

Question 21 (continued)

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

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Supportive environments are important focus point when used to manage health of citizens.

These environments need to be created to encourage people of all ages to stay healthy, for example a sixty year old smoker who decides to quit, he has a better chance of quitting if he has a supportive environment around him as opposed to nobody.

This is the same as an obese woman trying to lose weight by participating in an anaerobic exercise program, supportive environments can put her in contact with gyms as well as other community members who understand her situation.

Supportive environments are used to manage Australian health by encouraging, helping and supporting Australians.

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