

Guide to Using the Toolkit

This section will help you navigate through the toolkit as you review the Community Health and Wellness Evaluative Framework and indicators that have been developed as part of this research project. Many indicators will be relevant to your community. However, this framework can also act as a guide to help you develop other indicators that reflect the uniqueness of your own community.

Structure of the Toolkit:

The toolkit consists of:

1. a **diagram** of the Evaluation Framework
2. a **section on each of the domains** of community health and wellness with their associated indicators
3. A Methods section, which provides detailed information on the research process.

[Click to view Methods](#)



What is an Indicator?

An indicator is a measure of something. It is usually a number, but not always. Letter grades in school are an indicator but not a number.

For example, **playing sports** was one of the activities identified as contributing to a healthy lifestyle. People playing sports could therefore be an **indicator of a healthy lifestyle**.

What is a Framework?

A framework is simple model of complex things. Much like a house plan starts with a simple outline of its walls and rooms, the finished house with furnishings is much more complicated. A framework for community health indicators is similar. It is a simple model of complex social, cultural, economic and environmental relationships and behaviours that effect the wellness of a community.

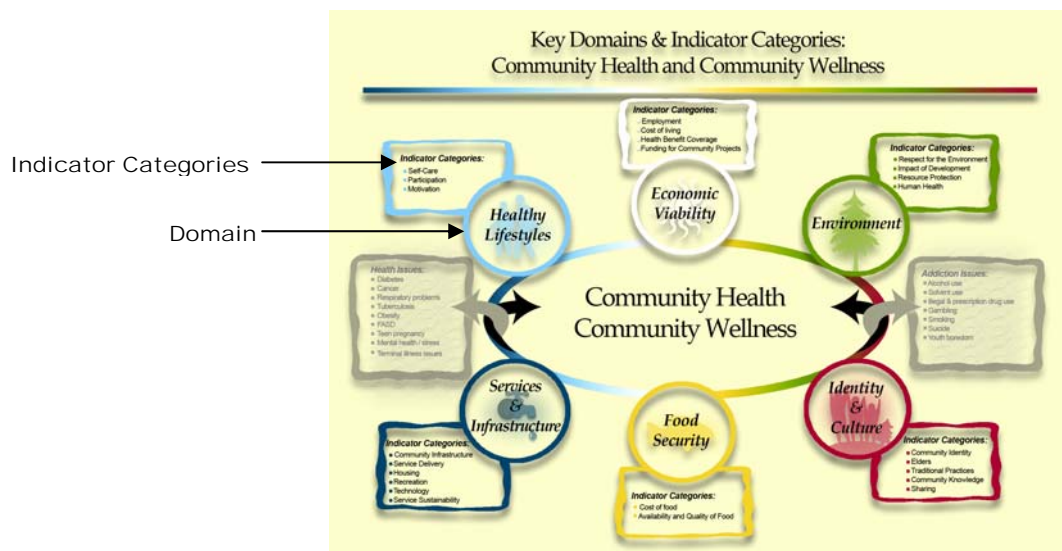
This Community Health Indicators Framework organizes the concepts of community health described by community members into key areas (domains) with proposed measurements (indicators). These indicators can then be tracked over time to see if there have been changes, allowing for evaluation of progress. When used in this way the indicators framework becomes an Evaluative Framework.

Further descriptions of the Evaluative Framework and the domain sections appear on the following pages.

1. The **Evaluation Framework Diagram** identifies:

- the key factors (**domains**) which impact the health and wellness of a community
- the specific areas within each domain (**indicator categories**) identified as playing a role in community health and wellness
- the important individual health and addiction issues affecting the health and wellness of the community

Figure 1 – Evaluation Framework Diagram



2. The **individual domain sections** of the manual include:

- a) a **description** of the **domain** and a list of the indicator categories (see *Figure 2*)
- b) a numbered list of community **proposed indicators** within the domain, grouped by **indicator category** and **issue areas** (see *Figure 2*)
- c) a set of **Data Sheets**, which organizes the indicators within each category into an indicator table (see *Figures 3 & 4*)
- d) a list of **data source references** that identify the source of the specific question, measure, or existing data that is listed in the indicator table (see *Figure 5*)
- e) a **Tool Sheet**, which provides an example of a how one might collect data and calculate a value for a specific indicator (see *Figure 6*)

What is a Domain?

A domain is a major category that has been identified as being an important area that affects health. A domain identifies key issues that need to be measured by specific indicators.

For example, **Healthy Lifestyles** was identified as a **key area that affects both individual and community health** and is therefore a domain of community health and wellness.

How to Use The Toolkit

As you look at the framework diagram, you may be interested in finding out more about one area that affects the health and wellness of a community. For example, people spoke about how participating in social and physical activities is part of a healthy lifestyle. The toolkit identifies ways in which communities proposed that participation levels in social and physical activities could be measured.

The **participation** indicator category of the Healthy Lifestyle domain contains a number of community-proposed indicators that statistical information can be collected on to measure participation, as it relates to a healthy lifestyle. You may want to find out if any of these indicators would be useful measures in your community. The steps outlined in the following pages show how you would use the toolkit to do this.

How are Indicators Used?

Collecting information on indicators can provide data to enable decision-making, set priorities, or evaluate the progress of a plan or program.

For example, measuring the level of participation in sports activities can help determine whether a desired participation level is being met, or if a specific program is having the desired effect. Measuring activity levels of different groups, like Elders or youth, can help identify whether these groups are being served by existing programs.

Step 1

- **Go to the Healthy Lifestyles section of the toolkit**, which is identified by a tab in the binder.
- As you flip to the Healthy Lifestyle section, you will see that the **first page** provides a description of the Healthy Lifestyle domain, and lists numbered indicators under each indicator category (**see Figure 2**).
- Looking at the Participation category, you will see the list of indicators (numbered 9 – 15) that relate to Participation.
- You will note that these indicators have been further grouped under “Social Activities” and “Elders and Youth”. These are areas in which issues have been identified that relate to specific participation indicators.

Figure 2 – Domain Description & Indicator List

Healthy Lifestyles

Healthy lifestyles relate to positive personal life choices that include proper diet and physical activity and that build respectful healthy relationships with family and community. It involves making life choices that contribute to and foster the development of positive self-esteem within the individual.

Indicators:

Self Care	4 – appointments kept up missed	9 – participation in community events	Motivation
Healthy Eating	5 – comfort disclosing health issues	10 – organizing/volunteering at events	Programming
02 indicators proposed	Healthy Home	Physical Activities	16 – activities available
Healthy Socializing	6 – keeping regular bedtime hours	11 – walking	17 – programs cancelled
02 indicators proposed	7 – limiting TV/video game use	12 – weight and fitness training	18 – program participation and retention
Healthy Self-Image	Hygiene	13 – playing sports	19 – age range of participants
1 – girls saying no to sex	8 – practicing good personal hygiene	14 – skating	Promotion
Medical Treatment	Participation	Elders & Youth	20 – direct contacts to provide information
2 – taking medications as prescribed	Social Activities	15 – Elderly/youth activities	Environmental Concerns
3 – attendance at support groups			21 – walking groups

... continued on next page

Step 2

- **Go to the Healthy Lifestyles Data Sheets**, which follow the indicator lists of the Healthy Lifestyle section.
- Flip through the Data Sheets to the beginning of the Participation indicator category, identified in the title line: **Health Lifestyles >> Participation** (see Figure 3).
- The Participation indicator category is further broken down under **issue areas**: Social Activities (indicators 9 &10); Physical Activities (indicators 11-14); and Elders and Youth (indicator 15).
- A description of the **issues identified** is provided below the title line, in italics.

Figure 3 – Data Sheet Identification

The diagram shows a data sheet layout with the following components:

- Domain:** Healthy Lifestyle
- Title Line:** Healthy Lifestyle >> Participation >> Social Activities
- Issues Identified:** *Being active and involved in the community through cultural, spiritual, social, recreational and sporting events.*
- Table:**

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
9	Attendance / participation in community events	Local survey required
10	Organizing or volunteering at community events	Local survey required – suggested questions: A) CBM: Community-Based Monitoring Project Question 28/21 - How many times have you volunteered for a community event (e.g. feast/helping Elder) in the last year?
- Data Sources:**

A) CBM: Community-Based Monitoring Project (Adult survey: page 23 in document; page 26 in PDF) – Question 28
Find source at: http://www.wkss.nt.ca/HTML/08_ProjectsReports/PDF/CBMFinal2002.pdf

A) CBM: Community-Based Monitoring Project (Youth survey: page 34; page 37 in PDF) – Question 28
Find source at: http://www.wkss.nt.ca/HTML/08_ProjectsReports/PDF/CBMFinal2002.pdf

Step 3

- The Participation indicators are contained in an **indicator table**, which appears just below the description of the issues identified (**see Figure 4**).
- The indicator tables contain existing statistical data on northern Saskatchewan communities and suggested questions or measures that could be used to perform a community based survey.
- A data map of existing data directs you on how to find it online. Follow each step of the data map to find the relevant information, or the closest possible site where you can contact someone to gather that data.

Figure 4 – Data Sheet Indicator Table

Indicator Table

Healthy Lifestyle

Healthy Lifestyle >> Participation >> **Physical Activities**

Issues Identified: *Participating in recreational activities that involve physical exercise and fitness.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
11	Walking	<p>Local survey required – suggested questions and existing data found at:</p> <p>A) RHS Adolescent/Adult/Child survey: Question 33A/54-How often do you participate in any kind of physical activity (either at school or at home, or in your free time? - Community level data for RHS survey exists: must be accessed by community.</p>
12	Weight and fitness training	<p>Local survey required – suggested questions and existing data found at:</p> <p>A) RHS Adolescent/Adult/Child survey: Q35/53/55-What types of physical activities have you participated in during the last 12 months? (List of activities) - - Community level data for RHS survey exists: must be accessed by community.</p> <p>B) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community</p>
13	Playing sports	<p>Local survey required – suggested questions and existing data found at:</p> <p>A) RHS Adolescent/Adult/Child survey: Q 68A/56-Outside of school hours, how often do you: ... Take part in sports teams or lessons - Community level data for RHS survey exists: must be accessed by community.</p> <p>B) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community</p>

Indicator

Data Sources

Data Map

Step 4

- Listed at the end of each group of indicator tables, are the **data source references**, where the information was gathered (see Figure 5). This is a direct reference to the source of the specific question, measure, or existing data that is listed in the indicator table. Keep in mind that online sources often change and you may have to visit the original site and find the specific document yourself.
- Each information source in the indicator tables is assigned a letter such as A), B), C), etc. The letter in the indicator table and the letter in the data sources are matched, so you can find the specific data source for each piece of information in the indicator table.

Figure 5 – Data Source References

		Profiles or 2001 Aboriginal Population Profile >> Choose a community
13	Playing sports	Local survey required – suggested questions and existing data found at: A) RHS Adolescent/Adult/Child survey: Q 68/-/56-Outside of school hours, how often do you: ...Take part in sports teams or lessons - <i>Community level data for RHS survey exists: must be accessed by community.</i> B) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community
14	Skating	Local survey required

First Nation's Health Development Toolkit Healthy Lifestyles Page 9
 December 2003

Data Sources:

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Adult survey) – Questions 63
 Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_adult.pdf

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Adolescence survey) – Questions 33/35/68
 Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_adolescent.pdf

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Child survey) – Questions 54/55/56
 Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_children.pdf

B) Statistics Canada: 2001 Community Profiles. Find source at: <http://www12.statcan.ca/english/profil01/PlaceSearchForm1.cfm>

Data Source References

Data Map to Reference

Step 5

- Finally, at the end of each domain section a **Tool Sheet** has been created to provide an example of how one might collect and interpret data to measure a specific indicator (see Figure 6).
- The Tool Sheet contained in the Healthy Lifestyle domain uses indicator #13 – Playing Sports as an example.

Figure 6 – Tool Sheet

Healthy Lifestyle

Healthy Lifestyle >> Participation >> **Physical Activities**

Issues Identified: Participating in recreational activities that involve physical exercise and fitness.

Proposed Indicator: **# 13** – Playing Sports

Suggested Measure: Compare the desired participation rates in recreational activities with current participation rates.

Information Source: Existing data and suggested questions that could be used in a local survey are provided below. These are focused on children (6-14). Limitations to the existing data are noted below (see *).

A) RHS Adolescent/Adult/Child survey: http://www.naho.ca/firstnations/english/pdf/key_docs_adolescent.pdf
Question 88 - Outside of school hours, how often do you: ...Take part in sports teams or lessons?
Note: Community level data for RH S survey exists; must be accessed by community.

B) <http://www.statscan.ca/> >>> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles >> Choose: Child / Saskatchewan / Choose a Community

How often child plays sports per week:	
Never or less than once (%)	
One or more times (%)	

C) For specific recreation information that includes past and upcoming events in the ~~Attabasca~~ region go to <http://www.nrcs.sk.ca/>

How to use this measure:

Step 1) Identify the desired rate of participation in sports activities for the age group (example: 6-14; 15-18).

Step 2) Determine the current rate of participation for the age group, by using existing data (as in the

An excerpt from the
Healthy Lifestyle Tool
Sheet

Notes About a Few of the Surveys and Existing Data

Any information (questions) that is listed as RHS (Regional Health Survey) has already been gathered for some communities and can only be accessed by that community. General survey questions are offered as examples for community developed surveys.

The Statistics Canada information is also readily available and easily found on their website. The data link will connect to the most up to date information that can be found. The direct data map to the questionnaires for this information is included here:

Find source at: <http://www.statscan.ca> >>(English/French) >> Definitions, Data Sources and Methods >> under the heading Questionnaires; Alphabetical list >> English or French Questionnaire of Aboriginal Peoples Survey – 2001