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| **Understanding how situations of vulnerability affect people's actions in order to develop better interventions: *acting in context* as a framework for analysis** |
| **Contexte/Objectifs**  Health promotion aims to create supportive environments where people can actualize their potential and live the life they want. From this perspective, health is conceived as a tool for individuals to realize their ambitions and satisfy their needs by taking advantage of their environment. Even today, few theoretical tools in health promotion exist that can conceptualize how these environments may be favorable for individuals to actualize their potential or not. Without the proper tools how then can we develop effective interventions for optimizing individuals’ potential? Based on the exclusionary mechanism framework (Adam, Potvin, 2016) this research was interested in understanding which contexts are unfavorable for actualizing individuals’ potential. This framework proposes that situations of vulnerability are the result of exclusionary mechanisms which limit access to rights, resources and capacities required for a good quality of life. Limited access alters the context in which individuals deploy their actions by increasing the density of threats, decreasing opportunities, and affecting their resources and capabilities. This research sought to better understand how exclusionary mechanisms interact with the way individuals act and identify those contexts favorable to the actualization of individuals’ potential.  **Méthodes**  A cross-sectional, qualitative research design based on an ethno-sociological perspective, and including a life history analysis was used. Data was collected by way of semi-directed individual interviews (n=12) with individuals who frequent a community organization that works to prevent food insecurity. A thematic analysis was then performed on the resulting interview content.  **Résultats**  Three types of acting-in-context have been identified:  - **Motivated:** individuals act according to their wishes, desires, values, with few threats, and many opportunities;  - **Synchronic:** individuals try to act according to what they want, but must deploy actions to face threats that limit their ability to act according to their desires;  - **Reactive:** actions are deployed for threat management, there is little room for aspirations, hopes and desires.  **Discussion**  Our results suggest that contexts of vulnerability favor a reactive type of action. If we wish to influence the ability of individuals to act, it is essential to understand the configuration of the context in order to develop interventions that will reduce the density of threats and thus favor the emergence of opportunities, an increase of capacities and resources and ultimately, allow individuals to achieve their desires and aspirations.  **Mots-clés :** exclusionary mechanisms, poverty, vulnerability, health promotion. |