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Exploring Social Environments For Health

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NEXT EXIT

Social Environments for Health

Webinar 1: Exploring social environments for health

Webinar 2: Stories from the Field

Webinar 3: Social Prescribing for Health Equity

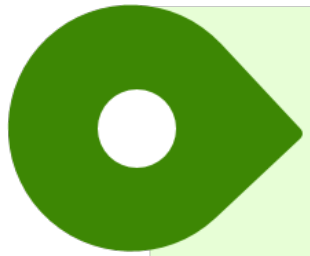
FOCUS ON

Social Environments for Health

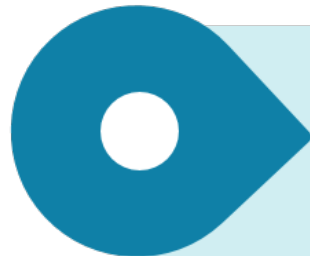


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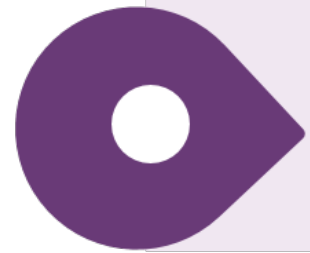
Learning Objectives



Describe the impacts of social environments on health

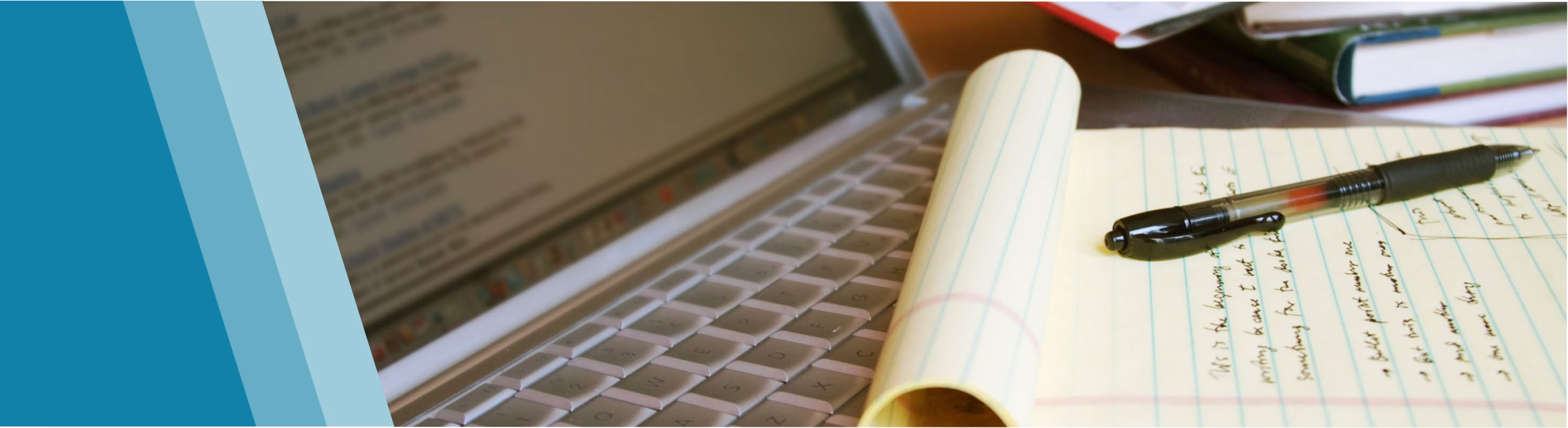


Understand healthy social environments and their domains



Identify opportunities to build healthy social environments at the local level.

Background



What Influences Health? The Socio-Environmental Model¹



Interpersonal Level

- Formal and informal
- Social networks and social support systems
- Family, friends, neighbours, contacts and acquaintances

Looking at the Evidence



“ What does the concept of healthy social environments include, and what are the applications for local public health? ”

Included Papers

Type

- 4 data analyses
- 4 literature reviews
- 4 primary studies
- 1 website
- 1 report chapter
- 1 model
- 1 framework

Topic

- Social Environment (n=2)
- How the social environment impacts:
 - Physical activity (n=7)
 - Neighbourhoods and healthy communities
 - Health “disadvantage”
 - Older adult mobility
 - Cardiovascular health
 - Adolescent sexual behaviours
 - Urban and rural health

What Are Social Environments?



“ The social environment is the underlying social, cultural and economic context within which we live, work and play. It includes all the interpersonal elements of our environments and encompasses all of the structures and processes we create, relationships we have and actions we take to organize and improve our lives. The social environment influences and is influenced by individuals’ relationships and interactions with other humans, with their communities, with the physical environment, with organized systems (public and private), and with the policies we create to order our lives. The social environment is present at multiple levels, is people and relationship-centered, is comprised of multiple interconnected features, and is influenced by power relations.⁴ ”

Domains of the Social Environment



Social Cohesion

Description^{2,6,8,9,12}

Sense of belonging in the community; the extent to which the neighbourhood is socially connected and shares social norms.

Measurement Tools^{4,8,19}

- Collective Efficacy Scale, Sampson et al. 1997
- HALStudy, Clark & Scott 2013
- GoWell study, Sawyer et al. 2017

Social Support

Description^{2,8,9,12}

The interpersonal relationships and social interactions in ones' life from family, friends, neighbours, and peers.

Measurement Scales/Tools^{7,20-23}

- Duke Social Support Scale (DCCC-11), cited in Kepper et al. 2019
- Social Provisions Scale, Motl et al. 2014
- Family and Friend Support for Exercise Habits Scale, Sallis et al. 1987
- Six Item Emotional Support Index, cited in Kepper et al. 2019
- Tangible Social Support Scale, Anderson et al. 2015

Safety

Description^{6,7,11}

General sense of personal, community and neighbourhood safety.

Measurement Scales/Tools²⁴⁻²⁷

- Neighbourhood Environment Walkability Survey (NEWS), Saelens & Sallis, 2022.
- Environmental Module of International Physical Activity Prevalence Study (IPAQ-E), IPS 2002
- Neighbourhood Environment Scale, cited in Kepper et al. 2019
- Physical Activity Neighborhood Environment Survey (PANES), Sallis et al. 2010

Social Networks

Description^{7,10-12,15}

Relationships and interactions with family, friends, neighbours, and within your neighbourhood.

Measures^{10,12}

- Frequency of meeting with neighbours, family members, and friends, Lee et al. 2020
- Number of days in the past month that you engaged in different actions with neighbours, Child et al. 2015

Social Engagement

Description^{10,18}

Participation in social events, cultural, arts and entertainment activities, religious and charitable activities

Measures^{5,18}

- Participation in monthly social activities, Lee et al. 2020
- Number of cultural, arts and entertainment institutions, Zhang et al. 2019

Neighbourhood Characteristics

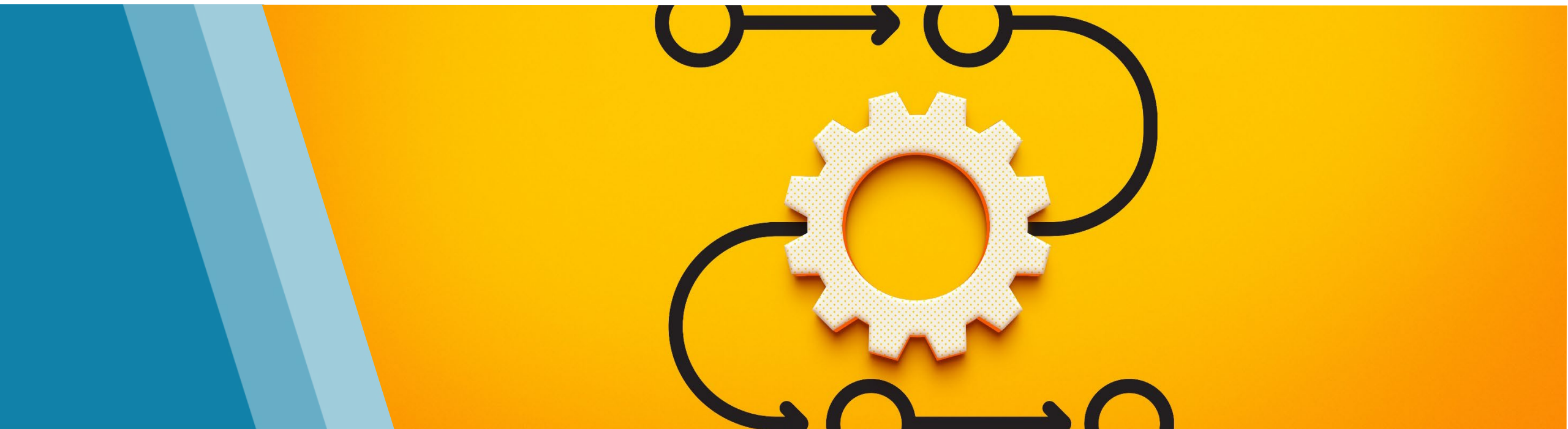
Description^{2,4}

- Physical space or “place” of the neighbourhood

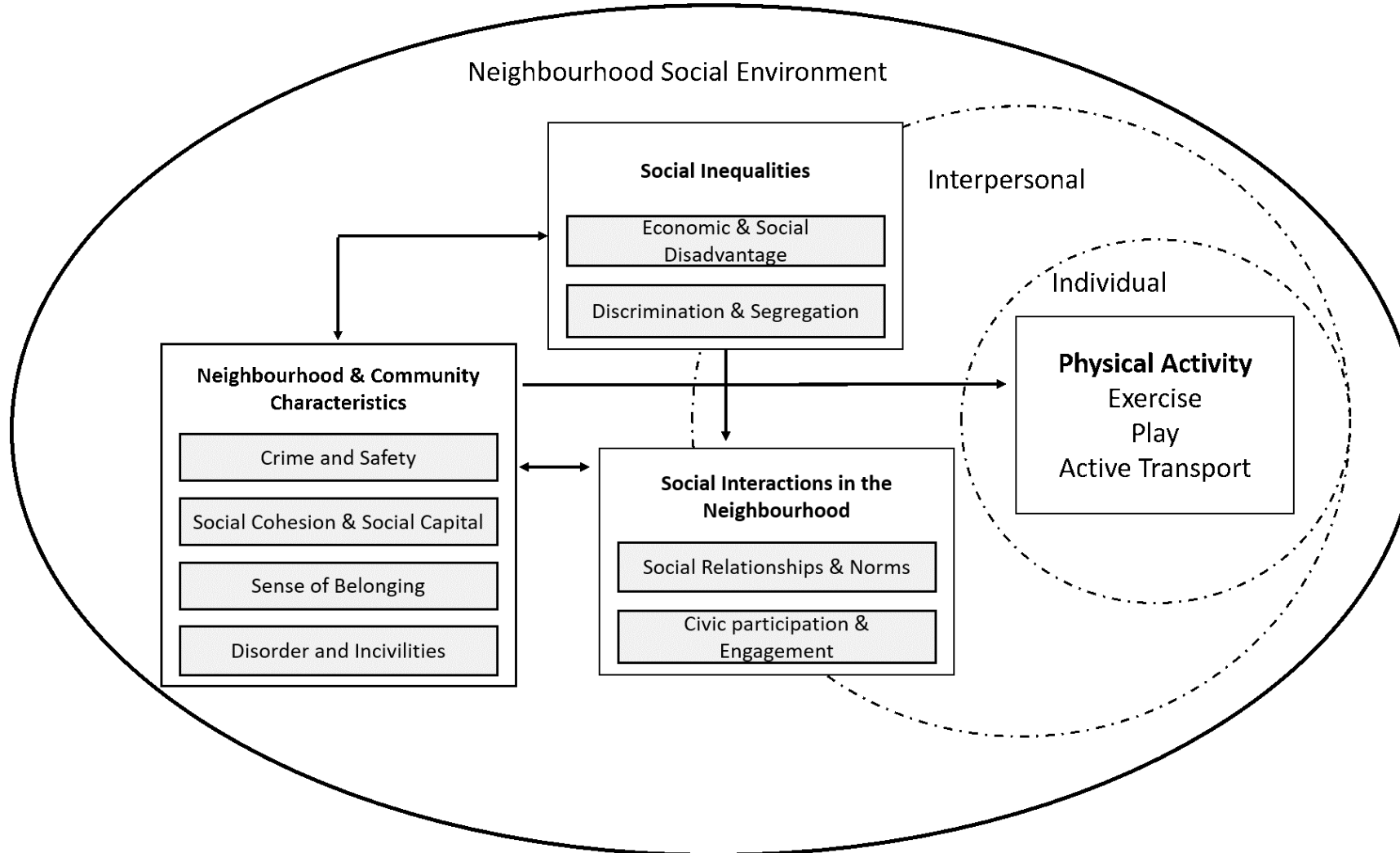
Measures¹¹

- Canadian Marginalization Index, cited in Singh et al. 2023
- Canadian Well-being Index, cited in Singh et al. 2023

Models and Frameworks for Building Healthy Social Environments



Conceptual framework for how the neighbourhood social environment is related to individual level physical activity⁷



Healthy Social Environments Framework⁴



Case Studies



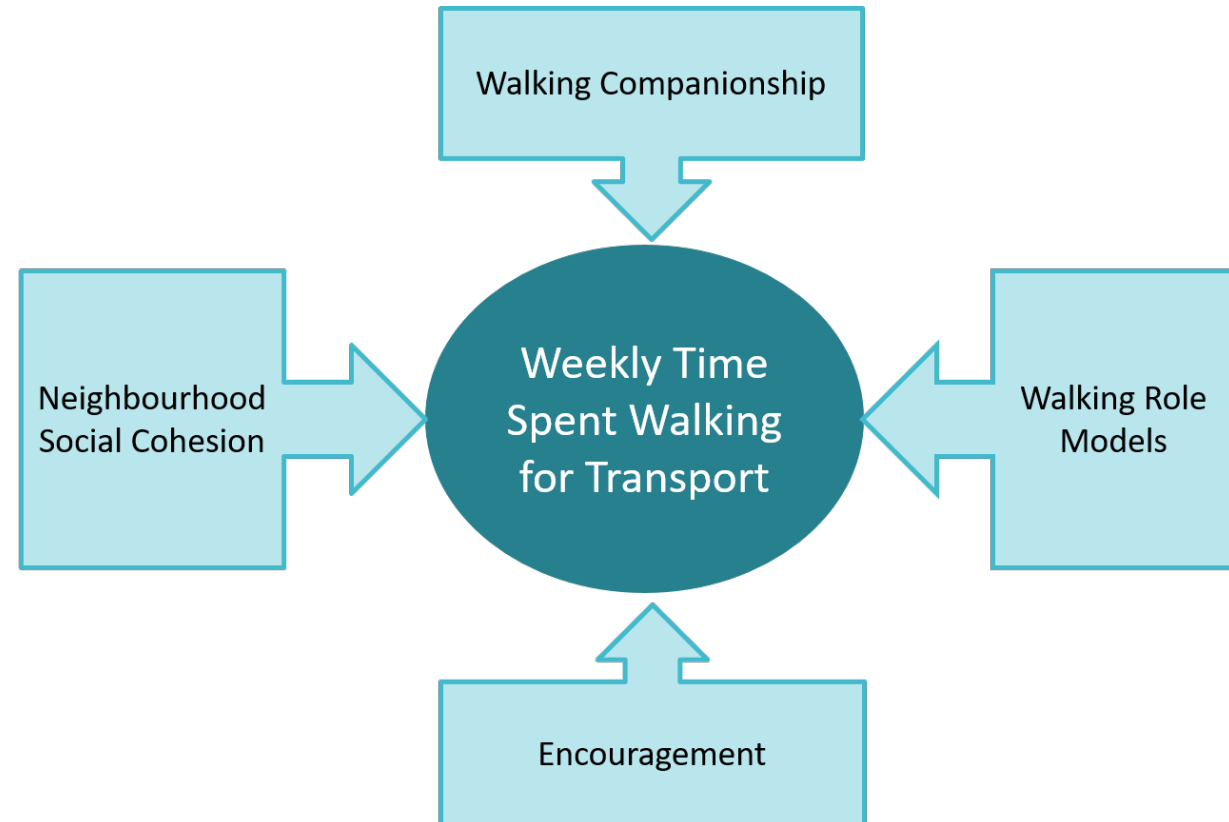
Sumner County On The Move!

- Community-based program that used strategies for mobilizing, supporting, and reinforcing existing social networks to increase walking in Sumner County, South Carolina.
- 59 walking groups formed.
- Significant increases in goal-setting and social support for physical activity.
- No significant changes in physical activity levels.



Hamilton Active Living Study (HALStudy)⁹

Conducted to learn about people's participation in physical activity and the barriers that prevent them from participating in more physical activity.



Q&A





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