

## First Nations Perspective on Health and Wellness

## The **Centre Circle**

represents human beings. Wellness is centred within individuals, responsible for taking a role in the maintenance and enhancement of their own health and wellness.

## The **Second Circle**

illustrates the essential elements of a healthy, well and balanced life. All of these elements of wellness need to be in balance and nurtured to create wholistic well-being.

## The **Fifth Circle**

depicts the determinants of our health and well-being.

**Economic** determinants include resources. which we have a responsibility to manage,

Cultural determinants include language, spirituality, ceremonies, traditional foods, medicines, teachings, and a sense of belonging.

**Environmental** determinants include the land, air, water, food, housing, and other resources that need to be cared for in order to sustain healthy children, families, and communities, now and into the future.

Social determinants, such as security, housing, food, health services, education, employment, self-determination, and outreach supports, are all critical aspects of our health and well-being.

The **Third Circle** 

overarching values

share, and sustain for future generations.

The **Fourth Circle** 

**HUMAN** 

BEING

depicts the people around us and the places from which we come. They are all critical components of our healthy experiences as human beings.

**Respect** is honouring where we come from: our cultures, traditions, and ourselves. It is intergenerational and is passed down through our communities and families.

Wisdom includes knowledge, traditions, culture, and medicine. It is passed down from generation to generation and has existed since time immemorial.

Responsibility is something we all have: to ourselves, our families, our communities, and the land. It extends to the roles we play within our families, work, and experiences in the world.

Relationships sustain us. They involve mutual accountability and reciprocity. They are about togetherness, team-building, capacity building, nurturing, sharing, strength, and love.

Land is what sustains us and is our identity. We have a responsibility to care for the land and share knowledge of the land with our people.

Community represents where we live, where we come from, and where we work. There are many different communities: communities of place, people, knowledge, interests, experiences, and values.

Family is our support base. There are many different kinds of families that surround us, including our immediate, extended, and chosen families.

Nations include the broader communities outside our immediate families and communities. Nation is an inclusive term representing the various Nations that comprise your world.

The people who make up the Outer Circle represent the FNHA Vision of Healthy, Self-Determining, and Vibrant BC First Nations Children, Families, and Communities. The people are holding hands to demonstrate togetherness, respect, and relationships of all of our ancestors, past, present, and future. In the words of one respected BC Elder, this can be stated as "Nuts Ahmat - one heart, one mind."