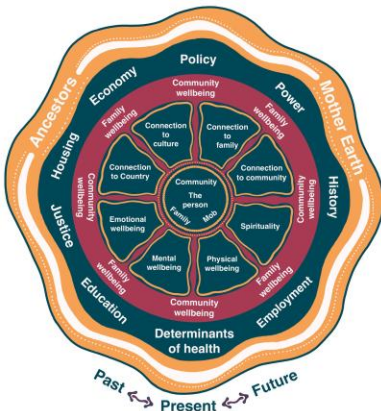




# What is Health and Well-Being?

- Not a universal concept
- Culture frames and shapes how we perceive the world and how we experience it
- Affects perceptions and beliefs about causes of disease, approaches to health promotion and how well-being is expressed



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# Examples

- Eating seal meat/iron-rich food is good when people feel weak
- Eating light meals and citrus will help fighting cold
  
- Community is central to life
- Core family is central to life
  
- Sitting in silence with people is comfortable and enjoyable
- Sitting in silence with people is uncomfortable

# Importance of using the « right lense »

- Help understanding health and well-being from the cultural perspective of the target group
- Use of a common language around health and well-being
- Guide to develop policies, practices, programs and services that are culturally-relevant, meaningful and respectful





# Factors influencing health and well-being

## ➤ Identity

Practicing Cultural Activities, Pride, Connexion to Identity

## ➤ Food

Harvesting, Sharing, Preferences, Quality/Adequacy/Quantity, Food Regulations

## ➤ Land

Outdoor Activities, Practices, Knowledge

## ➤ Knowledge

Leadership, Governance, Empowerment, Skills Development

## ➤ Economy

Making a Living/Providing, Access to Goods



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# Take away message

Well-being is a broad, overarching concept that no one action or organization can improve alone. It's a collective effort.



Διδε ΑΙΙΕ βεΑΓ  
INUIT TAPIIRIT KANATAMI



ΛΡΕΛ  
Makivvik



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## Marine Use Plan for the Nunavik Marine Region (NMR)

6.2.1(b) the primary purpose of land use planning in the NMR shall be to protect and promote the existing and future well-being of those persons and communities resident in or using the NMR

6.3.2 The purpose of a land use plan shall be to protect and promote the existing and future well-being of those persons and communities resident in or using of the NMR

- **Importance of having access to the land**
- **Importance of keeping the culture alive**
- **Nunavimmiut want to be part of the decision-making process**
- **Traditionnal knowledge must be taken into account**



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# How can we collaborate?

## NRBHSS (Public Health)

- \* Working on various protective factors to promote health (community support, programs to support families, funding initiatives to fight food insecurity, etc.)

## Marine Planning can also work in collaboration as

- \* The environment and wildlife are core to Inuit culture, identify... and well-being.
- \* Empowerment and capacity building are also important factors to improve and maintain well-being.

# Importance of culture



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