

# Mapping Health



## Aim

to highlight the impacts and influences on different aspects of health

## Age

10 years and older

## Time

30 minutes

## Materials

large roll of paper, or flipcharts taped together (large enough for 1 person to lie on), markers and scissors

## Note to Leader

Choose the dimensions of health that will best suit your group. Some possible effects and influences (both positive and negative) on health are given in the table.

## What to do

Begin by asking what it means to be healthy. Note down the ideas. Explain that health is not just the absence of disease but has different dimensions that include physical, mental, emotional, social, sexual, environmental and spiritual elements which have an impact on us in our lives.

Break into small groups and each group makes a body map on a large sheet of paper. Allow 10 minutes for this. When the outline of the person has been created, each group chooses one of the elements they will explore and this becomes the theme of their body map.

On the inside of the body, they write or draw how this aspect of their health is expressed both positively and negatively. On the outside they write or draw all of the things that they think are external influences on their chosen element of health.

When all of the body maps are finished, hang them on the wall as a viewing gallery and ask the groups to look at what the other groups have done and identify any similarities.

In the large group, discuss:

- Do you see anything that is very interesting/surprising?
- Are the external influences positive or negative?
- Do you think they are the same for people living in the developing world, why and how?
- Is this fair for young people?
- What can we do about it?



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## HEALTH IMPACTS AND INFLUENCES

<b>Dimension</b>	<b>Impact</b>	<b>Influence</b>
Physical	Illness, injury Concentration Energy levels	Poverty, access to healthcare, diet, exercise, housing, conflict
Mental	Feel good about ourselves Relate well to others Depression, irritability, anxiety	Relationships with family/friends Level of participation Home/youth work environment
Emotional	Feelings such as happiness, sadness, anger, fear	Relationships with family/friends Being listened to Level of security
Environmental	Illness, depression Compassion for others	Access to facilities Community/youth work environment Level of pollution
Social	Compassion for others Diversity valued Feeling listened to	Level of participation Access to facilities and services Social and family networks
Sexual	Relationship with others Confidence Illness, stigma/discrimination	Family, peers, teachers/ youth workers Media, access to information Culture
Spiritual	Sense of well being/peace Level of stress Compassion for others	Faith Community Creative activities

### WARM UP **Face Off**

Divide the group into 2 teams, they line up face to face with the opposite team and shoulder to shoulder with the person beside them. One team must pass the object behind their backs while the other team claps their hands and counts to 30 out loud. When the team counting reaches 30, the other team must stop passing the object. It is then the task of the group who were counting to guess who holds the object. If they get it wrong, the same team goes again, if they guess correctly the object passes to the other team.