

Measuring Environments and Policy

Divya Krishnan, Alex Riddell, Malinda Chea, Paige Kerne, Ruvashnee Naidoo, Anh Ly

Learning Objectives

1. Identify characteristics of the physical environment that may be addressed in health promotion projects.
2. Define policy, and list types of policies that are relevant to promoting health.
3. Describe approaches for gathering data about environment and policy change.
4. Develop indicators of environment and/or policy change.
5. List several tools for measuring aspects of the physical environments.

LO1: Physical Environments

Physical Environment:
Physical, chemical and biological features of the environment, external to a person, and all the related factors that can impact on health.

The physical features of an environment:

- can have a large influence upon the behaviours of individuals
- Can influence the prospects of health.

Environmental change strategies:

- Potential to reach people with varying levels of knowledge for behavior change
- Target groups from diverse locations, socioeconomic and cultural backgrounds.

Policy tool: HEPA PAT: Health Enhancing Physical Activity, Policy Audit Tool



LO2

What is policy?

Policies

- Long term.
- Continuously used.
- Standing decision by which more specific proposals are judged for acceptability.
- They may be presented as a statement of intentions and objectives, or rules to guide action (or inaction).

Significant

- Potentially wide reaching
- Operate routinely and, after time, invisibly
- Can affect the environments within which people make health and life decisions.
- Usually last beyond the funded life of projects, enhancing sustainability.



Strengths of EAPRS

- Provides a thorough assessment of the many factors involved in the development of public recreation spaces.
- Focuses on areas such as safety, functionality and access to resources that may otherwise be ignored.
- Promotes the need for more physical activity in communities.

Limitations of EAPRS

- Some ratings are unreliable and current provide an accurate evaluation.
- Price reliability based items were generally those associated with cleanliness and amenities.
- Tool was developed on responses from just recreational users and does consider paid clientele.

LO3 Search Terms and Methodology

Databases: Scopus, PsycInfo, Google Scholar and Google.

Search terms:
"Environmental interventions" (and) "assessment"; "Environment" (and) "policy"; "Physical environment" (and) "tools" (and) "audit"; "Environment" (and) "health" (and) "audit"; "Policy" (and) "health" (and) "analysis".

Search criteria:
1970- Year of publication. Sites, publications and resources prior to 2000 were excluded.

EAPRS: Year of publication. Resources published prior to 2008 were excluded.

Activity 1: EAPRS tool



LO5 Overview of Tools

1. Overview of environmental health assessment tools (EAPRS, HEPA PAT, and others).
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Key Types of Environmental Health Assessment Tools

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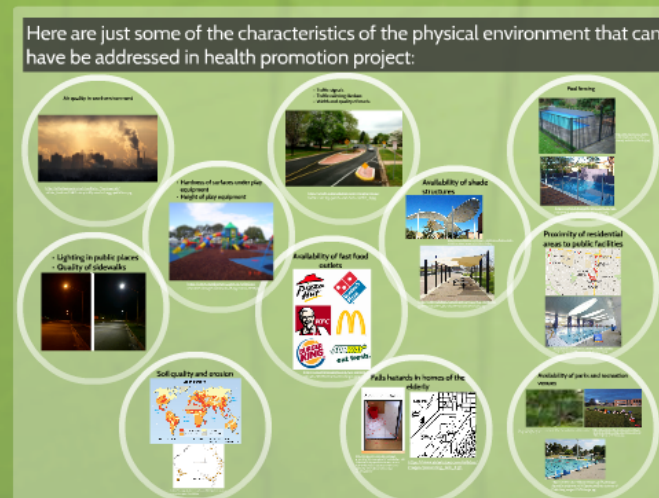
Environmental change strategies:

- Potential to reach people with varying levels of knowledge for behavior change
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Characteristics of the Physical Environments & Health promotion

A wide range of environmental characteristics and features that can potentially affect health and can have a significant bearing on an individual's behaviour or more specifically on their physical and mental well-being.



Here are just some of the characteristics of the physical environment that can have be addressed in health promotion project:

Air quality in work environment



- Traffic signals
- Traffic calming devices
- Width and quality of roads



- Hardness of surfaces under play equipment
- Height of play equipment

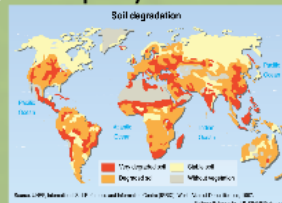


https://www.wattlerange.sa.gov.au/webdata/resources/images/Domain_Playground_008.jpg

- Lighting in public places
- Quality of sidewalks



Soil quality and erosion



http://fasttop.sch.gov.au/bco/2001/publications/parent/parent_01b0153.pdf

Availability of fast food outlets



<http://www.famouslogos.org/wp-content/uploads/2009/04/fastfoodlogos.png>

Availability of shade structures



https://eng.umd.edu/engr/engr_2019/abstracts/abstracts.html
53147100, doi:10.1016/j.procs.2019.07.051-1685549



<http://www.globe-shadedirect.com.au/wp-content/gallery/shade-sails-shade-structures/ss11.jpg>

Pool fencing



<http://hancing.harcos.com/wp-content/uploads/2014/05/Blanching-meat-label.pdf>



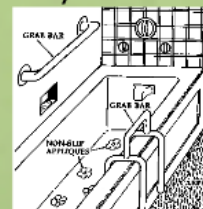
<http://www.elitepollen.com.au/wp-content/uploads/2012/05/Sign-leaving.jpeg>

Proximity of residential areas to public facilities



<http://www.eda-con.jp/edatv.com/eda/photo-2002/sh/sh/01/01/01main-0002365-00.jpg>

Falls hazards in homes of the elderly



https://www.elderissues.com/articles/images/preventing_falls_3.gif

Availability of parks and recreation venues



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Air quality in work environment



http://d.fastcompany.net/multisite_files/coexist/article_feature/1280-air-quality-control-egg-pollution.jpg.

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- equipme
- Height o



- Lighting in public places
- Quality of sidewalks



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