



SASKATCHEWAN INDEX OF
WELLBEING

Heritage Forum 21 February 2019



Where did this idea come from?

- The Canadian Index of Wellbeing (CIW), an initiative that reports on wellbeing at the national level.
- First CIW report released in 2011
- www.uwaterloo.ca/canadian-index-wellbeing

About the SIW

- The Saskatchewan Index of Wellbeing will be a report that examines wellbeing in Saskatchewan, based on the CIW framework
- This goes beyond the economic measures of the Gross Domestic Product (GDP).

A Partnership Initiative of...



**Community
Initiatives Fund**

Our Vision

- All Saskatchewan citizens share a high quality of life and wellbeing.

Our Mission

- To promote evidence-based decision-making that reflects the values and responds to the needs of Saskatchewan's citizens.

Desired outcomes for the SIW

- Communities are implementing holistic (multi-sectoral, inclusive) approaches to addressing complex community issues.
- Policy-makers and decision-makers make decisions based on solid, comprehensive evidence.
- Saskatchewan citizens are empowered to advocate for change that results in the highest possible quality of life for all.

Why is the SIW important

Indicators are very powerful. What we count and measure drives our understanding of whether we are better off than we used to be, whether we are leaving a better world for our children, and what we need to change.

Roy Romanow

SIW's Definition of Wellbeing

- Wellbeing is achieved when people are physically, emotionally and spiritually healthy; economically secure; have a strong sense of identity, belonging and place; and have the confidence and capacity to engage as citizens.

Alignments

- Framework for Recreation in Canada
- UN Sustainable Development Goals
- Social Determinants of Health
- Wellbeing in First Nations Communities
- Human Development Index
- Vital Signs
- Local community health/wellbeing reports
- Poverty reduction strategies, etc.
- *Living Heritage*, Quality of Life and the Vision for Reconciliation in Saskatchewan

Alignments

- Vision for Reconciliation in Saskatchewan: A shared understanding of our history: we will understand and honour the truth and history of this land, including past and present wrongs, we will have respectful relationships to our ancestors and to the land, individuals, families, communities and nations will be strong and healing
- *Living Heritage*: the values, beliefs and ways of living that are passed from generation to generation; impact our responses to present experiences and inform our choices for the future.

Alignments

- Vision for Reconciliation in Saskatchewan: Authentic relationships: strong relationships, partnerships and trust will exist among all people; safe spaces will exist for shared cultural learning, we will have greater skills for communications and managing conflict
- SIW Outcome - Communities are implementing holistic (multi-sectoral, inclusive) approaches to addressing complex community issues.
- Quality of Life - Health and Wellbeing - policy paper in support of aging in place

Alignments

- Vision for Reconciliation in Saskatchewan: Strong Cultures, World Views and Interwoven Experiences: our cultures and languages will be strong, world views respected, diversity will be celebrated, racism rejected, our social experiences will be woven together; we share and learn from each other
- SIW Outcome: Policy-makers and decision-makers make decisions based on solid, comprehensive evidence.
- Quality of Life - Citizenship and Social Cohesion – Policy Paper in support of cultural diversity and civic engagement in negotiating a shared future

Alignments

- Vision for Reconciliation in Saskatchewan: Political, Economic and Social Systems that Represent and Benefit Us All: we will have quality of life for all, representative leadership, workforce, we will implement the Treaties and achieve Indigenous sovereignty
- SIW Outcome - Saskatchewan citizens are empowered to advocate for change that results in the highest possible quality of life for all
- Quality of Life - Education and Employment - Policy Paper in support of culturally appropriate learning environments and workplaces



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