

UNDERSTANDING EIGHT DOMAINS OF WELL-BEING: IDENTIFYING A FRAMEWORK FOR THE SOCIAL & HEALTH SERVICE SECTION IN GUELPH AND WELLINGTON

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DESCRIPTION

The current project aimed to gather and compile information from the grey and academic literature on various domains of well-being. This document was provided to Toward Common Ground (TCG). TCG is a collaborative initiative in Guelph-Wellington that champions and/or supports strategic action in the social and health service sector. Towards Common Ground is comprised of 14 partners from the social and health services sector.

. TCG used this document to identify a suitable framework to provide the Social and Health Service Sector in Guelph and Wellington with common language to understand gaps, strengths, and impact and support strategic action.

In order to gather and compile this information, a three-part literature scan was conducted using both academic and grey literature. This project consisted of the first part of this literature scan. Specifically, this document identified a list of possible terms, labels, concepts, and definitions for the following eight domains of well-being:

- a. Education & Lifelong Learning
- b. Physical & Mental Health
- c. Basic Needs/Living Standards
- d. Connections, Sense of Belonging, or Relationships



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- e. Environment (Built & Natural)
- f. Leisure & Culture
- g. Engagement in Community (Democratic & Civic)
- h. Intangible Assets

KEY RESULTS

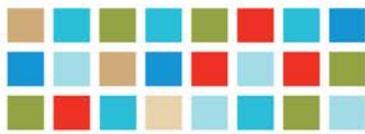
Overall, all eight domains of wellbeing were found to be important. Several concepts for each domain were also identified, with rationale for the inclusion of the concepts and corresponding indicators. Examples for each of the eight domains include the following:

- a. Education & Lifelong Learning: English proficiency skills (domain concept) was important to participate in work and everyday life (rationale), and could be measured by adult or child literacy rate (indicator).
- b. Physical & Mental Health: Longevity (domain concept) is a comprehensive way to determine health at the population level (rationale) and can be measured by life expectancy at birth (indicator).
- c. Basic Needs/Living Standards: Economic security (domain concept) is important because it impacts an individual's well-being in terms of ability to gain basic needs (rationale), and can be measured by the percentage of families below the Low Income Cut-off (indicator).
- d. Connections, Sense of Belonging, or Relationships: sense of community belonging (domain concept) helps people find a sense of identity and allows them to interact and support others (rationale), and can be measured by a Connectedness Scale (indicator).
- e. Environment (Built & Natural): Air quality (domain concept) is crucial to the health of Canadians (rationale) and can be measured by the Absolute Greenhouse Gas emissions Index (indicator).



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- f. Leisure & Culture: Total leisure time (domain concept) is a good index of individual's enjoyment, relaxation, and happiness (rationale) and can be measured by the average number of hours in a week people have free time (indicator).
 - g. Engagement in Community (Democratic & Civic): Electoral participation (domain concept) is important as it shows if people are active members of their communities (rationale) and this can be measured by the voter turnout percentage for a federal election (indicator).
 - h. Intangible Assets: Life satisfaction (domain concept) is an important part of wellbeing and can be assessed through a self-evaluation of life satisfaction (indicator).
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IMPACT

Toward Common Ground will use this document to identify a suitable framework to provide stakeholders of social and health wellbeing in Guelph and Wellington with common language to understand gaps, strengths, and impact and to support strategic action.



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