

HEALTH & WELLBEING

Health and wellbeing involve a community's capacity to promote, nurture, and protect the physical, mental, emotional, and spiritual health of all people where they live, learn, work, worship, and play.

WHAT HEALTH AND WELLBEING MIGHT LOOK LIKE IN COMMUNITIES WITH...

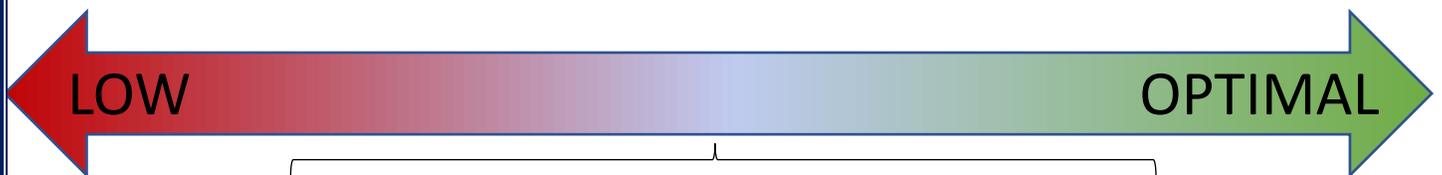
LOW CAPACITY:

Residents feel little sense of purpose and are emotionally and socially cut off from others. People see themselves as unable to influence their future. Places where people play, work, learn, live, and worship are not conducive to physical, mental, emotional, or spiritual health. Music and the arts are not part of most people's lives; there is little pride in or celebration of the community. Rates of disease, injury, and illness are high. Ill health is seen as unavoidable. People with functional and access needs are pushed out of a full and active community life. Quality child care and eldercare are scarce and/or unaffordable. People hesitate to seek out mental health support and can't find options when they do.

OPTIMAL CAPACITY:

Most individuals and families perceive their lives are going well: they feel that they have healthy relationships, positive emotions, the chance for creative self-expression, and an ability to reach their potential. Rates of disease, illness and injury are low. People, including those with functional and access needs, can be productive at work and contribute to their community. Public and institutional policies, environments, and attitudes reflect a high value on community, family, and individual health. Residents have wide access to the arts, culture, and the outdoors. Quality health care services are accessible to all. There is ready access to quality and affordable childcare, adult care, and systems to support aging in place.

INSTRUCTIONS: Think about **health and wellbeing** in your community, and mark on the horizontal line where you think your community falls between the description of '**low capacity**' and '**optimal capacity**'. Once you have made your mark, please list the opportunities and strengths that your community faces in the area of **health and wellbeing**.



OPPORTUNITIES

STRENGTHS