

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



Wellness Ambassador:

Ward:

HOUSE CHAT WEEK 10

Environmental Influences

Learning Objectives:

Participants will be able to:

1. Learn how our surroundings at home, work, and in our neighborhoods impact our health and actions.
2. Identify strategies for navigating environmental factors beyond our control, such as community norms and our living and working environments.
3. Understand the connection between our behaviors and the environments we interact with, and how modifying our home and work environments can support positive habits.

I. Opening (20 minutes)

Week 10 Check-in

“Hello everyone, and welcome to Week 10 of our program! It's great to see you all again as we continue on our wellness journey together. Before we get started, let's take a moment to reflect on the past week. We'd like to hear about your experiences with social cues and have a few reflection questions to guide our discussion.”

Guiding Questions:

1. What were some of the **social situations** you encountered last week, and how did they impact your behavior or choices?
2. Were there any specific **social cues** that you noticed influencing your eating habits or activity levels?
3. Did you find it challenging to navigate any social events or gatherings? If so, what **strategies** did you use to manage them?
4. How did social support play a role in your ability to maintain healthy habits in **social settings**?

II. Week 10 House chat Topic & Video (5-10 mins)

Title: Environmental Influences

- Review Learning Objectives
- Play Session Content Video

Key Points.

- Environmental factors in Petersburg, VA, significantly impact our health.
- These factors include the availability of nutritious food options, the accessibility of safe environments for physical activity, the presence of advertisements promoting balanced behaviors, and the overall design of neighborhoods and workplaces.
- These environmental factors can also shape our routines, and behaviors, affecting our food choices, activity levels, and stress levels.
- Understanding the connection between Petersburg's surroundings our behaviors empowers us to create habits aligned with our health goals.

- We might consider creatively adapting to environmental influences by exploring community resources and offering suggestions for improvement.
- Creating environments conducive to health, with access to nutritious food and spaces for physical activity, can create feelings of empowerment.
- Small changes to our environmental cues, like those in the home environment, such as adding reminders for physical activity and keeping healthy snacks accessible, could positively impact our behavior.
- These adjustments make it easier for us to align our choices with our health goals, prompting us to engage in beneficial activities and make balanced food choices effortlessly.
- Advocating for community improvements, such as suggesting bike lanes or community gardens, may also promote health.
- Walking groups also contribute to creating a culture of health by making physical activity a social and community-oriented experience.
- Through participation in walking groups, individuals become ambassadors of health-promoting behaviors, influencing others to prioritize physical activity in their daily lives.
- Other small changes could also look like redesigning public spaces for physical activity and promoting local farmers' markets, to positively impact Petersburg's environment and residents' well-being.
- Also, advocating for community improvements, such as enhancing parks and recreation facilities or implementing urban gardening initiatives, can promote health equity in Petersburg.
- Taking charge of our environment can make us feel more capable and motivated, helping us succeed despite environmental factors.
- Exploring building supportive networks within our communities might strengthen our ability to create lasting changes.
- Each step towards considering creating healthier environments could contribute to a brighter future for ourselves and our communities.

III: Individual Activity: “Community/Neighborhood Scan” (20 mins)- To be completed once this week.

Description: Take a walk or drive around your community or neighborhood and observe the environmental factors that may influence your health and behavior. Look for aspects such as access to grocery stores, availability of parks or recreational areas, presence of sidewalks or bike lanes, and availability of balanced nutritious food options.

Instructions:

1. Choose a day and time this week when you can spend approximately 20 minutes conducting your community/neighborhood scan. This can be done individually outside of the session.
2. As you walk or drive, pay attention to the various environmental factors that may impact your health and lifestyle.
 - Instructions for the "Community/Neighborhood Scan" activity:
 - Check streets, parks, and public spaces for signs of neglect or maintenance.
 - Note local amenities like businesses, schools, and healthcare facilities.
 - Observe diversity, interactions, and social gatherings in the community.

- Assess safety and note any visible signs of crime or security measures.
3. Take notes or pictures of what you observe, noting both positive and negative aspects of your community environment.
 4. Consider how these environmental factors may influence your behaviors, such as where you buy groceries, where you exercise, and how you commute.
 5. Reflect on your observations and consider any changes you could make to your surroundings to support healthier habits.
 6. Share your findings with the group during the discussion.

IV: Home Environment Wellness Makeover (15-20 mins)

1. Take a moment during the meeting to reflect on your home environment.
2. Identify one specific area or aspect of your home environment that you'd like to improve, such as creating a designated exercise space or organizing a healthy snack station.
3. Brainstorm practical and achievable changes you can make to enhance this area, considering factors like accessibility, convenience, and affordability.
4. Pair up with another participant to create and discuss a simple action plan outlining the steps you'll take to implement these changes, including any resources or support you may need. Be sure that each of you are able to provide feedback to one another during the discussion.
5. Reflect on how these changes contribute to a more supportive home environment and align with your personal well-being goals.
6. Share your experience and any insights gained with the group during the next session.

V. Closing: Reflection & Commitment (10 minutes)

“Thank you all for attending. As we conclude today's session, take a moment to reflect on what you've learned about the impact of environmental factors on health and well-being. Consider how the discussions and activities have influenced your thinking and your commitment to making positive changes in your surroundings.”

A. Commitment Circle

Let's come together and share one thing we'll do to create a supportive environment for ourselves and our community. Whether it's trying out one of the ideas we've talked about today or pushing for positive changes locally, every action helps. Let's support each other as we work to make Petersburg a healthier place for everyone.

Also, this week, allocate 10-15 minutes to begin implementing the action plan you created with your partner. Whether it involves rearranging furniture, decluttering, or stocking up on balanced snack options, take this time to take the first steps towards improving your home environment.

B. Appreciation and Encouragement:

Express thanks for everyone's participation and encourage them to stay engaged.

"Thanks to everyone for your active participation today! Let's keep the momentum going and stay engaged in the chats to continue supporting each other on our wellness journey."

Next Week Prep:

- This week let's pay special attention to environmental cues and how they influence our daily habits. Take note of how your surroundings impact your routines, like the availability of nutritious food and spaces for physical activity. Also, mark your calendars for our discussion on emotional health next week, where we'll explore strategies for managing stress and building resilience.
- Please remember the upcoming nutritional demonstration session scheduled for **May 9th**. Further details will be provided soon.

**** Come ready to share your insights, experiences, and ideas during our next session!**

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.

"It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups."