
ENVIRONMENTAL PREVENTION



Youth Leadership Institute



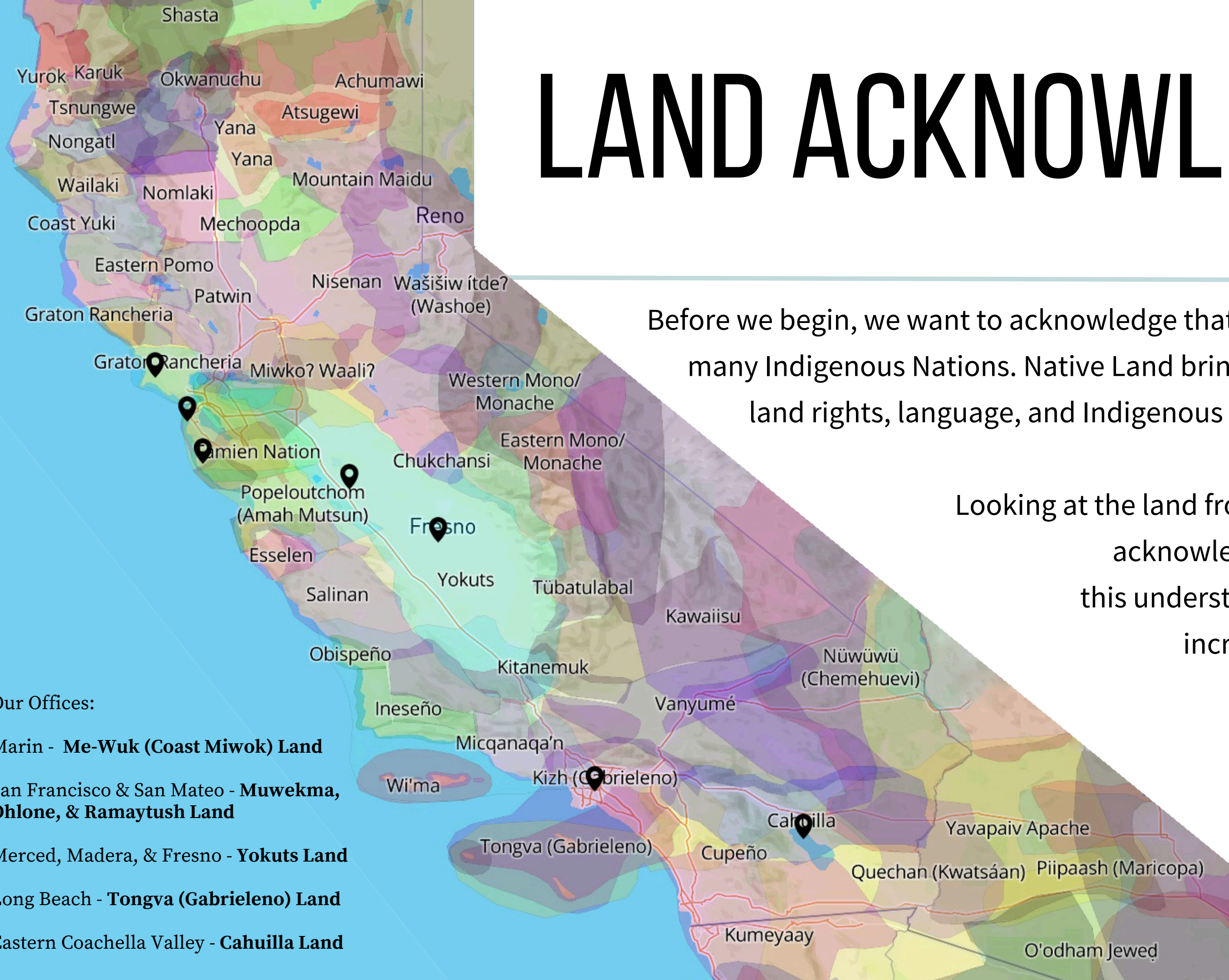
LAND ACKNOWLEDGMENT

Before we begin, we want to acknowledge that we are on the traditional territory of many Indigenous Nations. Native Land brings about discussions of colonization, land rights, language, and Indigenous history tied to our personal histories.

Looking at the land from an Indigenous perspective means acknowledging that the land is a living being - this understanding both gives us insight into and increases our awareness of how we treat and interact with the land.

via Native-Land.ca

- Our Offices:
- Marin - **Me-Wuk (Coast Miwok) Land**
 - San Francisco & San Mateo - **Muwekma, Ohlone, & Ramaytush Land**
 - Merced, Madera, & Fresno - **Yokuts Land**
 - Long Beach - **Tongva (Gabrieleno) Land**
 - Eastern Coachella Valley - **Cahuilla Land**





CHAT CHECK-IN

- NAME, PRONOUNS, COUNTY/CITY
- ON A SCALE FROM FROM 1-10, TELL US HOW YOU ARE DOING SO FAR - 10 BEING EXCELLENT AND 1 BEING A REALLY REALLY BAD TIME

AGENDA

3:30pm	Welcome
3:40pm	Community Builder
3:50pm	War on Drugs
4:00pm	SODH, Public Health Triangle
4:20pm	EP Strategies
4:40pm	Creating Healthy Environments
4:55pm	Closing and Evaluation



IN THIS WORKSHOP WE WILL:

- Learn about the Environmental Prevention (EP) Framework and strategies for change.
- Practice using the EP strategies.
- Reflect on your current work and how you can imbed EP strategies.



COMMUNITY AGREEMENTS

- Take care of yourself & your family
- Embrace the awkwardness
- Keep an open mind
- Be present
- Participate
- Take space, make space
- Have fun!

GET TO KNOW YOU BINGO!

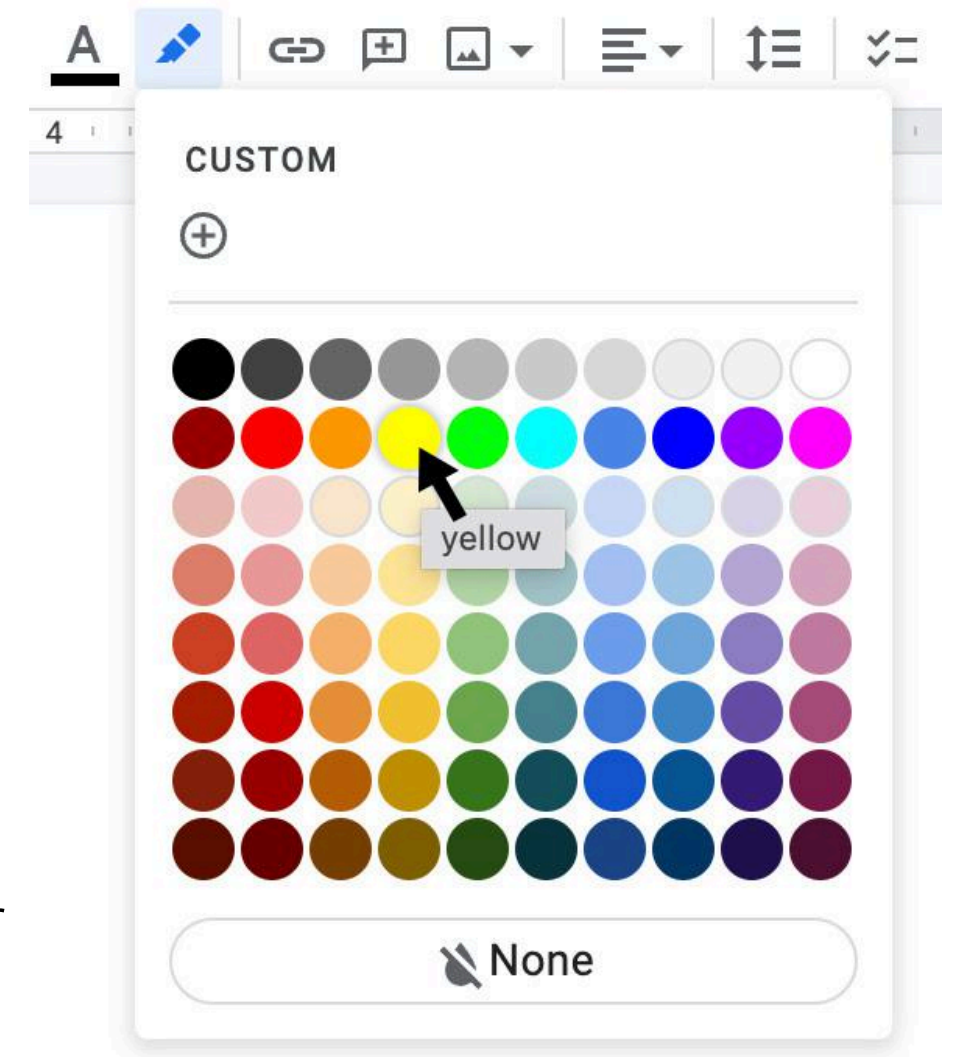
Directions:

1. Use the highlight button to highlight the statements that apply to you
2. Say or chat BINGO when you have filled out a row, column, or diagonal line

There will be many winners, but the real win is getting to build community with each other!

Loves to hike or to walk	Has had a broken bone	Is the only child in their family	Has fainted or thrown up in public	Enjoys camping
Can whistle loudly	Loves to watch sports	Can play a musical instrument	Has never gotten a speeding ticket	Has a collection
Hates snakes	Likes to do gardening	Free Space	Been to a concert in the past three years	Works with youth
Loves to travel	Is the eldest in their family	Can speak more than one language	Enjoys cooking	Goes by a nickname
Likes to dance	Likes cats better than dogs	Has read a book this year	Is left handed	Practiced a self-care activity this past weekend

- Click on the link in the chat to create your own copy
- Use the highlight button to highlight the statements that apply to you
- Say or chat BINGO when you have filled out a row, column, or diagonal line
- The first 3 people to BINGO will win!





The War On **DRUGS**



A **HISTORY** of The War on Drugs

from Prohibition to Gold Rush

narrated by

JAY Z

with illustrations by

Molly Crabapple

There are many factors in our environments that influence us and encourage us or allow us to act in unhealthy ways...



Social Determinants of Health



The Public Health Triangle

The Public Health Triangle is a model that details the connections that influence health compromising or promoting behaviors.

Individual Prevention:

- focuses on changing the host.

Environmental Prevention (EP):

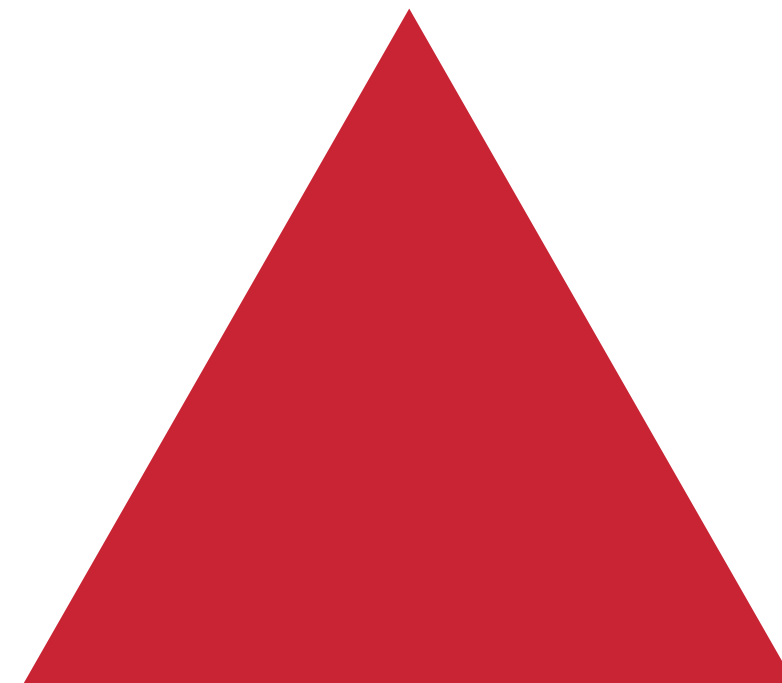
- focuses on changing the agent and environment.



Agent
the thing
doing harm



Individual
genetics, attitudes,
beliefs, experiences



Environment
norms, media messages,
access/availability & rules

What does
PREVENTION
mean to you?





PREVENTION:

Stopping a health compromising behavior before it happens.

EP focuses on factors in our physical, social and political environment that influences behavior.

It recognizes that decisions about “healthy” and “unhealthy” behavior is not just a matter of education and personal choice.

Environmental Prevention strategies focus on:

- Social & Cultural Norms
- Media Messages
- Laws & Policies
- Access & Availability



Social & Cultural Norms

What is considered expected and typical behavior in families, neighborhoods, schools, and communities.

Media Messages

Central to shaping attitudes, norms, attitudes and beliefs about acceptable & unacceptable behavior.

- Television
- Radio
- Billboards
- Movies
- Magazines
- Song Lyrics
- Story Lines
- Product Placement
- Social Media



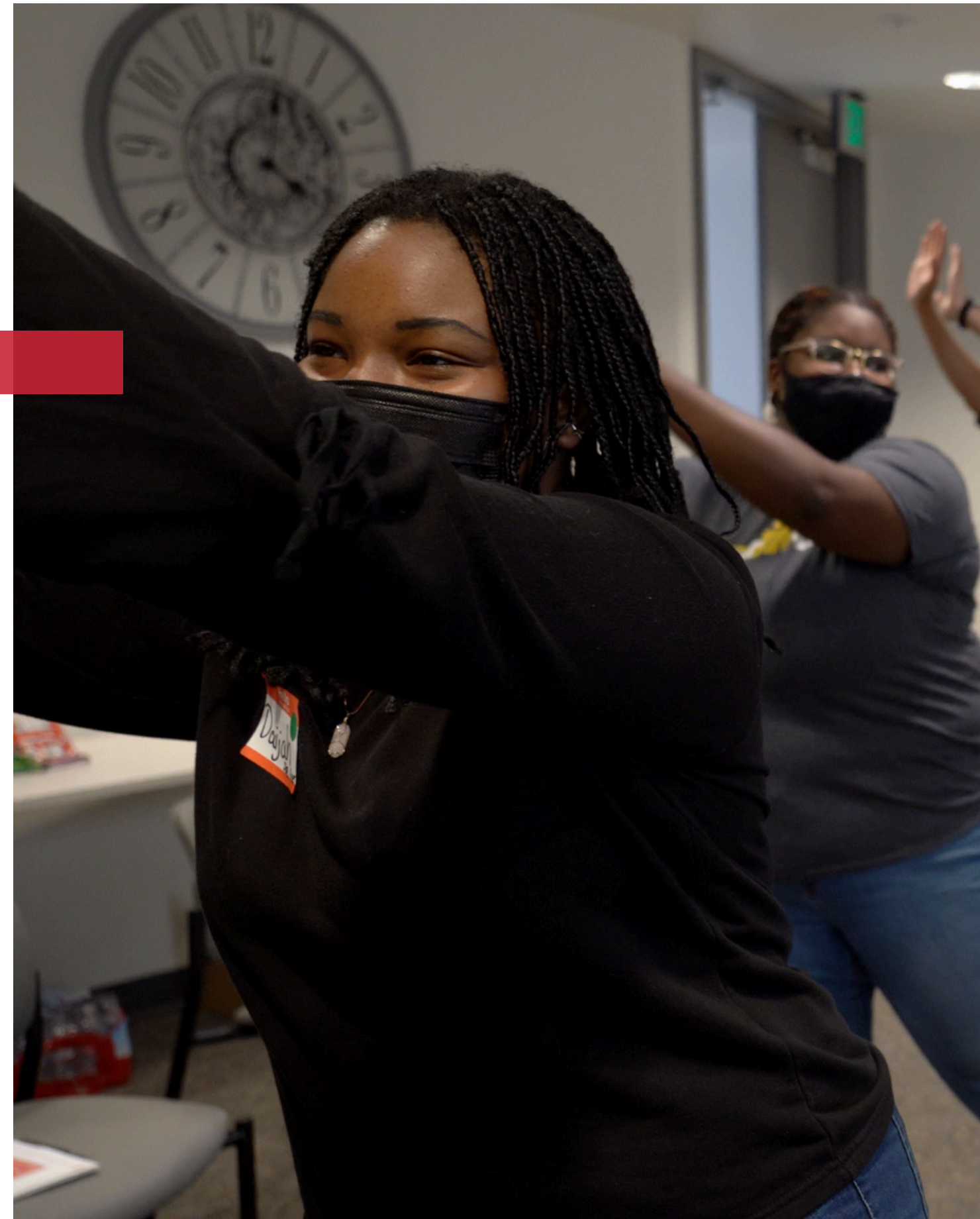
Laws & Policies

Determined and enforced by families, law enforcement, schools, businesses, city councils, etc.

Access & Availability

The degree to which the product is accessible to as many people as possible.

- How easy is it to get?
- Where is it sold?
- What is the cost?
- Who is making it available?



Why Environmental Prevention?

Rather than address public health issues by targeting individuals, EP targets those community practices, attitudes and values that encourage unhealthy or unsafe behavior.

It succeeds by promoting long-term, systemic change that promote healthy behaviors and attitudes, and reduce high-risk behaviors.



Why Environmental Prevention?

EP is not only effective for substance use prevention. EP strategies can be applied to any social issue - transportation, housing, immigration, racism, etc.

Whatever your issue area, we encourage you to utilize EP, the public health triangle, and the social determinants of health as frameworks to help explain and frame inequities. This gives you the ability to create environmental solutions that will eventually lead to individual changes.

That's sooooo EP Game

Is this EP?

A main hangout in town is a pizza parlor filled with alcohol advertisements. Youth in town organized and created the Extreme Community Makeover. Paint and repair hardware were donated and the youth removed over 150 alcohol advertisements and cleaned up the restaurant, creating a more family-friendly environment.



Is this EP?



Youth have conducted observational assessments to determine whether local corner stores are in compliance with Lee Law.

Youth find that more than half of the store window signage exceeds the 33% allowed by the state. Your group is advocating for a local ordinance and enforcement of this law.

Is this EP?

A teacher spends a month on nutrition and physical fitness in health class and the students learn a lot and have to do a food log to identify what and how much they're eating.



Is this EP?

A Friday Night Live youth chapter makes posters telling youth not to drink because bad things will happen. They also organize an event on a Friday because they want youth to have fun things to do going into the weekend.

Is this EP?

Youth in Redwood City are upset that they are being taught common core curriculum but aren't being taught about A-G requirements, which are necessary to complete in order to get into universities. Youth educate other youth first with an awareness poster campaign and then get the district to put into policy that a mandatory meeting occurs, in multiple languages, at the beginning of each year as well as halfway through the year. Along with this meeting, letters and phone calls are also required to go out to all parents and guardians.

Is this EP?

Youth worked in collaboration with a school district to pass a policy that stated school sponsored events could not sell alcohol or have alcohol on the premises. This created an alcohol-free environment sponsored by the administration.

Is this EP?

Youth worked with a local community center to establish a policy to add healthy snacks to the vending machine. At the same time, these youth worked with other youth who attended the community center to identify what snacks they would like and find appealing.

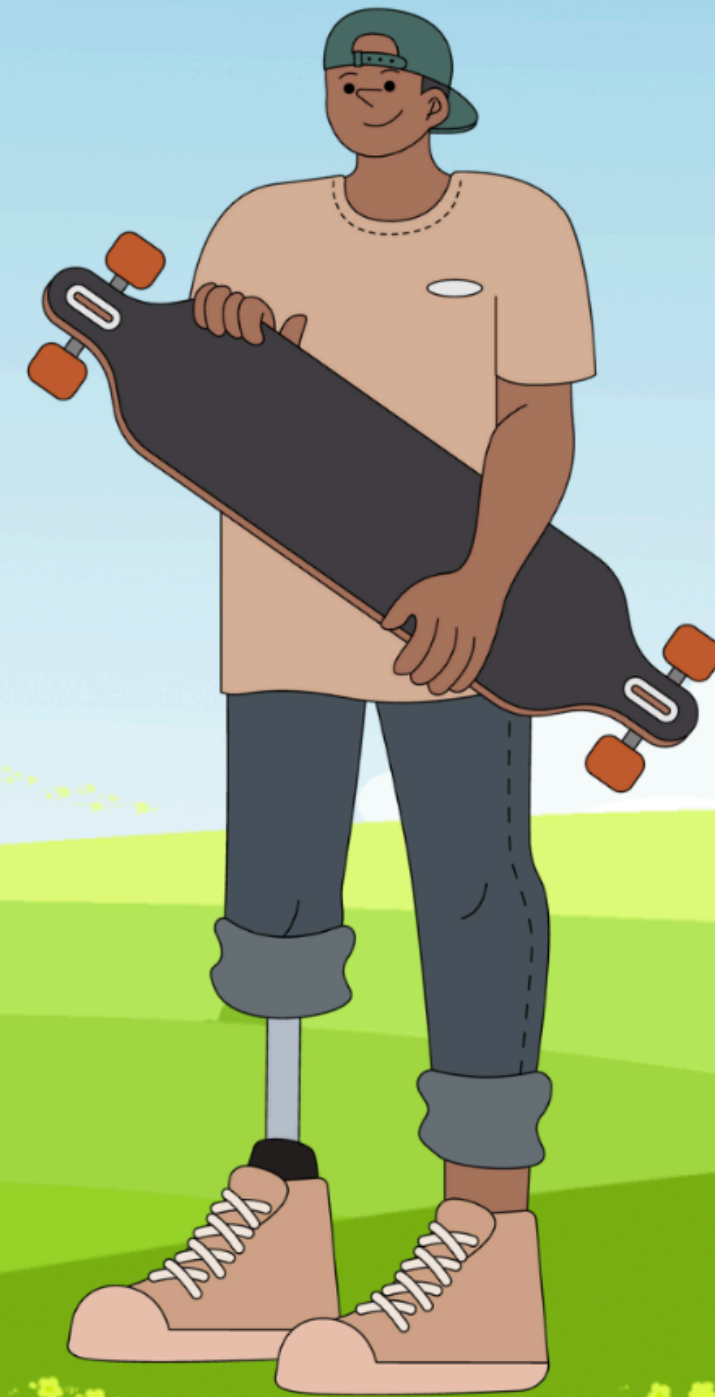
Is this EP?

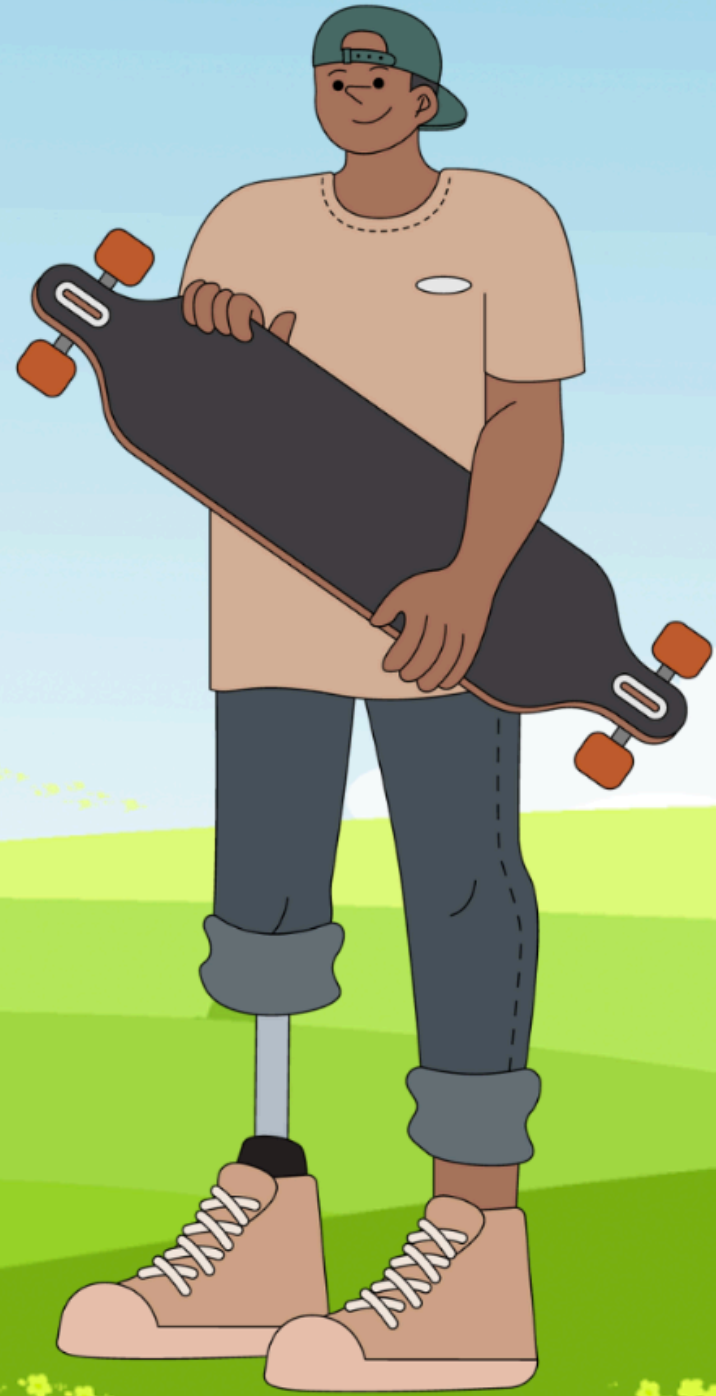
Schools realize that youth of color, especially black and Latin@ students, aren't applying to colleges at the same rate that white youth are. The school partners with a local community agency implement a free after school tutoring session for any youth that want it.

ENVIRONMENTAL
PREVENTION
ACTIVITY

Ideal Community

- Start by naming your young person!
- Use the Google Slide functions (images, GIFs, text) to add social norms, access points, messages, and policies
 - What positive social norms exist around substance use?
 - What access points to substances and substance use exist in this community?
 - What healthy messages around substance use exist in this community?
 - What policies exist to limit substance use?





Name your slide with the number of your breakout room!

Copy and paste individual icons to your page - Command + C = Copy | Command + P = Paste



DO YOUR LITTLE BIT OF GOOD WHERE YOU ARE; IT'S THOSE
LITTLE BITS OF GOOD PUT TOGETHER THAT OVERWHELM
THE WORLD.

DESMOND TUTU

THANK YOU!

FEEDBACK IS A GIFT



THANK YOU!