

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, with the cooperation of individuals, is essential in maintaining health of Australians.

These two are intricately related and both complement one another. Examples of a supportive environment is

a pedestrian crossing, so walkers can cross roads safely without worrying about being hit by traffic. With the creation of these they have been able to manage the health of Australians.

Another one is the introduction of shade cloths at public swimming pools, beaches and are even located at the WACA cricket ground in Perth. These shade cloths prevent direct exposure from UV rays, that lead to skin cancers, such

as melanomas. Another example is the 'pick the tick' campaign which signifies foods that are healthy and low in cholesterol, thereby reducing the risk of unhealthy eating behaviours, preventing CVD (cardiovascular disease), Australia's ~~main~~ leading mortality factor.

From the above examples, it is clear that ~~the~~ support is being created by the environment, in order to reduce the risks of illness for the individual. However, for the full effect, individuals must also be willing to oblige/oblidge to these supportive implementations.

By doing so, individuals and the environment can work ~~other~~ adhesively, benefiting both.

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