

ENVIRONMENTAL

1. Physical Environments

- Opportunities for community members to access physical environments appropriate to individual, social and cultural activities. *(Home, Yard, Community Buildings, Territory, Clean Air, Water, Soil...)*

2. Social Environments

- Opportunities for community members to engage in dynamic social activity, including the maintenance of self-identity and community-identity. *(Community gatherings, fish camps...)*

3. Gender

- Environment offering community members access to family, social and cultural understanding of gender, gender roles and sexuality.

4. Personal Health Practices and Coping Skills

- Opportunities for community members to engage in healthy problem-solving practices, including decision under uncertainty, risk management and development of coping skills. *(rites of passage, spirituality, sports, ceremony...)*

5. Biology and Genetic Endowment

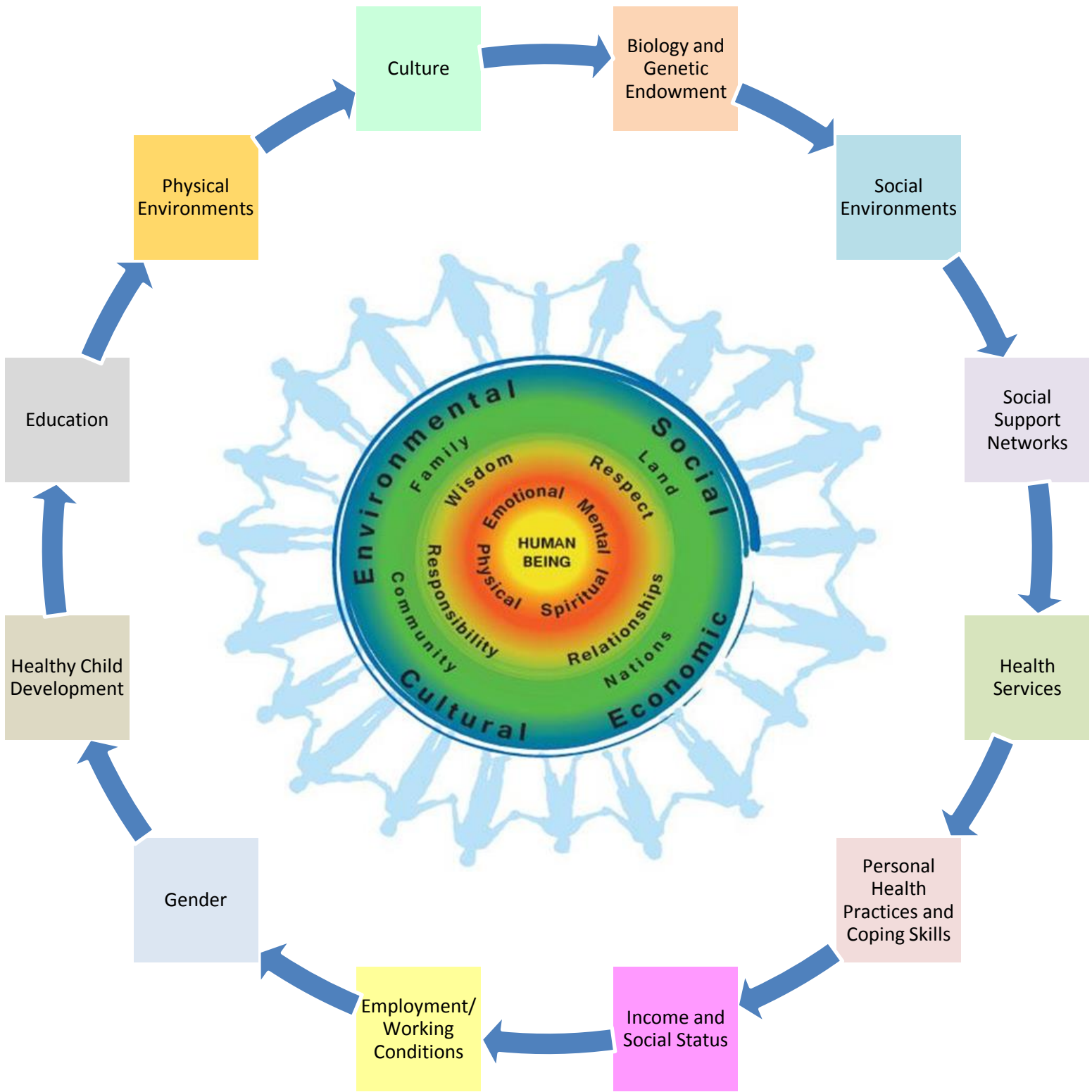
- Environment offering community members options to access information on the biological and organic make-up of the human body, with particular emphasis on human well-being and interaction with the environment.

CULTURAL

6. Culture

- Opportunities for community members to draw from the past to interpret the future through established cultural frameworks, including oral histories and lived traditions.

A First Nations Perspective on Wellness:
Comprehensive, Community-Driven, Nation-Based Planning



Examples of Strategic Outcomes associated with Determinants of Health
Priorities and Indicators to be defined by each Nation

SOCIAL

7. Social Support Networks

- Opportunities for community members to access social capital, including individual, family and community histories, values and beliefs. *(Family: Aunties, Uncles, Clans...)*

8. Healthy Child Development

- Opportunities for children and youth to enhance a sense of self-identity and belonging that is rooted in their First Nation values and beliefs. *(Stories, birthing coaches/ceremonies...)*

9. Health Services

- Opportunities for community members to actively engage in health maintenance, including those rooted in community-generated cultural values and beliefs. *(Traditional medicines and practices).*

10. Education

- Opportunities for community members, from child through adults, to pursue academic resources that link critical phases of life to a sense of purposefulness. *(Curriculum grounded in FN culture and values...)*

ECONOMIC

11. Income and Social Status

- Opportunities for community members to apply accumulated knowledge, including cultural, educational and vocational knowledge, to a job. *(Community work force, food security: fishers, hunters...)*

12. Employment/Working Conditions

- Opportunities to contribute to workplace environments where the team, unit, program or sector is more efficient as a collective of individuals seeking uncoordinated outcomes. *(Internal economy...)*