



First Nations Health Authority  
Health through wellness

# FNHA Wellness Indicators

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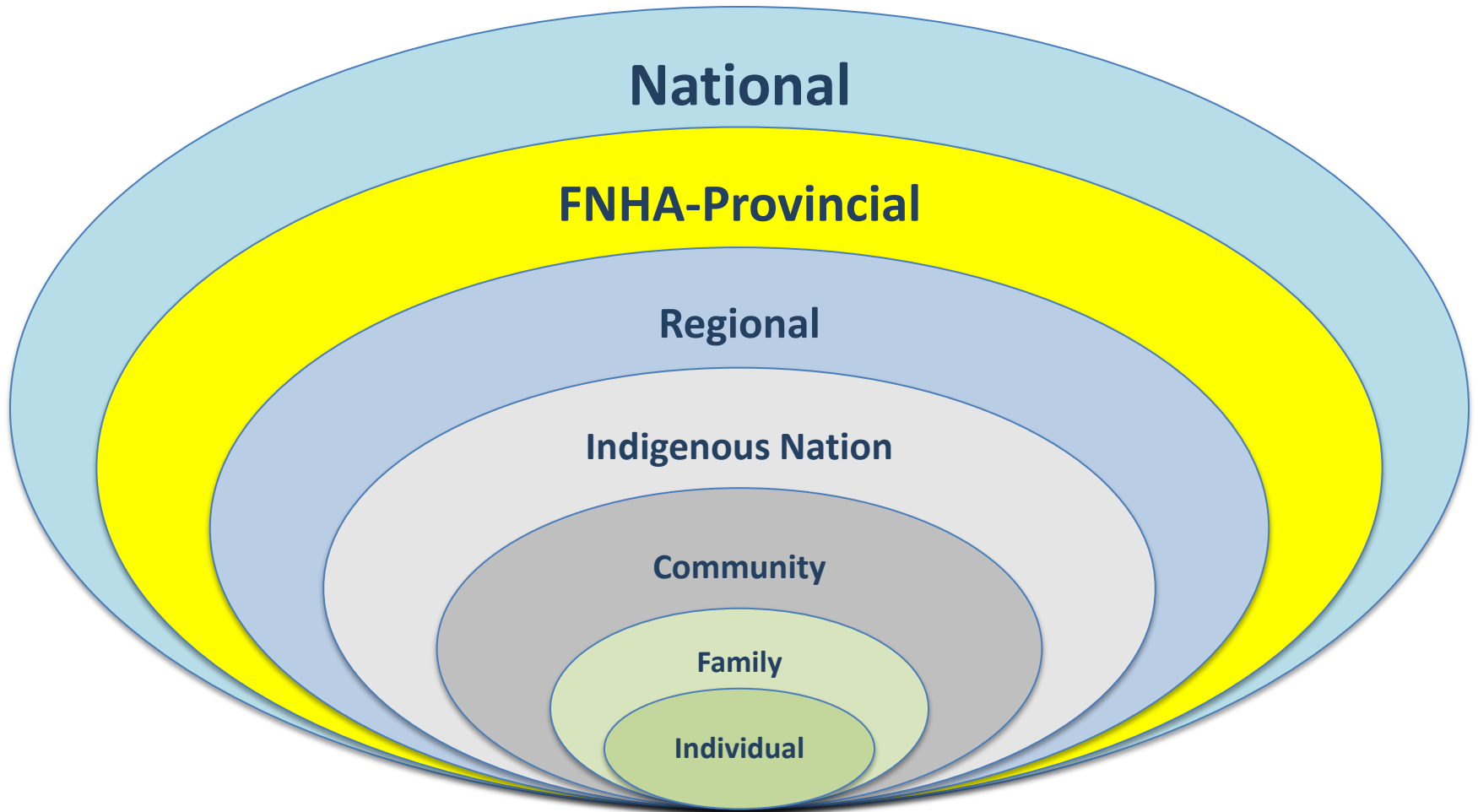
# Wellness Indicators Presentation

- What We have Heard
- Work to Date
- Why Wellness Indicators
- Developing Wellness Indicators
- Data collection/ Regional Health Survey (RHS)
- Indicator examples (I, We, FNHA)
- Breakout sessions (I, We, FNHA)





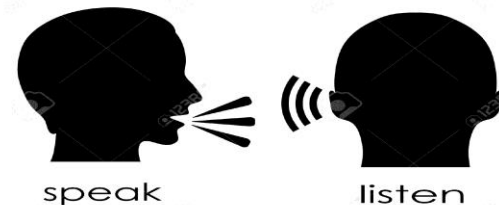
# Levels of Wellness Indicators





## What we heard: the North

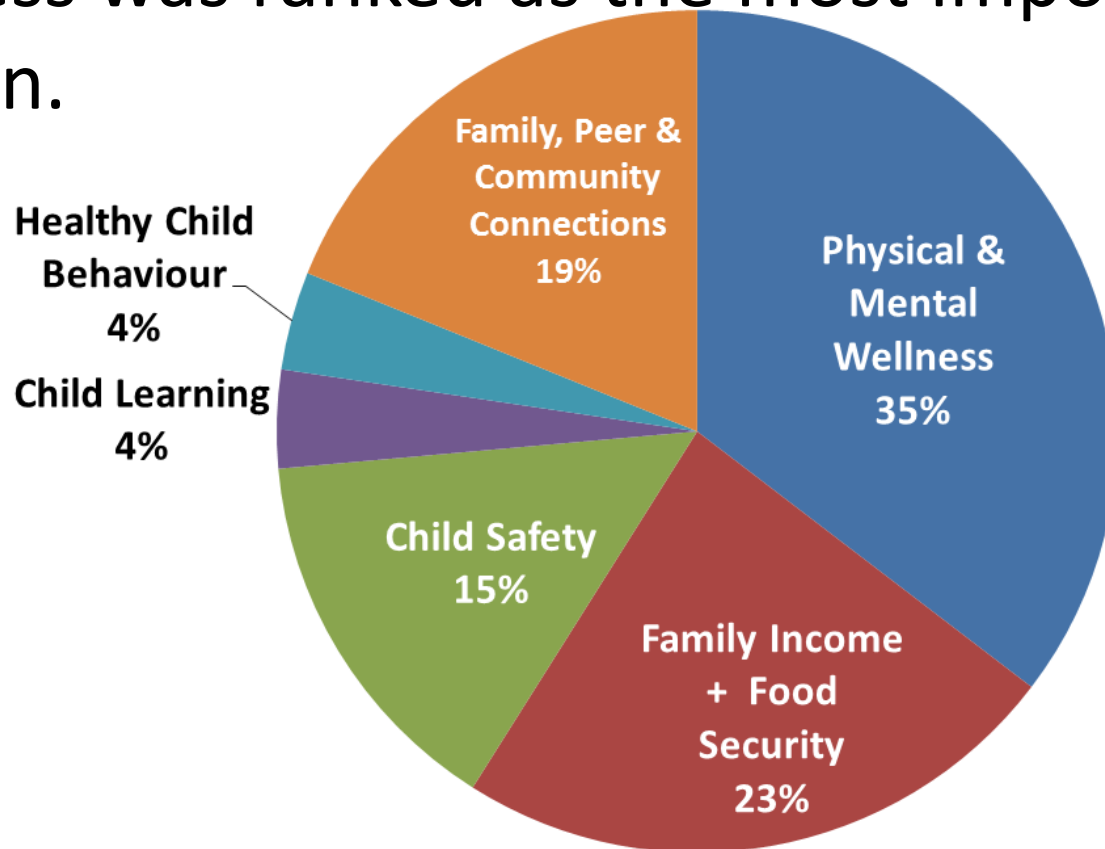
- To identify meaningful, measureable indicators for 'wellness' that describe a 'well person' and a 'well community' using Community Driven, Nation based terms
- Importance of **collecting data** on the social determinants of health (**SDOH**) and the **environment**.
- Providing a complete picture of **community health**.





# Fall 2015 Regional Caucuses

- Based on 212 responses, physical and mental wellness was ranked as the most important domain.





## Work to Date

- **Literature Review (2013/2014)**
- **Survey Distributed** to Health Regions; Interior, Fraser Salish, Vancouver Coastal, Northern, Vancouver Island
- **Vancouver Island Wellness Forum (Feb 2015)**
- **Gathering Wisdom (May 2015)**
- **FNHDA Survey Findings Report**; themes, wellness definitions created (Sept 2015)



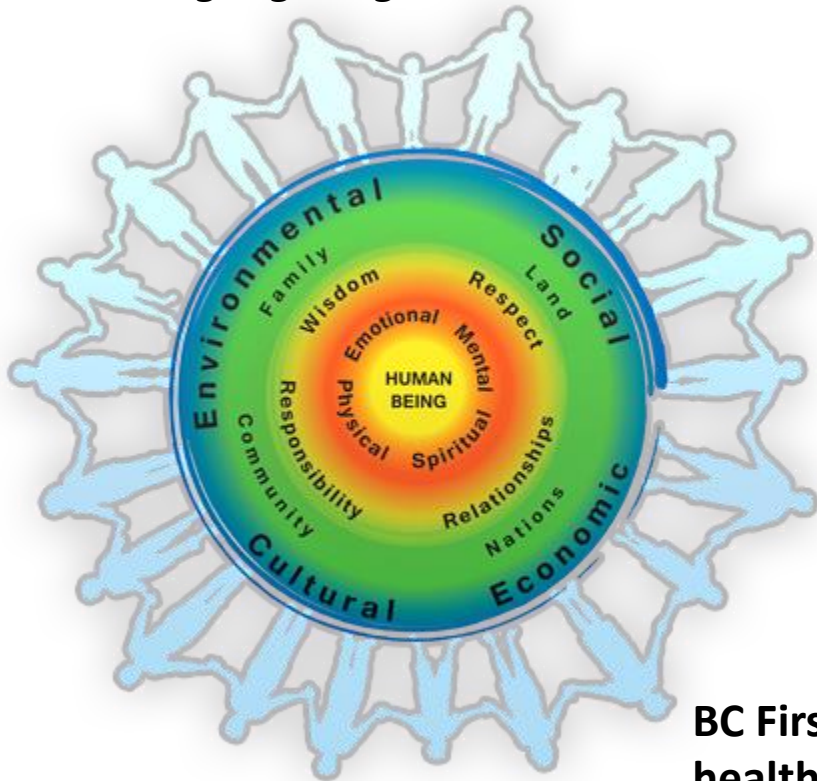
# Wellness Indicator Word Cloud





# Why Wellness Indicators

*How do we reframe the discussion away from disease deficit measurement into highlighting wellness successes among First Nations Communities in BC?*



*What do strengths-based wellness measurements for First Nations look like?*

*What gaps will wellness indicators address in the measurement for First Nations health outcomes?*

**BC First Nations shared Vision speaks to being healthy, vibrant and self-determining.**





# FHNA Indicators



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- **FNHA Global Indicators**



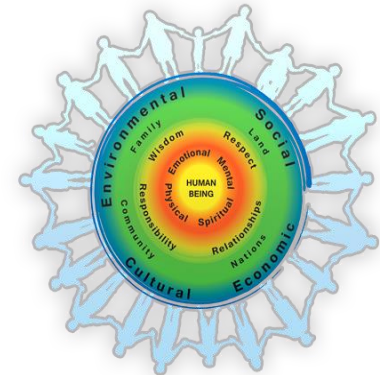
- **Perspective on Health & Wellness**

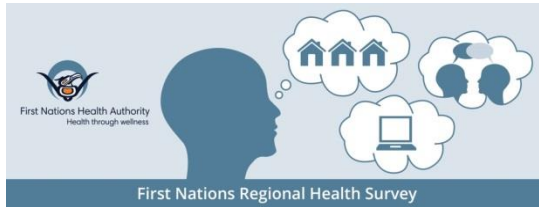


- **Community Indicators (I/We)**



- **Data Sources (ex: Regional Health Survey)**





# Regional Health Survey

- Regional Health Survey – Strong tool for data collection.
  - The RHS has expanded (from 65 to approximately 165 communities)
  - Wellness based questions in the RHS will better inform Wellness Indicators.
  - Themes in the RHS include; traditional medicine, health benefits, social support, community safety.



# Wellness Questions RHS

**1. Balance:** Q18. What things help make you healthy (that is, physically, emotionally, mentally, and spiritually healthy)?

## 2. Language

- Q13. Do you have any knowledge of a First Nations language (even if only a few words)?
- Q16. It is important to me that [child] learns a First Nations language?

**3. Community Strengths :**Q.176. What are the main strengths of your community?

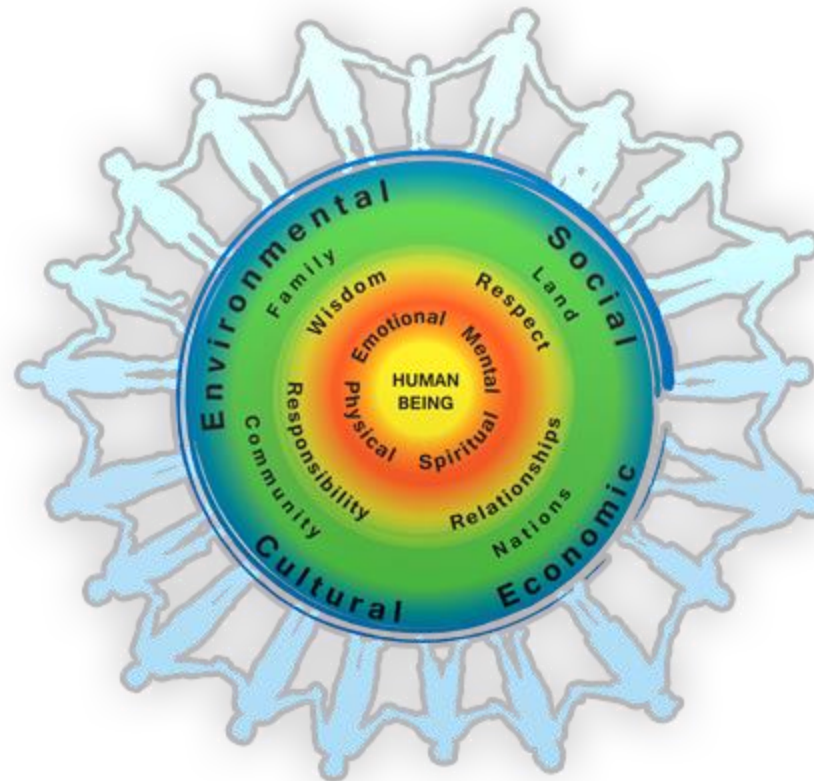
**4. Access to Care:** Q64. During the past 12 months, did you require any health care (e.g., from a doctor, nurse, or other health professional)?

**5. Social Support:** Q 161. People sometimes look to others for companionship, assistance, guidance or other types of support. Could you tell me how often each of the following kinds of support is available to you when you need them?

**6. Access Traditional Medicine:** Q63. Have you had any of the following difficulties when trying to access traditional medicine?



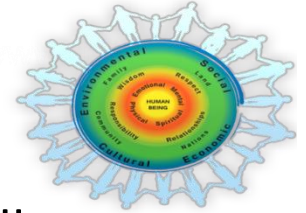
# Perspective on Health and Wellness



How many of you have seen the Perspective on Health and Wellness?



# The Interconnected Circle

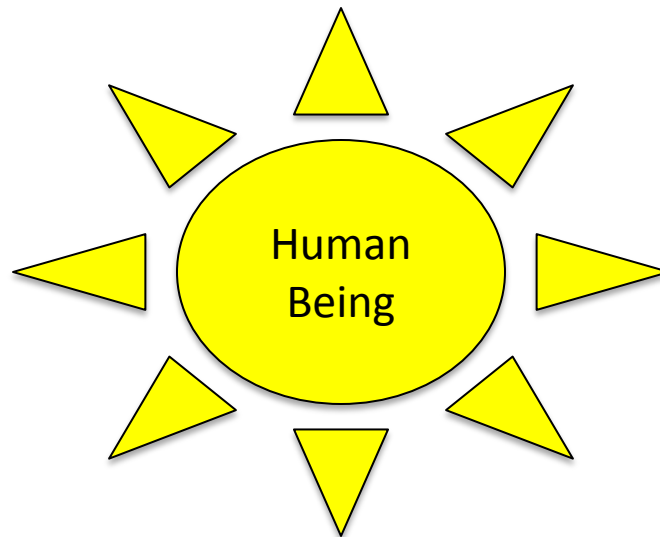


- The **Center Circle** represents individual human beings. Wellness starts with individuals taking responsibilities for our own health and wellness.
- The **Second Circle** illustrates the importance of Mental, Emotional, Spiritual and Physical facets of a healthy, well, and balanced life.
- **Third Circle** represents the overarching values that support and uphold wellness: Respect, Wisdom, Responsibility, and Relationships.
- The **Fourth Circle** depicts the people that surround us and the places from which we come: Nations, Family, Community, and Land are all critical components of our healthy experience as human beings.
- The **Fifth Circle** depicts the Social, Cultural, Economic and Environmental determinants of our health and well-being.



The **Center Circle** represents individual human beings. Wellness starts with individuals taking responsibilities for our own health and wellness.

**Individual Level = I am guiding my own  
Wellness Journey**





The **Second Circle** illustrates the importance of Mental, Emotional, Spiritual and Physical facets of a healthy, well, and balanced life.

**Individual Level = I have balance in my life - mental, physical, spiritual, and emotional.**





The **Third Circle** represents the overarching values that support and uphold wellness: Respect, Wisdom, Responsibility, and Relationships.

**Individual Level = I am connected to my culture**







The **Fourth Circle** depicts the people that surround us and the places from which we come: Nations, Family, Community, and Land are all critical components of our healthy experience as human beings.

**Individual Level=I feel supported by my family, friends and community**





The **Fifth Circle** depicts the Social, Cultural, Economic and Environmental determinants of our health and well-being.

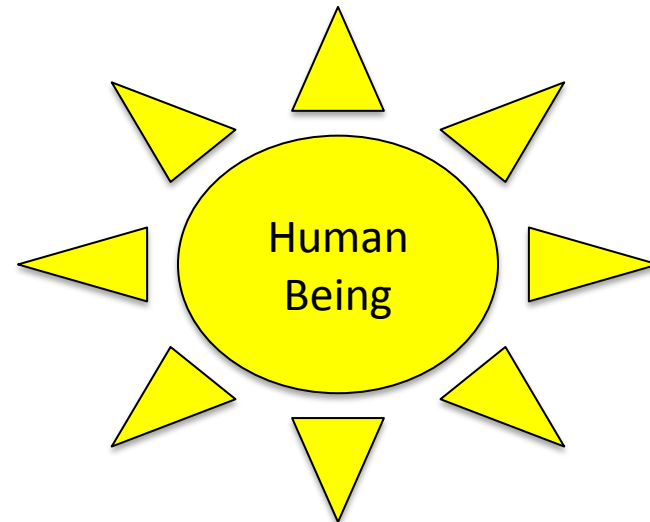
This is a cross cutting theme that impacts all Global Outcomes.





## I = Individual Level

- **I am guiding my own Wellness Journey**
- **I have balance in my life -mental, physical, spiritual, and emotional.**
- **I am connected to my culture.**
- **I feel supported by my family, friends and community.**





**Global Indicators:** The Global indicators are the overarching indicators which other more specific indicators will feed into. Each indicator is linked to the Perspective on Health and Wellness.

**Individual Level:** What do these indicators look like at an individual level?

<p><b>I am guiding my own wellness journey.</b></p>	<p><b>I have balance in my life -mental, physical, spiritual, and emotional.</b></p>	<p><b>I am connected to my culture.</b></p>	<p><b>I feel supported by my family, friends, and community.</b></p>
<p><i>For example: I have the skills to deal with life's stressors; I am able access health services</i></p>	<p><i>For example: I am strong and fit enough in my body to live healthy and well</i></p>	<p><i>For example: I feel connected to cultural teachings and practice</i></p>	<p><i>For example: I have a fulfilling role in my community that brings me joy and pride.</i></p>



# 1. Breakout Session

- **Individual Level:** Participants will be asked to reflect on the question “*What does this look like for you (as an individual)?(e.g. what do you do / can you do to support your own wellness journey) ”*”
- All tables will begin by working on the global indicator “*I am guiding my own wellness journey*”.



# We = Community Level



- **We are supporting our community members in their own Wellness Journey**
- **We are supporting community members in finding balance in their lives -mental, physical, spiritual, and emotional**
- **We are connecting community members to their culture.**
- **We are providing support to members by working with our community- individuals, family and friends.**



<b>Community Level:</b> What do these indicators look like at a community level? What can/does the community do to support individuals in meeting these indicators?			
<b>We are supporting our community members' wellness journeys.</b>	<b>We are supporting community members in finding balance in their lives -mental, physical, spiritual, and emotional.</b>	<b>We are connecting community members to their culture.</b>	<b>We are providing support to members of our community by working with our community, family and friends.</b>
<i>For example: We provide transportation services to health centres.</i>	<i>For example: We offer physical fitness classes for all age groups.</i>	<i>For example: We offer drum making workshops at our community Centre.</i>	<i>For example: We have an Elder working with our mental health program; We have a job shadowing program set-up for our youth.</i>



## 2. Breakout Session

- **Community Level:** Participants will be asked to reflect on the question *“How does the community support individuals on this global indicator (e.g. how can the community support an individual’s wellness journey.”*
- The facilitator will write down participant responses to this question on a sticky note (one response / sticky note).





## FNHA Global Indicators

- **FNHA is supporting individuals in their Wellness Journey**
- **FNHA is providing programs to support balance - mental, physical, spiritual, and emotional.**
- **FNHA is supporting First Nations culture.**
- **FNHA providing programs to support family, friends, and community.**
- **FNHA is collaborating with partners around the social determinants of health for First Nations.**



**FNHA Level:** What do these indicators look like at the FNHA level? What can/does the FNHA do to support individuals and communities in meeting these indicators?

**The FNHA is supporting individuals in their wellness journeys.**

**The FNHA is providing programs to support balance -mental, physical, spiritual, and emotional**

**The FNHA is supporting First Nations culture.**

**The FNHA is providing programs to support family, friends and community**

*For example: FNHA administers health benefits.*

*For example: FNHA is supporting Respecting Tobacco reduction and education programs.*

*For example: FNHA is working with care providers to provide culturally safe care.*

*For example: FNHA engaged community members for feedback on a proposed cancer strategy.*



### 3. Breakout Session

- **FNHA Level:** Participants will be asked to reflect on the question “*How can the FNHA support individuals on this global indicator (e.g. how can the FNHA support individuals’ wellness journeys)*”).
- The facilitator will write down participant responses to this question on a sticky note (one response / sticky note).



# The Last Exercise = Dotmocracy

Take a colored dot and place it on the theme indicator you like best.

One for each category:

