

Determinants of Health, Well-Being & Healthy Human Development

An Integral Map

Healthy Mind, Healthy Spirit

- Individual values, beliefs, attitudes, assumptions
- Inner health, well-being & development
- Self-awareness, self-responsibility
- Confidence & self-esteem
- Sense of being loved
- Sense of belonging
- Purpose, hope, motivation
- Vision, intention
- Creativity
- Inner knowing
- Reflection, discernment, choice
- Sense of spiritual connectedness
- Sense of participation & contribution

- Physical activity
- Diet, nutrition
- Use of alcohol, tobacco, non-prescribed drugs
- Sexual activity
- Healthy pregnancy
- Risk-taking behaviours
- Actions, skills, techniques
- Ability / disability
- Consumer choices
- Buy locally grown food / grow my own
- Participate in programs, services
- Voluntary activity
- Skills & opportunities for participation & contribution

Healthy Body, Healthy Actions

Healthy Culture

- Community values, attitudes, beliefs, assumptions, norms, taken-for-granted's
- Interpersonal relationships
- Peer influence
- Community identity
- Community vision: past, present, future
- Community aspirations, goals
- Cultural and spiritual ethos
- Social inclusion / exclusion; valuing diversity
- Neighbourliness
- Citizen motivation & diversity
- Political will
- Social capital
- Culture of participation & contribution

- Built environment: land use and social planning, neighbourhood design, Official Community Plan
- Natural environment: climate, biological diversity, ecosystems, etc.
- Community infrastructure: transportation, housing, social planning council, etc.)
- Family systems & structures
- Physical accessibility
- Air & water quality, noise, waste management
- Justice system
- Human Services: early childhood development health education and training etc.
- Governance systems, structures, policies
- Economic systems / development / opportunity
- Systems & structures that support participation & contribution

Healthy Systems (social & ecological)

<i>Inner Individual</i>	<i>Outer Individual</i>
<i>Inner Collective</i>	<i>Outer Collective</i>

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Revised 2008

Tam Lundy, **A paradigm to guide health promotion into the 21 st century: the integral idea whose time has come**, *Global Health Promotion* 2010 17: 44

The online version of this article can be found at <http://ped.sagepub.com/content/17/3/44>