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| **Wellness in Indigenous communities: community perception of the current state of well-being and vision for the future of well-being in two Indigenous communities in Quebec, Canada** |
| **Background/Objectives**Well-being in Indigenous communities is often assessed through socioeconomic approaches, which tend to be focused on individuals. Indigenous people perceive well-being wholistically, thus this research aims to identify wholistic concepts of well-being from their perspectives. These concepts will inform the development of indicators used to assess the state of Indigenous community well-being. A joint Community Mobilization Training (CMT) was delivered by the Kahnawá:ke Schools Diabetes Prevention Program in two Indigenous communities in Quebec. The CMT aims to mobilize members of the community to promote healthy lifestyles. One community is urban, with diverse Indigenous Peoples, while the other is a rural Atikamekw First Nation reserve.**Methods**CMT participants are members of the communities who work in health promotion. Attendees (n=12) participate in talking circles (n=3) to elaborate on the perspectives and indicators of well-being in their community. Four additional talking circles will be held with other members of the community who self-identify as Indigenous. Participants will be youth, aged 15 to 25 y (n=10 to 16) and self-identified elders (n=10 to 16) selected by a community research assistant. For each community, one talking circle will be held with youths, and one with elders. Talking circles are a method of group discussions grounded in the communities’ culture, which gives everyone equal opportunities to share their experiences and thoughts when holding the talking stick being passed around the circle. Question guides were developed with community partners. Talking circles are audio recorded, transcribed verbatim, and analysed through inductive coding to identify recurrent indicators and determinants of well-being. Peer debriefing of the analysis with co-researchers and partners in the communities will ensure results are grounded in the data. Identified indicators will further be used to develop a well-being assessment tool to be used to evaluate future CMT trainings and for communities to assess progress in their own well-being level. Participating youths will have the opportunity to experience research and gain skills as co-researchers, such as facilitating talking circles with elders, translating between Atikamekw and French, analysing and interpreting the results, and disseminating the results both within and outside their community.**Keywords**Indigenous, well-being, Canada |