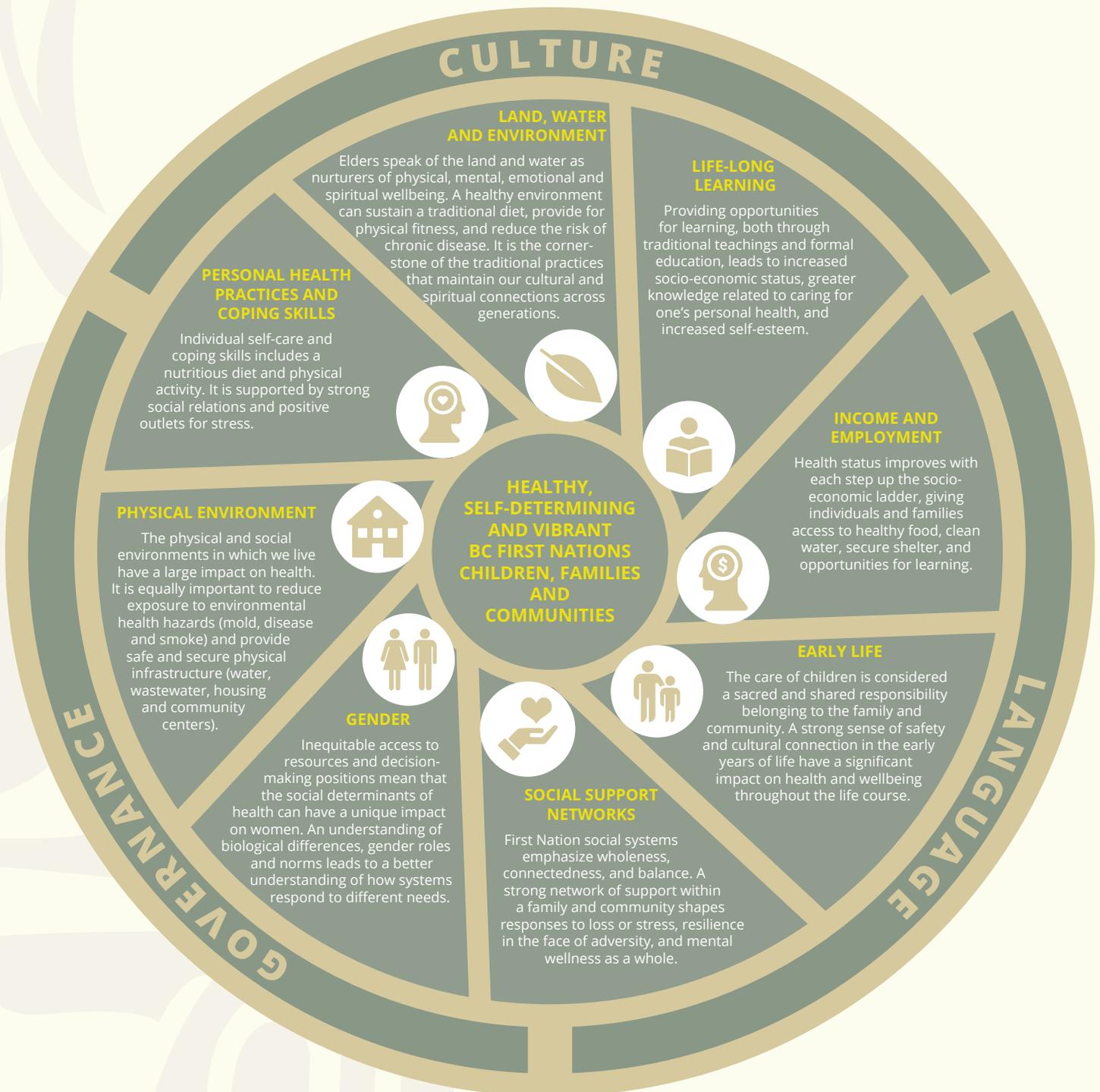


What are Social Determinants of Health?

The concept of the social determinants of health is not new to BC First Nations. We have always viewed health from a holistic perspective, encompassing the spiritual, emotional, mental, physical, economic, environmental, social and cultural wellness of individuals, families and communities. Our health is largely determined by the conditions in which we grow, live, work, and age.

This broad, shared vision of health and wellness cannot be achieved by one individual or one organization on its own. We as BC First Nations must work together to achieve this vision. At the same time, we must find new ways of working with federal and provincial governments to advance the change we wish to see.

The diagram below outlines some commonly identified social determinants that affect First Nations Health, gives examples of how they impact individual and community wellbeing, and gives the discussion here at caucus a common language from which to proceed.



We share a vision of healthy, self-determining and vibrant BC First Nations. In the fall of 2015, we asked each region to define what this vision means from the perspective of a child, family, and community. The table below is a summary of those discussions and includes a theme and outcome statement.

| GROUP | THEME | OUTCOME STATEMENT |
|------------------|--|--|
| CHILDREN | Physical Health | Well-nourished and physically active children |
| | Emotional Health | Children with positive social relationships and high self-esteem and confidence |
| | Tradition and Culture | Child has a sense of belonging and pride in family and culture |
| | Education | Child draws from blend of traditional and formal education |
| FAMILY | Economic Stability | Families have base environmental, economic, and social needs met with access to social services |
| | Tradition and Culture | Thriving and active in traditional knowledge and practices |
| | Family Relations | Proud health-conscious family units positively involved in community affairs and activities |
| COMMUNITY | Tradition and Culture | Grow and maintain traditional structures, teachings and practices |
| | Environment | To live and thrive through a healthy and safe environment |
| | Economic Stability and Sustainability | Economic security and control over means of economic growth |
| | Community Health and Wellbeing | Meet all the base needs of the community and create physical spaces for recreational and cultural activities |