# Skill-Building Challenge Worksheet: Analyzing Influences

Name: Blank Class: Blank Date: Blank

**Part I.** Use the socioecological model to analyze determinants on your health. Using the following tables, explain how individual, interpersonal, community, organizational, and policy influences affect your health status related to each of the areas of health identified.

|  |  |  |
| --- | --- | --- |
|  | My physical activity | My diet |
| Individual  |  |  |
| Interpersonal  |  |  |
| Institutional  |  |  |
| Community  |  |  |
| Policy  |  |  |

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|  |  |  |
| --- | --- | --- |
|  | My mental health | My social health |
| Individual  |  |  |
| Interpersonal |  |  |
| Institutional  |  |  |
| Community  |  |  |
| Policy  |  |  |

**Part II.** Share your responses with a partner or small group by discussing each question below.

* Which influence has the greatest impact on your physical activity?
* Which influence on your diet is the most difficult to change?
* What could you do to improve the interpersonal influences on your mental health?
* How does your community influence your social health?