

# 10-Year Strategy on the Social Determinants of Health



First Nations Health Authority  
Health through wellness

## QUICK REFERENCE GUIDE

At Gathering Wisdom XII in 2023, Chiefs and Leaders approved the *10-Year Strategy on the Social Determinants of Health*. At its heart, the 10-Year Strategy is a broad framework for change to decolonize healthcare and secure new resources to address the most pressing issues facing Nations today.

The 10-Year Strategy identifies four key areas of focus to address the social determinants of health and strengthen the health and wellness of First Nations individuals, families and communities.

The First Nations Health Council, the Government of Canada and the Province of BC have committed funding to support implementation of the strategy.

One aspect of this support will come through the Social Determinants of Health Fund. This funding will be administered directly to Nations, via the First Nations Health Authority, to support self-defined health and wellness priorities. The First Nations Health Authority will also provide planning and implementation supports.

### Short term

#### Healing Approaches

Improve trauma-informed care at all levels including best-in-class clinic equipment and emergency transportation.

### Short term

#### Cultural Infrastructure

Rebuild the cultural infrastructure damaged through colonialism to reclaim and hold up healing practices and traditions.

### Long term

#### Nation-based Governance

Systems-change to better respond to approaches and solutions that meet Nations' needs and priorities.

### Long term

#### Sustainable Funding

Flexible and sustainable approaches for federal and provincial investment in mental health planning and service delivery.



[Read the 10-Year Strategy](#)



[FNHA's SDOH Webpage](#)



# What are the Social Determinants of Health?

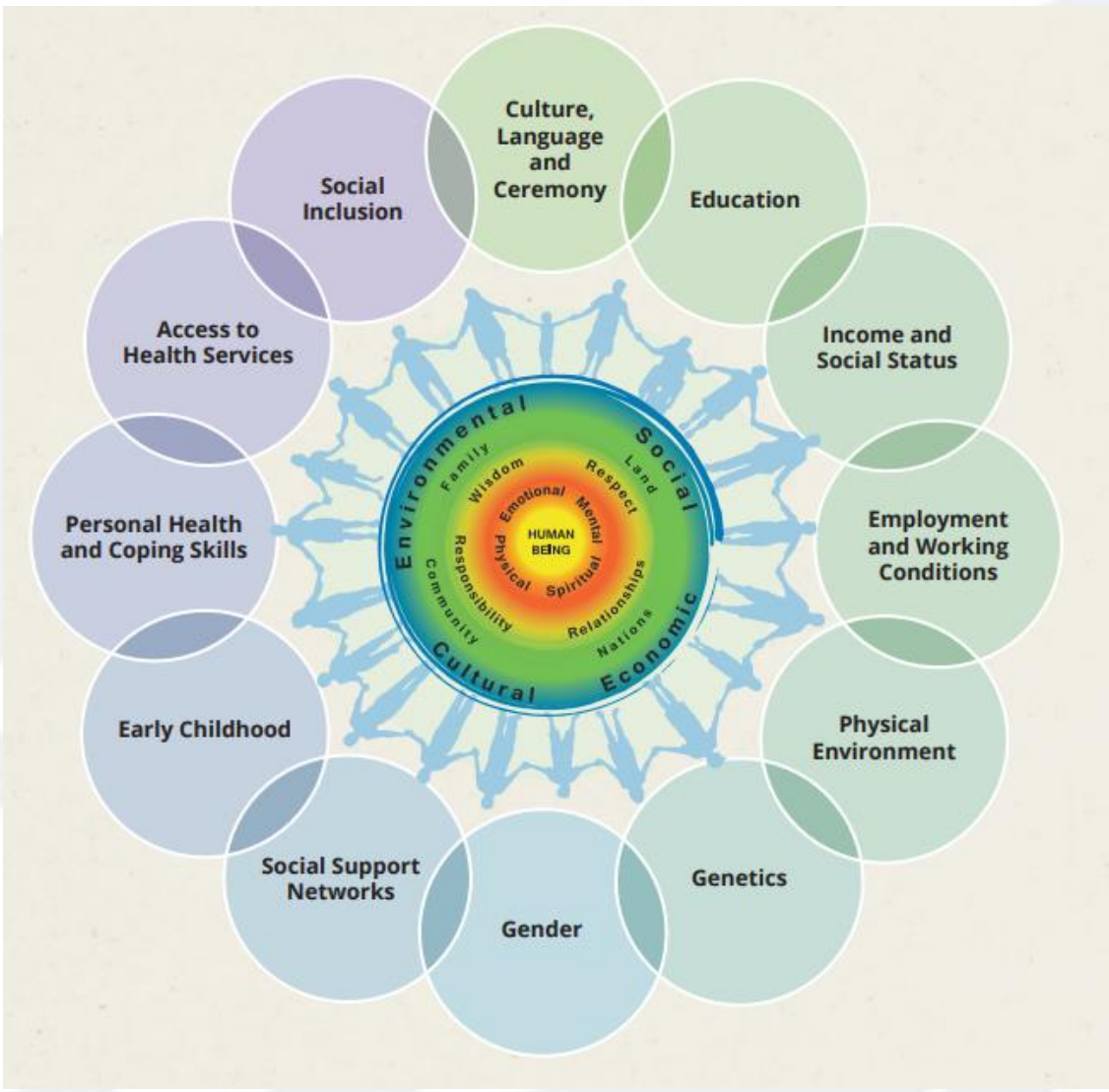


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First Nations people have long held a wholistic understanding of health and the diverse factors that impact well-being. Wholistic health and wellness is not just the absence of sickness – it includes mental, emotional, physical and spiritual health, which are influenced by many factors, including our environment, social connections, housing, income, employment and access to services.

Talking about the social determinants of health is another way of talking about the everyday things that impact a person’s well-being. This could include providing opportunities to connect or re-connect to culture to help build a sense-of-self, establish positive relationships, connect to community and balance one’s emotional, mental, physical and spiritual health and wellness.



The image above highlights some of the social determinants of health, integrated with a First Nations perspective of wholistic health and wellness. Addressing the social determinants of health will be community-driven and Nation based so that actions reflect the specific needs and priorities of First Nations.

For example, a Northern community implemented a Day Labour Program where participants earn a daily wage for supporting meaningful community-based, community-oriented projects. These projects incorporate active, wholistic, and land-based approaches and teamwork to foster healing and peer-to-peer support. They can also provide opportunities for job shadowing and mentorship.