



HEALTH CONNECTIONS:

Young People Engaging with their Environment and Communities Impacts and Successes

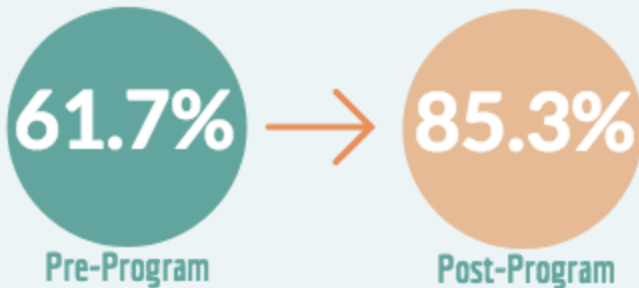
Health Connections sought to improve students' knowledge about, attitudes towards, and skills to act on environmental health issues

Students completed an evaluation before and after the program

The average score improved by 24.7%

How many students can correctly define...

Hormone disruptors as chemicals that interfere with the hormonal system

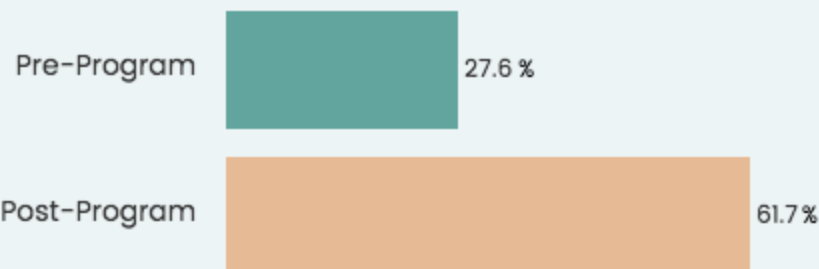


Chronic exposure as exposure to low amounts of chemicals over a long period of time



How many students agree or strongly agree that...

I know a lot about environmental health:

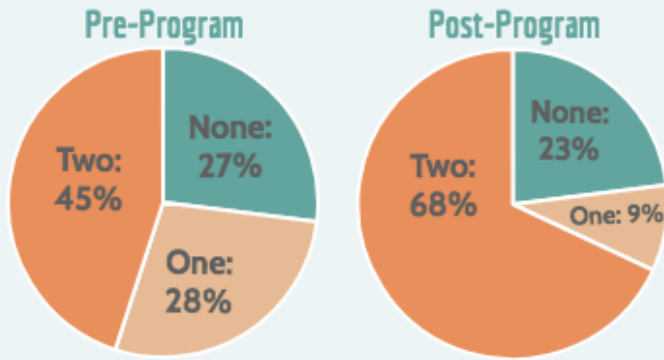


We are the experts of our own bodies:

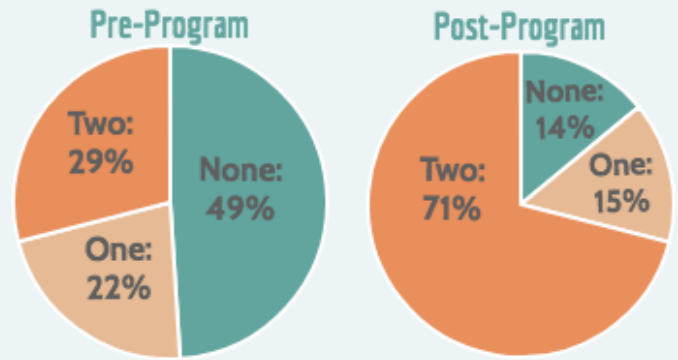


How many students can name....

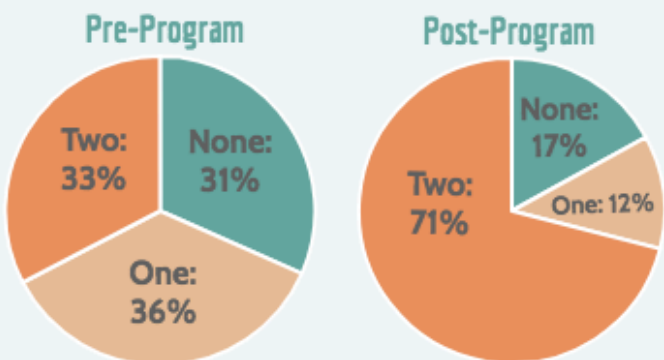
Two toxic items in their home?



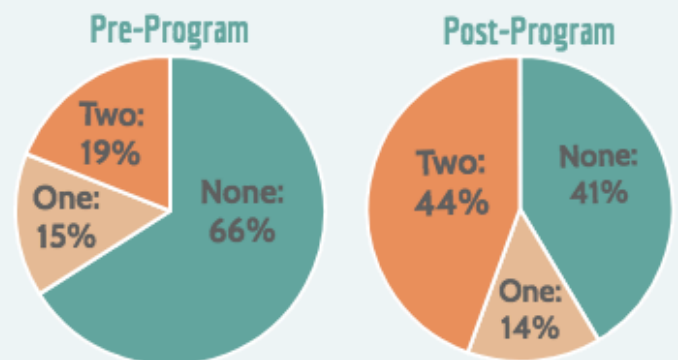
Two Montreal community organizations?



Two environmental health risks?



Two ways communities can address environmental risks?



From Knowledge To Action

87.5%

Of students can correctly identify which type of products contain endocrine disrupting chemicals and which do not

70%

Of students know which materials are most likely to leach endocrine disrupting chemicals into foods

"The most significant thing that I have learned is what are processed foods made of, and how involved it is in our diets. I will remember most how there are communities with the lack of access to natural, wholesome food."

Students say:

"With this class I got to learn way more about the environment, about economic stuff, and social, and how all of these things combine... It's much easier to understand basic stuff about how the environment works, and how the economy and society works."

"I liked how we got introduced to different spheres of health, because it included more than I thought was just, like, my health. There's my environment... things like phthalates that I didn't know about, which can affect development."



How do you think the environment affects our health?

"We're all individual systems and the environment has a direct effect on us. If we mess with the environment, we're actually messing with our own bodies."

"It's where we get EVERYTHING: food, clothing, cream, even furniture, housing, etc. If nature's in bad shape, EVERYTHING materialistic would be in bad shape."