entire community (it will ensure these changes are positively received especially within a workplace).

### Tips for creating a supportive environment at work:

- Face to face communication rather than emailing
- Centralised printers, stationary cabinets and bins
- Standing or walking meetings
- Standing workstations
- Lunch time walking group or sports team
- Healthier catering for meetings
- Healthy choices in vending machines
- Taking a break from desks at lunchtime
- Fruit boxes instead of biscuits etc
- Healthier choices for fundraising (see FOOST branded products)
- Quit smoking programs
- Mental health initiatives



### Tips for creating a supportive environment at home:

- Eat Colourful (a variety of colourful fruit and vegetables)
- Have a fruit bowl on the bench in sight
- Organise your pantry (healthy choices at eye level)
- Plan your meals
- Fill fridge and freezer with fruit and vegetables
- Have family meals whenever possible and create a happy eating environment
- Role model colourful eating to your friends and family
- Stop pressuring your children about food
- Talk neutrally about food and bodies
- Do some physical activity as a family or with friends

