DATA GOVERNANCE AND MANAGEMENT TOOLKIT

Indicator Guide & Recommended Indicators

SGIGs Community Well-being Tools Project

The Community Well-being Tools Project is an initiative of the Data Steering Committee (DSC). The DSC is comprised of Self-Governing Indigenous Government (SGIG) representatives and was formed to support SGIGs in building their data governance and management capacity. Since 2018, the DSC has overseen data capacity-building initiatives for the SGIGs, including an online toolkit

The DSC is building upon this previous work by developing a suite of tools to support SGIGs in understanding and reporting on community well-being:

Tool	Description
DATA CAPACITY ASSESSMENT	Support SGIGs navigating the toolkit by highlighting relevant components of those tools to an assessment of an SGIGs' readiness, capacity, and objectives
DATA GOVERNANCE FRAMEWORK	Overarching framework describing and providing guidance with respect to the component parts of a data governance program
CONCEPTUAL WELL-BEING FRAMEWORK	Starting point Well-being Framework with guidance on specific customization options
FACILITATION TOOL	Guided steps for an optional process to create a customized Conceptual Well-being Framework
INDICATOR GUIDE & RECOMMENDED INDICATORS	A list of well-being indicators aligned within the Conceptual Well-being Framework with guidance about indicator selection and customization
DATA COLLECTION AND ANALYSIS	Options and recommendations for data collection and for creating and reporting statistics
DATA VISUALIZATION DASHBOARD	Interactive platform for reporting indicator-affiliated statistics organized around the customized Well-being Framework
WORKPLAN AND COSTING GUIDANCE	Milestones and budget guidelines for implementing these tools

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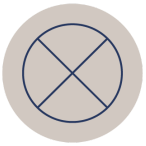
About this tool

This tool builds upon the Conceptual Well-being Framework Tool by recommending indicators within each of its eight domains:

Core Well-being



Health

Culture, Language, Heritage & Identity

Infrastructure, Programs & Services

Leadership and Governance

Education, Capacity & Employment

Land, Stewardship & Environment

External Influence

For each indicator, a definition and suggested way to calculate the indicator is provided, along with a survey question. However, given the significant diversity among SGIGs, before the Recommended Indicator List is presented, this tool begins with an orientation to indicators and considerations designed to support SGIGs to customize the indicators, and the indicator selection process, to suit their unique cultural and community contexts and priorities.

About indicators

Indicators are measures used to assess and monitor things that matter. In this toolkit, indicators are tied to domains of community well-being described in the *Conceptual Well-being Framework Tool*, such as health, leadership and governance, and culture and language.

Indicators can:

- Be quantitative (reported in numbers) and qualitative (reported in words).
- Focus on the individual (person) or the collective (community).
- Be about activities (measuring if something has been done), performance (how well a system is achieving its purpose), and outcomes (the changed state in short, medium, and long-term).

Any one single indicator cannot capture the full nuance, breadth, and complexity inherent to defining well-being. Even the simpler concepts indicators are designed to capture tend to be too complex to be fully summarized by a single indicator. As a result, in this Toolkit, a balanced set of indicators has been carefully developed and bundled together to provide a more complete picture of community well-being and to reflect the understanding that everything is related, and that well-being is produced by the interconnectedness and balance of many aspects of life.

For example, in measuring education, the Recommended Indicator List considers:

- *Educational attainment,* which tells us how our people are doing in reaching various levels of formal education;
- *School satisfaction,* which tells us how our people feel about the quality of education and educational settings;
- *Education support,* which tells us about the factors that are supporting success of our students; and
- *Educational aspirations,* which tells us about the goals our people have for their education in the future.

Taken together, this bundle of education indicators provides a measure of where our people are today in educational achievement, where they want to go on their educational journeys, and the key drivers and environments that advance or constrain

educational success. With this information we can create a baseline against which we can measure progress in the future and be better informed in terms of the effectiveness of education programs and other educational initiatives.

With the right set of indicators, an SGIG can gain valuable insight into trends, progress to celebrate and build upon, and inequities or challenges requiring attention. These data help in setting goals, evaluating policies and programs, and facilitating evidence-based decision-making. Indicators can support meaningful comparisons with other populations, which in turn informs advocacy, negotiations, and intergovernmental relationships. In these and other ways, indicators are among the most powerful tools we have for promoting community well-being and development. Peter Drucker, a major thinker in management theory famously stated: "What gets measured gets managed."

What makes a good indicator?

Informing the development or selection of indicators in a consistent way benefits from using a set of evaluation criteria. If nothing else, systematically asking the same set of questions about each indicator being considered is a useful exercise in really understanding the concept the SGIG is seeking to measure and the extent to which the proposed indicator is likely to measure that concept. Sometimes it's easy to get lost in this process and forget to ask simple questions like "if this indicator goes up, is that really a good thing?" The criteria listed below are not exhaustive or relevant in all situations, but are a comprehensive starting point. They exist in relationship with each other and trade-offs are normal. For example, an indicator about self-determination may be highly relevant, but won't necessarily be simple to construct and explain.

- *Relevance:* How effectively does the indicator capture the measure of well-being that we are trying to describe? A relevant indicator is closely aligned with the understanding of well-being expressed in the conceptual well-being framework and through community engagement.
- *Simplicity*: How easy is it to explain the indicator? The simplicity of an indicator depends on how it is calculated, how obvious the link between the indicator and well-being is, and whether the indicator is already familiar to the audience.
- *Feasibility*: How feasible is it to obtain the information needed for this indicator? For example, an indicator that can be informed by data that the SGIG already has

or is planning to collect will typically be more feasible than an indicator that requires accessing those data from an external source.

- *External comparability*: Are we interested in comparing the results with other communities or populations? Comparisons between groups can be used to illuminate inequities, and thereby support advocacy and target-setting initiatives. In general, indicators that are more customized to individual SGIGs are less likely to be comparable with other groups.
- *Internal comparability*: Are we interested in knowing how the results are changing through time? To ensure that you can draw comparisons over time, consider how you can choose indicators (and where relevant, associated survey questions) that won't become dated.

Working with the Recommended Indicator List

The Recommended Indicator List provides a set of indicators across eight domains. It is intended to be a starting point, recognizing that each SGIG has unique goals, capacities, and cultural context. To tailor this starting point to your SGIG, choices will need to be made about:

- *Scope*: How broadly and comprehensively you are aiming to measure well-being.
- *Selection*: Which specific indicators you are choosing to represent well-being.
- *Customization*: Adjusting those specific indicators to ensure cultural and contextual match for your SGIG.
- *Perceptions and Attitudes vs. Knowledge Testing*: questions to inform indicators can either ask respondents how they feel about a particular subject or how they self-rate their knowledge, or sometimes these questions can be formulated in a way that more objectively tests respondent's knowledge.

On engagement

Engagement may be required throughout the process of scoping, selection, and customization. This may be engagement with the same people throughout, or with different people on different issues. For example, it is key to connect with relevant staff about the indicators that would most help them do their jobs. And it can be very helpful to connect with community members about the right terminology and language to use in customizing indicators and survey questions.

Overall, having the right experts and leaders involved in this process can increase buy-in, ensure relevance of the indicators and survey questions to the worldviews and day-to-day realities of members, and create a smoother pathway to incorporating indicators into decision-making. Guiding questions to decide who should participate in any given step of the process or key decision include:

- Who are the experts in this subject?
- From a worldview perspective?
- From a lived experience perspective?
- From a subject matter perspective?
- Whose work is driven by data collection and reporting against indicators in this area(s)?
- Whose sensitive data is most likely to be represented in these indicators?
- Who is most connected to the culture and norms in our community?

Depending on the scope of your project, the answers to these questions may produce a very long list of potential participants – in which case, a broader process of community engagement may be of interest – or a short list, in which case perhaps it is feasible to use existing staff meetings or committees.

Throughout, it is also important to consider who has the final decision-making authority, whether that be on the final set of indicators or the final survey. Ensure that they are brought along with the process and that the process of engagement can be clearly explained to them.

Scope

This involves making decisions about which aspects of well-being you want to measure – essentially, choosing your priority domains from the Conceptual Well-being Framework and Recommended Indicator List.

This decision will be influenced by a multitude of factors that are unique to your situation. For example:

- An SGIG may be choosing indicators of well-being to include in its strategic plan.
- An SGIG may be choosing indicators specific to its health and wellness department.
- An SGIG may be choosing indicators for a census they plan to run with their membership and they would want to run this survey every 5 years.

If the SGIG is specifically planning a primary data collection project utilizing these indicators, there are additional scope constraints to consider, particularly related to the time, budget, and people available to support the project. Generally speaking, working with a larger number of indicators will require more engagement, data collection, analysis, and reporting – meaning more time and expense.

Guiding questions when determining scope:

- Are there specific domains of well-being that are the priority for measurement? Or is your project specifically about a comprehensive picture of well-being?
- What is the purpose of selecting these indicators at this time? What do you aim to do with these indicators?
- What do you have the capacity (people, time, and funding) to undertake?

Scenario: Scoping

The Sulingituk Government would like to undertake a comprehensive primary data collection project to measure and report on community well-being. They would also like to use these data to inform the development of a new Strategic Plan in two years.

Sulingituk Government decides to use the indicators in the Recommended Indicator List as a starting point. This will allow them to make comparisons with any other SGIGs that use those indicators, and to work together on shared advocacy and funding analysis priorities.

Leadership is prepared to support the associated capacity and budget requirements. They approve an initial budget for the indicator selection and development process, including for community engagement, and request that a budget for a community census be developed and submitted along with the final list of indicators resulting from this phase of work.

Selection

This involves making decisions about the specific indicators you are choosing to measure, which best reflect your SGIG's definitions of well-being, community circumstances, and priorities.

Some considerations in selecting a subset of indicators, or removing indicators from your list:

- A smaller number of meaningful indicators is better than a long list of semi-relevant ones, and a subset is more cost-effective to measure. Do you have an overall target number of indicators you are trying to stay within? Can you undertake ranking and scoring of the indicators in order to stay within this number, for example by applying a consistent framework for indicator evaluation like the one included here?
- Does the concept underlying the indicator apply to your SGIG?
- Does the indicator produce data that your SGIG can act upon in some way? Will these data help your SGIG move toward its vision and goals? Are we interested in understanding changes in this area?

Scenario: Selection

Since Sulingituk Government is planning a comprehensive primary data collection exercise, they are not worried about staying within a specific number of indicators, and are more concerned with ensuring that all indicators are relevant and meaningful to them.

Sulingituk Government undertakes four open engagement sessions among membership to inform the indicator selection process, and holds workshops with each Department. At these sessions, participants review the Recommended Indicator List, considering the following questions:

- Does this indicator apply to us?
- Do we already have these data in a usable way?
- Do we care about changes to this indicator through time?
- What would we do about the results?

Through this process, it is decided to remove the following indicators from the Recommended Indicator List:

- "Safe Drinking Water", because they have good community water and wastewater infrastructure and the Sulingituk Government monitors water quality for all community residents.
- "Educational Attainment", because they have preschool, K-12, and post-secondary graduation data in a high quality and usable form already.
- "Trust in Leadership", because they don't believe they would act upon the results of these data in any way different from the indicator on "Comfort Participating in Governance".

Customization

To ensure relevance to each SGIG's cultural and community context and priorities, the Recommended Indicator List is designed to be customizable by each SGIG in terminology, examples and options, and complexity.

Terminology

The following generalized placeholder terms are used throughout the Recommended Indicator List, and are intended to be replaced by the SGIG to reflect their unique terminology and context:

[SGIG]	Name of your SGIG (e.g. Sulingituk, Nisga'a, Tla'amin)
[Language]	The Indigenous language of your SGIG. Should be replaced with the name of your language (e.g. ʔayʔaǰuθəm, Inuktitut, Hän)
[Members]	The people that comprise an SGIG Alternative terms: Beneficiaries, Citizens
[Leadership]	The collective of people in decision or policy-making roles. Could include people in elected positions or senior administrators Alternative terms: decision-makers, legislators
[Indigenous foods]	The foods important historically, culturally, and socially among the SGIG. Alternative terms: traditional foods, country foods
[Treaty rights]	The rights that someone is entitled to as described in the terms of the Land Claims or Treaty agreement. Alternative terms: Indigenous rights, Aboriginal rights, inherent rights
[Chief Councillor]	The leader of the SGIG selected via the governance process documented in your laws. Should be replaced with the term used in your government.

There may be other terms you would like to customize. When doing so, consider whether the meaning of the question and the resulting indicator will be changed by your alternative terminology, be consistent with this change throughout all of your indicators and survey questions, and carefully consider whether the term or concept will be clear to community members, leadership, and staff.

Examples and options

Some survey questions included in the Recommended Indicator List have lists of response options designed to be customized to the specific SGIGs. This includes survey questions regarding cultural practices (see "Knowledge of Cultural Practices" and "Learning About Cultural Practices"), mechanisms for community engagement (see "Comfort Participating in Governance"), traditional foods (see "Indigenous Food Consumption" and "Sufficiency of Cultural Resources"), and more.

These lists have responses in square brackets, designed to be reviewed and finalized by the SGIG. For example:

Community Infrastructure

This indicator provides insight into satisfaction with community infrastructure and where additional investments may enhance support for individual and collective well-being.
Subdomain: Infrastructure

Indicator details

A single numerical indicator can be measured as the percentage of respondents who respond "yes, this is important and we need more" to 3 or more services listed. Alternatively, each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the community infrastructure relevant to each SGIG.

Survey question

Is it important to well-being to see more of the following infrastructure in the community?

- [Roads]
- [Trails / walking paths]
- [Playgrounds and green spaces]
- [Recreation centers]
- [Housing]
- [Elders facilities]
- [Assisted living facilities]
- [Gardens (urban, Indigenous food/medicine, community, etc.)]
- [Bike/car sharing]
- [Recycling and composting facilities]
- [Cultural facilities (e.g. longhouses)]
- [Cultural food infrastructure (e.g. smokehouses, community freezers)]

- Yes, this is important and we need more
- This is important, but is sufficiently developed in our community
- No, this is not important
- Don't know
- Prefer not to say

Complexity

Many of the indicators in the Recommended Indicator List are informed by survey questions that collect information that can be used to calculate many more indicators, or be represented in much more detailed reporting tables. This approach enables the SGIG to choose whether to report a single numerical statistic, a set of statistics, or a distribution of responses across a range of response options. For example, an SGIG could use the following indicator and survey question:

Community Infrastructure

This indicator measures the frequency with which respondents are spending time on the land for harvesting, cultural activities, learning, recreation, and other activities. This indicator supports an understanding of connection with the environment, which impacts mental, emotional, spiritual and physical health as well as affirming individuals' relationships with their culture, traditions, and ancestors. This indicator can be combined with the "Limitations to Activities on the Land" and the "Sufficiency of Resources" indicators to better understand how people are engaging with the land and whether they have appropriate levels of access to meet their needs for connection to the land.

Subdomain: Access and Connection to the Land

Indicator details

A single numerical indicator can be measured as the percentage of respondents who respond "yes, this is important and we need more" to 3 or more services listed. Alternatively, each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the community infrastructure relevant to each SGIG.

Survey question

This indicator is calculated as the percentage of respondents who are doing at least one activity "daily", "weekly", or "a few times per month". Each activity can also be reported as an individual

indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the land-based activities that are significant to each SGIG.

- Daily
- Weekly
- A few times per month
- A couple of times a year
- Never
- Don't know
- Prefer not to say

In reporting results, an SGIG could:

- Report a single statistic. For example:
  - "In the past 12 months, 68% of Sulingituk members engaged in land-based activity at least a few times per month."

- Report several statistics. For example:
  - "In the past 12 months, 13% of Sulingituk members harvested plants for food, medicine, spiritual, or cultural uses at least a couple of times a year."
  - "In the past 12 months, 8% of Sulingituk members engaged in land-based learning or education at least a couple of times a year."
  - "In the past 12 months, 24% of Sulingituk members engaged in land-based recreational activity at least a couple of times a year."

- Report a distribution of responses. For example:
  - "In the past 12 months, 6% of Sulingituk members engaged in land-based cultural/spiritual practices daily, 14% weekly, and 17% a few times per month."

SGIGs may wish to make adjustments to the survey response options to get the level of detail, richness, and precision they are seeking in the resulting data.

Scenario: Complexity

The Sulingituk team customizes the terminology on the Recommended Indicator List by replacing "[SGIG]" with "Sulingituk" throughout, and uses the terms "members", "elected leadership" and "Treaty rights" as these are commonly used throughout the community.

The Sulingituk team carefully reviews all survey questions and response options and makes changes such as specifying the types of ceremonies and cultural practices that are commonly practiced by Sulingituk people, customizing the species commonly harvested from the land, and referencing the specific programs that the Sulingituk Government administers. They choose to make these lists as comprehensive as possible, planning to summarize results for community reporting purposes, but use detailed data for program planning purposes.

On developing new indicators

You may want to design some of your own indicators to complement the Recommended Indicator List. Here are some high-level steps to guide indicator creation.

1. Developing an indicator starts with defining what you aim to measure. Ask the following:
    - What is the concept of well-being you are looking to address?
    - For that concept, what does well-being look like?
    - How would you know that well-being is improving in that particular area? In the short, medium, and long-term? Is this different for specific groups of people in our community?
    - What is interfering with well-being in this area? What challenges are we facing that we are most concerned about?
    - What do we care the most about observing and measuring in this area of well-being?

2. Based on your answers to the foregoing questions, you can start brainstorming indicators and bundles of indicators. You can review other reports and surveys to take inspiration and draw on validated indicators that measure similar concepts to what you are interested in.

3. Refine and finalize your indicators. For each, consider the factors described in "What makes a good indicator?" – Relevance; Simplicity; Feasibility; External comparability; and Internal comparability and adjust your indicators accordingly, or drop those that do not sufficiently meet these factors.

For each of your refined indicators, draft a specific definition of each to describe what it measures, and how. To create a good definition:

- Map out what these indicators will look like once they have been used to generate statistics. This can be done by preparing a quick template report with specific data points and targets generated by this indicator.
- Develop a survey question that will result in the data to measure this indicator.

Take a step back and assess whether your indicator set as a whole meets a balanced and wholistic understanding of the area(s) of well-being you are aiming to measure.

Attitudes and perceptions vs. knowledge testing questions

The survey questions proposed in the Recommended Indicator List focus on gathering respondents' attitudes, perceptions, and self-reported behaviors related to well-being concepts. For example, asking people to rate their satisfaction with education, or report on how often they participate in cultural activities.

An alternative approach is to ask knowledge testing questions, which aim to objectively assess respondents' knowledge and skills in an area. Testing questions can provide valuable data less prone to respondents' transient moods or desire to provide socially

desirable answers. The tradeoff is in the effort required to design good, specific testing questions.

Some examples of knowledge testing questions that could inform well-being indicators:

Language Fluency: Asking respondents to translate words or passages into the Indigenous language, or vice versa, provides an objective measure of language skills. The percentage of respondents able to complete the translation can inform the indicator on language fluency.

Cultural Knowledge: Asking respondents to identify important symbols, artifacts, traditions, or protocols of their culture provides insight into cultural knowledge retention and transmission. The percentage correctly answering these questions can inform indicators of cultural knowledge.

Financial Literacy: Asking respondents scenario-based questions that assess understanding of household budgeting, savings, debt, investments and other financial concepts provides insight into financial literacy. The percentage correctly answering these questions can inform indicators of financial knowledge.

Health Literacy: Asking respondents to interpret medication labels, nutrition information, test results, or medical bills objectively assesses health literacy skills. The percentage correctly answering these questions can inform indicators of health literacy.

Political Knowledge: Asking respondents questions about the SGIG's governance structures, leadership, laws, rights, policies, or processes assesses understanding of political systems. The percentage correctly answering these questions informs indicators of political knowledge.

Knowledge testing questions require careful design to ensure they accurately measure the intended knowledge and avoid bias. Engaging subject matter experts in question development and testing responses is key. Analyzing results also requires nuance, as lower scores may reflect systemic barriers or inequities rather than lack of inherent skills or capacities. Used ethically and appropriately, testing questions can complement perception-based indicators with more objective insights. We have included a single

knowledge testing question as an example in the Recommended Indicators List, but many of the questions could be supplemented or replaced with knowledge testing questions.

Recommended Indicator List

This list is a starting point that can be used as is, customized, or added to.

Core Well-being

1. Balance
2. Happiness
3. Belonging
4. Personal Agency
5. Family Connection
6. Community Cohesion

Health

1. Self-rated Health
2. Indigenous Medicine
3. Health Care Access
4. Health Care Satisfaction
5. Health Conditions
6. Health Limitations
7. Sleep
8. Healthy Behaviours

Culture, Language, Heritage & Identity

1. Pride in Indigenous Identity
2. Participation in Cultural Practices
3. Knowledge of Cultural Practices
4. Learning about Cultural Practices
5. Language Fluency
6. Language Learning

Infrastructure, Programs & Services

1. Safe Drinking Water
2. Community Infrastructure
3. Community Services Satisfaction
4. Acceptable Housing
5. Housing Satisfaction
6. Community Safety

Leadership and Governance

1. Trust in Leadership
2. Sufficiency of Information
3. Comfort Participating in Governance
4. Ability to Exercise Treaty Rights
5. Equity Among [Members]

Education, Capacity & Employment

1. Employment Rate
2. Job Satisfaction
3. Income
4. Food Security
5. Source of Livelihood
6. Educational Attainment
7. Education Support
8. School Satisfaction
9. Educational Aspirations

Land, Stewardship & Environment

1. Activities on the Land
2. Limitations to Activities on the Land
3. Indigenous Food Consumption
4. Sufficiency of Cultural Resources
5. Connection to the Land
6. Concern for the Environment

External Influence

1. Cultural Safety
2. Racism
3. Stress

Core Well-being

The indicators at the centre of this framework capture respondents' experiences of personal and community well-being. These indicators are interconnected with each other and with the indicators nested within each of the domains of well-being. In many ways, these indicators represent outcomes of the other indicators in this framework.

Indicators:

- Balance
- Happiness
- Sense of Belonging
- Personal Agency
- Family Connection
- Community Cohesion

Balance

This indicator measures respondents' frequency of feeling in balance physically, emotionally, mentally, and spiritually, in the way that aligns with their needs and definition of well-being. The dimensions of physical, mental, emotional, and spiritual well-being are defined by each person and their relative importance reflects their needs

and priorities at any given time. Self-rated balance is intended to capture respondents' wholistic state of well-being individually and, in aggregate, at a population level.

Subdomain: Self-Reported Well-being

Indicator details

This indicator is measured as the percentage of respondents who report being in balance in the way that is right for them "all of the time" or "most of the time".

Survey question

How often do you feel in balance physically, emotionally, mentally, and spiritually, in a way that is right for you?

- All of the time
- Most of the time
- Some of the time
- Almost none of the time
- None of the time
- Don't know
- Prefer not to say

Happiness

This indicator measures the self-reported level of happiness experienced by respondents. Happiness is closely related to mental health, emotional well-being, life satisfaction, and overall quality of life. In this way, self-rated happiness measures respondents' wholistic wellness individually and, in aggregate, at a population level.

Subdomain: Self-Reported Well-being

Indicator details

This indicator is measured as the percentage of respondents who are "extremely happy", "very happy", or "somewhat happy".

Survey question

Taking all things together, how happy would you say you are?

- Extremely happy
- Very happy
- Somewhat happy
- A bit happy
- Not at all happy
- Don't know
- Prefer not to say

Belonging

This indicator measures respondents' self-reported sense of belonging with the SGIG. When individuals have a strong sense of belonging, they experience a greater level of social support, inclusion, and connectedness, which contributes to their overall well-being. Belonging cultivates positive relationships, reduces feelings of isolation and loneliness, and promotes a sense of collective identity and purpose. It is a fundamental human need that satisfies the innate desire for connection and contributes to the overall quality of life and flourishing of individuals and communities.

Subdomain: Belonging

Indicator details

This indicator is measured as the percentage of respondents whose sense of belonging is "very strong" or "somewhat strong".

Survey question

How would you describe your sense of belonging to [SGIG]?

- Very strong
- Somewhat strong
- Neither weak nor strong
- Somewhat weak

- Very weak
- Don't know
- Prefer not to say

Personal Agency

This indicator measures respondents' personal sense of agency by asking whether they feel in control of their future. When individuals have a high degree of personal agency, they feel able to make choices aligned with their values, interests, and aspirations. This sense of agency and personal self-determination empowers individuals, enhances their self-esteem, and promotes a sense of purpose and fulfillment.

Subdomain: Identity

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that what happens in their future mainly depends on them.

Survey question

How much do you agree with the following statement? What happens in my future mainly depends on my own choices.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Family Connection

This indicator measures respondents' sense of unity and support within their families. Strong family unity contributes to community cohesion, as families play a vital role in shaping community dynamics, providing a strong support network, and nurturing the well-being of members. In a cohesive family unit, individuals experience emotional support, shared values, and a sense of identity, which contribute to overall well-being and the transmission of cultural values and traditions.

Subdomain: Family and Children

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that they feel a sense of connection and support within their family.

Survey question

How much do you agree with the following statement? I feel a strong sense of connection and support within my family.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Community Cohesion

This indicator measures respondents' sense of community bond. Community cohesion provides a support system during challenging times, increases social capital, and encourages collaboration and collective action toward common goals. It also contributes to the transmission of cultural values and ways. At an individual level, community cohesion creates a sense of belonging, trust, and mutual support. This

promotes positive social interactions, reduces social isolation, and enhances overall well-being. This indicator is closely related to belonging but focuses on a broader sense of a healthy and interconnected community.

Subdomain: Community

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that the community comes together and supports each other.

Survey question

How much do you agree with the following statement? I feel that the community comes together and supports each other.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Culture, Language, Heritage & Identity

This subdomain refers to the maintenance and cultivation of a People's culture including the traditions, language, spiritual practices, and connection with the environment that has been passed down through generations. Culture plays a central role in identity and contributes to improved health, a sense of belonging, and the resilience of individuals and the community.

Indicators:

- Pride in Indigenous Identity
- Participation in Cultural Practices
- Knowledge of Cultural Practices
- Learning about Cultural Practices
- Language Fluency
- Language Learning

Pride in Indigenous Identity

This indicator considers respondents' sense of pride in their Indigenous identity. A strong sense of pride in one's identity is linked with higher levels of personal empowerment and indicates that their Indigenous identity is a source of strength and confidence in their lives that would support improved mental, emotional, spiritual, and physical health. A strong sense of pride in one's Indigenous identity may also help respondents' resilience in the face of any challenges that could compromise their well-being.

Subdomain: Identity

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that they are proud of their identity.

Survey question

How much do you agree with the following statement? I am proud of my identity as a(n) [SGIG] person.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Participation in Cultural Practices

This indicator measures participation rates in cultural practices. Participation in these practices is important for transmitting, maintaining, and celebrating culture now and into the future. At an individual level, participation in cultural practices directly affects people's cultural identity and well-being. The understanding that is developed from this indicator can be complemented with the other indicators in this domain to generate a more multidimensional understanding of cultural wellness that is based on respondents' behaviours, knowledge, and sense of importance concerning their culture.

Subdomain: Ceremony

Indicator details

This indicator is measured as the percentage of respondents who report taking part in cultural practices "as much as possible", "often", or "sometimes".

Survey question

How often do you take part in cultural practices that are important to you?

- Daily
- Weekly
- A few times per month
- Once per month or less
- Never
- Don't know
- Prefer not to say

Knowledge of Cultural Practices

This indicator measures respondents' self-rated knowledge of cultural practices. A higher collective self-rated knowledge indicates the preservation and transmission of cultural heritage, which is essential for cultural continuity and resilience. At an individual level, higher levels of self-rated knowledge reflect a deeper understanding of and engagement with one's cultural traditions, customs, and rituals. This sense of cultural

competence and connection contributes to a stronger sense of identity, self-esteem, and belonging, thereby enhancing overall well-being. This indicator is designed to complement the other culture indicators by getting a wholistic sense of knowledge from the respondents' perspective rather than asking about specific cultural activities and participation.

Subdomain: Ceremony

Indicator details

This indicator is measured as the percentage of respondents who rate their knowledge of at least one cultural activity as "excellent", "very good", or "good". Each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the cultural practices that are relevant to each SGIG.

Survey question

Overall, how would you rate your knowledge of the cultural practices of [SGIG]?

- [Spirituality]
- [Gathering Indigenous foods, medicines, & plants]
- [Preparing Indigenous foods]
- [Ceremonies]
- [History]
- [Teachings and values]
- [Dancing, singing, or drumming]
- [Visual arts]
- [Language]

- Excellent
- Very good
- Good
- Fair
- Poor
- Don't know
- Prefer not to say

Learning About Cultural Practices

This indicator measures the frequency with which respondents are participating in activities to learn about cultural practices. This complements the other indicators in this domain to provide a well-rounded picture of cultural health and the transmission of cultural knowledge which is at the core of well-being for Indigenous peoples.

Subdomains: Ceremony, Medicines, Songs, Spirituality, Indigenous Food

Indicator details

This indicator is measured as the percentage of respondents who have participated in some type of learning about cultural practices "daily", "weekly" or "a few times per month". Each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the cultural practices that are relevant to each SGIG.

Survey question

In the past 12 months, how often have you participated in learning about the following cultural practices? This could include classes, mentoring, hands-on learning, or any other methods.

- [Spirituality]
- [Gathering Indigenous foods, medicines, & plants]
- [Preparing Indigenous foods]
- [Ceremonies]
- [History]
- [Teachings and values]
- [Dancing, singing, or drumming]
- [Visual arts]
- [Language]

- Daily
- Weekly
- A few times per month
- Once per month or less
- Never

- Don’t know
- Prefer not to say

Language Fluency

This indicator measures how fluent respondents are in speaking, reading, and understanding their Indigenous language. Language is tied with pride in one’s identity and is richly connected with worldview, culture, health and well-being for Indigenous people.

Subdomain: Language

Indicator details

This indicator is measured as the percentage of respondents who have “fluent”, “intermediate”, or “basic” fluency levels in at least 2 of the 3 categories. Each option listed in the survey question can also be reported as its own indicator.

Survey question

How well can you understand and speak [language]?

- Understand
- Speak
- Write and read

- Fluent
- Intermediate
- Basic
- A few words
- None
- Don’t know
- Prefer not to say

Language Learning

This indicator measures the frequency with which respondents are participating in activities to learn their Indigenous language. This complements the language fluency indicator to help understand language revitalization, which is connected with culture, health, and well-being for Indigenous people. The measurement of language learning rates can show changes in language revitalization earlier than language fluency.

Subdomain: Language

Indicator details

This indicator is measured as the percentage of respondents who have participated in some type of language learning “daily”, “weekly” or “a few times per month”.

Survey question

How often have you participated in any language learning of [language] in the last 12 months? This could include classes, mentoring, app-based learning, or any other methods to learn [language].

- Daily
- Weekly
- A few times per month
- Once per month or less
- Never
- Don’t know
- Prefer not to say

Leadership and Governance

This domain encompasses an SGIG's governance and leadership practices. Effective governance involves active [membership] participation processes that inform leadership strategic decision-making that advance the SGIG's values, culture, and long-term goals. Good governance also supports the cultivation of equity within the community, and confidence among members in the exercise of their rights.

Indicators:

- Trust in [Leadership]
- Knowledge of Governance
- Comfort Participating in Governance
- Ability to Exercise Rights
- Equity Among [Members]

Trust in [Leadership]

This indicator measures the degree to which respondents trust the SGIG's leadership to make decisions that reflect their values and interests. This provides insight into membership confidence in the alignment of [leadership]'s values with their own. Confidence in leadership creates a governance foundation of stability, shared vision and norms, and fairness, ultimately supporting community well-being.

Subdomain: Good Governance

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" with each of the provided statements. Each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) can be customized to reference the dimensions of trust in [leadership] that are relevant to each SGIG.

Survey question

How much do you agree with the following statements?

- I trust [leadership] to make decisions that will benefit our [SGIG].
- I am comfortable talking with our [leadership] members.
- I feel that [leadership] actions reflect [SGIG] values.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Knowledge of Governance

This indicator measures how knowledgeable respondents are about the governance structure and decisions made through the governance process. Knowledge of governance and government activities provides insight into social cohesion, agency, and collective responsibility. As an example of a knowledge testing question, we've added a knowledge-based question about the [Chief Councillor].

Subdomain: Good Governance

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that they understand the governance structure and know what's going on with the SGIG. Each sub-question listed in the survey question can also be reported as its own indicator.

Survey question

How much do you agree with the following statements?

- I understand the [leadership / governance] structure of [SGIG] [under the treaty / land claims agreement].
- I feel like I know what's going on with the [SGIG].

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- I choose not to know what is going on
- Don't know
- Prefer not to say

- The [Chief Councillor] of [SGIG] is _____

Comfort Participating in Governance

This indicator measures how comfortable respondents are with participating in governance processes established to support [members] engagement. When individuals feel valued and safe to contribute their perspectives, it enhances their sense of belonging and self-worth. Collective comfort participating in governance decisions promotes well-being by fostering inclusion, empowerment, and shared responsibility.

Subdomain: Good Governance

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that they are comfortable sharing their perspectives through each of the SGIG's established processes for [member] participation. Each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the processes for [member] participation that are relevant to each SGIG.

Survey question

How much do you agree with the following statement? I am comfortable sharing my perspective through

- [In-person [community] meetings]
- [Virtual [community] meetings]
- [Family meetings]
- [Social media]
- [Focus groups]
- [Committees]
- [Elections]
- [Surveys]

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Ability to Exercise Treaty Rights

This indicator measures respondents' experience of being able to exercise their [rights described in their land claim or treaty agreement]. The ability to exercise one's rights, such as rights to gather resources, enables Indigenous individuals to maintain and revitalize their cultural heritage, maintain strong connections to their ancestral lands, and preserve their unique identity.

Subdomain: Self-determination

Indicator details

This indicator is measured as the percentage of respondents who feel like they are "always" or "often" able to exercise their rights.

Survey question

Do you feel like you have the ability to exercise your rights as an [SGIG] person?

- Always
- Often
- Sometimes
- Rarely
- Never
- I don't know enough about my rights as an [SGIG] person
- Prefer not to say

Equity Among [Members]

This indicator measures respondents' perception of how equity is being promoted among membership. Measuring the perception of equity among members provides insight into perceptions of good governance, fairness, transparency, and social cohesion within the community. When there is more equity between people in the community, individual experiences are improved and diverse voices are included in community conversation and decision-making, increasing the cultural and social well-being of everyone.

Subdomain: Self-determination

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that [members] and [leadership] in the [SGIG] are making decisions that support equity across [membership].

Survey question

How much do you agree with the following statement? [SGIG] decisions and actions treat [membership] fairly and result in equity among our [membership].

- Strongly agree
- Agree

- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Land, Stewardship & Environment

This domain encompasses the role of the environment and lands as key drivers of well-being for Indigenous peoples and communities. Land reflects a connection to ancestors, a resource for living and healing, a link to identity, language, culture, knowledge, and stories, and a gift for future generations. The natural world offers a source of traditional knowledge and practices, Indigenous foods and harvesting activities that are deeply ingrained in Indigenous culture and well-being, and healing.

Indicators:

- Activities on the Land
- Limitations to Activities on the Land
- Indigenous Food Consumption
- Sufficiency of Resources
- Connection to the Land
- Concern for the Environment

Activities on the Land

This indicator measures the frequency with which respondents are spending time on the land for harvesting, cultural activities, learning, recreation, and other activities. This indicator supports an understanding of connection with the environment, which impacts mental, emotional, spiritual and physical health as well as affirming individuals' relationships with their culture, traditions, and ancestors. This indicator can be combined with the "Limitations to Activities on the Land" and the "Sufficiency of Resources" indicators to better understand how people are engaging with the land and whether

they have appropriate levels of access to meet their needs for connection to the land.

Subdomain: Access and Connection to the Land

Indicator details

This indicator is calculated as the percentage of respondents who are doing at least one activity "daily", "weekly", or "a few times per month". Each activity can also be reported as an individual indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the land-based activities that are significant to each SGIG.

Survey question

In the past 12 months, how often have you been out on the land for any of the following activities:

- [Cultural/ spiritual practices]
- [Harvesting plants for food, medicine, spiritual, or cultural uses]
- [Hunting, fishing, or trapping]
- [Learning (e.g. land-based education)]
- [Recreation (e.g. hiking, camping, skiing, kayaking, canoeing, rafting, guiding)]

- Daily
- Weekly
- A few times per month
- A couple of times a year
- Never
- Don't know
- Prefer not to say

Limitations to Activities on the Land

This indicator measures whether respondents have limitations to participating in activities on the land and what those limitations are. This indicator is closely connected to the activities on the land indicator and can be used to increase understanding of what is interrupting respondents' ability to access and form a connection with the land and

enables development of solutions to improve access to activities on the land.

Subdomain: Access and Connection to the Land

Indicator details

This indicator is calculated as the percentage of respondents who are reporting at least one limitation to participating in activities on the land. Alternatively, this indicator can be considered by looking at the most prevalent limitations that respondents experience to getting out on the land. Survey response options (and therefore potential indicators) can be customized to reference the potential limitations that are relevant to each SGIG.

Survey question

Have any of the following factors limited your ability to be out on the land as much as you would have liked in the last 12 months? Please select all that apply.

- Nothing limited my ability, I was able to get out on the land as much as I wanted to
- The places I want to go to are damaged (e.g. environmental degradation, pollution)
- I do not have time
- I do not have the knowledge
- I do not have the supplies or money to purchase what I need
- The places I want to go to are busy
- The places I want to go have been developed for other purposes
- Changes to seasons, temperatures, and climate
- I do not have transportation to reach the places I want to go
- I live too far away
- Non-Indigenous people on the territory limit my ability to peacefully enjoy the places I want to go
- Don't know
- Prefer not to say

Indigenous Food Consumption

This indicator measures the frequency with which respondents are consuming Indigenous food. Indigenous food consumption is closely connected with food security, health, and access and connection to the land. The consumption of Indigenous food is also linked with the intergenerational sharing of knowledge and culture as it connects people with their ancestral food gathering and preparation practices.

Subdomain: Indigenous Food

Indicator details

This indicator can be measured as the percentage of respondents who are eating Indigenous foods "daily", "a few times per week", "once per week" or "a few times per month" in the past 12 months. This can also be reported as the distribution of frequencies, or each option listed in the survey question can be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the Indigenous foods that are relevant to each SGIG.

Survey question

In the past 12 months, how often have you eaten the following [Indigenous foods]?

- [Chinook]
- [Chum]
- [Coho]
- [Sockeye]
- [Berries]
- [Deer]
- [Seal]
- [Other, please specify]

- Daily
- A few times per week
- Once per week
- A few times per month
- Less than once per month
- Not at all

- Don't know
- Prefer not to say

Sufficiency of Cultural Resources

This indicator measures whether the availability of various resources important to Indigenous peoples' cultural practices, livelihood, and nutrition is sufficient to meet respondents' needs. This indicator speaks to both the health/availability of resources in the environment and/or through social support networks and the effect of this availability, or lack thereof, on well-being.

Subdomain: Sustainability

Indicator details

This indicator is measured as the percentage of respondents who report that the availability of the majority of resources "fully" met their needs. This percentage should not include "not applicable" responses. Each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the resources that are relevant to each SGIG.

Survey question

In the past 12 months, did you have enough access to each of these resources to meet your needs?

- [Chinook]
- [Chum]
- [Coho]
- [Sockeye]
- [Berries]
- [Deer]
- [Cedar bark]
- [Cedar roots]
- [etc.]

- Fully
- Partially
- Not at all
- Not applicable
- Don't know
- Prefer not to say

Connection to the Land

This indicator measures the percentage of respondents who have a strong sense of connection to the land. Connection to the land supports connection to past and future generations, resources for living and healing, and grounds cultural identity. This indicator provides a different approach to understanding access and connection to the land than the others in this domain by asking directly about connection rather than asking about participation in activities that express or promote that connection. Some individuals might have a rich sense of connection without participating in many activities, or vice versa.

Subdomain: Access and Connection to the Land

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that they have a strong sense of connection to the land.

Survey question

How much do you agree with the following? I feel a strong sense of connection to the land.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

- Don’t know
- Prefer not to say

Concern for the Environment

This indicator measures the percentage of respondents who are carrying feelings of concern for the environment. As a result of environmental degradation and climate change, many people feel a sense of concern or anxiety about the natural world. This can disrupt well-being and provides a measure of how sustainability or the lack thereof is affecting well-being.

Subdomain: Sustainability

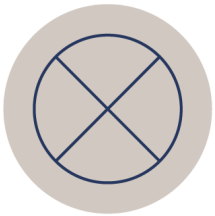
Indicator details

This indicator is measured as the percentage of respondents who “strongly agree” or “agree” that feelings of concern for the environment are negatively affecting their well-being.

Survey question

How much do you agree with the following statement? I have feelings of concern for the health of the environment or natural world that negatively affect my well-being.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don’t know
- Prefer not to say



Health

This domain encompasses health-related behaviours, services, and related factors that promote wholistic well-being, encompassing mental, emotional and physical health.

Indicators:

- Self-rated Health
- Access to Indigenous Medicine
- Health Care Access
- Health Care Satisfaction
- Health Limitations
- Sleep
- Healthy Behaviours

Self-Rated Health

This indicator measures respondents' self-rated physical, oral mental, emotional and spiritual health. Self-rated health complements the other health indicators to give a big-picture perspective of respondents' experiences of health, regardless of other indicators related to specific conditions or health behaviours. Taken together, these self-rated dimensions of health provided a rounded indicator of a person's overall sense of well-being.

Subdomain: Health Status

Indicator details

This indicator is measured as the percentage of respondents who respond "excellent", "very good" "or "'good" in each of the five areas. Each option listed in the survey question can also be reported as its own indicator.

Survey question

In general, how would you rate your:

- Physical health and wellness
- Oral/dental health and wellness
- Mental health and wellness

- Emotional health and wellness
- Spiritual health and wellness

- Excellent
- Very good
- Good
- Fair
- Poor
- Don't know
- Prefer not to say

Access to Indigenous Medicine

This indicator measures the percentage of respondents who are able to access Indigenous medicine, including Indigenous healing therapies and/or herbal and plant medicines, as needed to support their well-being. Practice and utilization of Indigenous medicine addresses specific health needs and reinforces cultural identity, connection to the land, and intergenerational transmission of knowledge.

Subdomain: Medicines

Indicator details

This indicator is measured as the percentage of respondents who report that their access to Indigenous medicine "fully" met their needs in the past 12 months.

Survey question

In the past 12 months, did your access to Indigenous medicine meet your needs? (Indigenous medicines can include herbal remedies, spiritual therapies, assistance from healers, or other practices indigenous to your culture)

- Fully
- Partially
- Not at all
- Not applicable

- Don’t know
- Prefer not to say

Health Care Access

This indicator measures the percentage of respondents who have access to a primary care practitioner. Access to primary care providers is a key determinant of well-being as it increases early detection of health issues, enables access to specialists as needed, and supports continuous and timely management of one’s health needs.

Subdomain: Health Services

Indicator details

This indicator is measured as the percentage of respondents who have access (report “yes”) to a family doctor or primary care practitioner.

Survey question

Do you have access to a regular primary care provider (e.g. family doctor or nurse practitioner) who understands your health needs?

- Yes
- No
- Don’t know
- Prefer not to say

Health Care Satisfaction

This indicator measures how satisfied respondents are with the health care they are receiving. Health care satisfaction may take many elements of care into consideration such as quality, relevance, cultural safety,, and many more. Measuring health care satisfaction provides complementary information to the health care access indicator by gathering information about experiences in health care once it is accessed.

Subdomain: Health Services

Indicator details

This indicator is measured as the percentage of respondents who are “very satisfied” or “satisfied” with the health care they have received.

Survey question

Please rate your overall satisfaction with the overall quality of health care you have accessed in the past 12 months.

- Very satisfied
- Satisfied
- Neither satisfied nor dissatisfied
- Dissatisfied
- Very dissatisfied
- Don’t know
- Prefer not to say

Health Conditions

This indicator measures the percentage of respondents who experience various health conditions and therefore provides insight into the prevalence of disease or impairment among the population. This supports planning, implementation, and monitoring of services to respond to and support well-being among those with common health conditions.

Subdomain: Health Status

Indicator details

A single numerical indicator can be measured as the percentage of respondents who respond “yes” to 1 or more of the conditions listed. Alternatively, each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) can be customized to reference the conditions relevant among the population of each SGIG.

Do you have any of the following health conditions? Please select all that apply.

- None of these
- Diabetes
- Cancer, if yes, please specify which type(s): _____
- Heart disease
- Liver disease
- Chronic breathing condition
- Arthritis/rheumatism
- High blood pressure
- Chronic pain
- Substance use disorder
- Bowel/digestive disorder
- Mood or anxiety disorder
- Fetal alcohol spectrum disorder
- Autism spectrum disorder
- Attention deficit hyperactivity disorder (ADHD)
- Other, please specify: _____
- Don't know

Health Limitations

This indicator measures the percentage of respondents who experience limitations to the activities they would like to do, as a result of a health condition. Whether any health condition has a negative impact on well-being is defined by the individual and therefore cannot be assumed from prevalence of disease or impairment. This indicator therefore seeks insight into the self-reported well-being of the population with a health condition.

Subdomain: Health Status

Indicator details

This indicator can be measured as the percentage of respondents whose desired activities are constrained as a result of a health condition that they experience. This is calculated as the number selecting "yes" responses divided by the number selecting

"yes" responses and "no, never". In other words, those who responded "I do not have any health condition impairing my activity" are not included in the rate.

Survey question

Does any health condition limit the amount or kind of activity you would like to do (e.g. at home, work, school, recreationally)?

- I do not have any health condition impairing my activity
- Yes, often
- Yes, sometimes
- Yes, rarely
- No, never
- Don't know
- Prefer not to say

Sleep

This indicator measures how many respondents are getting adequate quantities of sleep based on public health recommendations. Sleep plays a vital role in cognitive function, memory consolidation, stress levels, immune function, and mood and therefore adequate sleep supports physical, mental, emotional, and even spiritual health. The results should be broken down by age group and contextualized with information about age-specific recommended sleep levels. It is recommended that teenagers get between 8 and 10 hours, young adults and adults up to 65 years of age should get 7 - 9 hours, whereas adults over 65 are recommended to get between 7 and 8 hours.

Subdomain: Health Behaviours and Practices

Indicator details

This indicator is measured as the percentage of respondents who are generally getting "8 hours or more" of sleep per night. It may be useful to break this indicator down by age group as young people require more sleep than older people.

Survey question

Generally how much do you sleep each night?

- 8 hours or more
- Between 6 and 8 hours
- Between 4 and 6 hours
- Under 4 hours
- Don't know
- Prefer not to say

Healthy Behaviours

Engaging in healthy behaviors on a regular basis is critical for both physical and mental wellbeing. This indicator looks at how often people report incorporating positive health habits like exercise and nutritious eating into their daily lives, as well as avoiding harmful behaviors like smoking, excessive alcohol or cannabis use, and vaping. Specifically, the indicator tracks the percentage of respondents who exercise or eat nutritious meals daily or most days, and the percentage who avoid behaviors like smoking, drinking, cannabis use, and vaping entirely or just a couple days per year.

Subdomain: Health Behaviours and Practices

Indicator details

This indicator is measured as the percentage of respondents who answer "daily" or "most days" to #1, #2 and the percentage of respondents who answer "Never" or "A couple days a year" to #3, #4, #5, #6. There are a total of six indicators related to this question.

Survey question

How often do you do the following?

1. Exercise or participate in physical activity
2. Eat nutritious, balanced meals
3. Smoke tobacco
4. Drink alcohol

5. Use cannabis
6. Vape

- Daily
- Most days
- A couple days a month
- A couple days a year
- Never
- Don't know
- Prefer not to say

Infrastructure, Programs, and Services

This domain encompasses the quality and availability of public services and infrastructure which support well-being. The network of infrastructure, programs, and services that are available to a community provide foundational support for the social, cultural, and economic needs of the population. This improves the quality of life of individuals and strengthens the social cohesion of communities.

Indicators:

- Safe Drinking Water
- Community Infrastructure
- Community Services Satisfaction
- Acceptable Housing
- Housing Satisfaction
- Community Safety

Safe Drinking Water

This indicator measures the percentage of respondents who report having clean drinking

water in their homes year-round. This indicator may not be relevant for all SGIGs, but in many cases is important for understanding whether there is sufficient infrastructure to provide this basic amenity and to map progress in addressing the water crisis. Inadequate water infrastructure disproportionately affects Indigenous communities, leading to unnecessary risks and compromised well-being.

Subdomain: Infrastructure

Indicator details

This indicator is measured as the percentage of respondents who have safe drinking water year-round ("yes" responses).

Survey question

Is the main water supply in your home safe for drinking year-round?

- Yes
- No
- Don't know
- Prefer not to say

Community Infrastructure

This indicator provides insight into satisfaction with community infrastructure and where additional investments may enhance support for individual and collective well-being.

Subdomain: Infrastructure

Indicator details

A single numerical indicator can be measured as the percentage of respondents who respond "yes, this is important and we need more" to 3 or more services listed. Alternatively, each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the community infrastructure relevant to each SGIG.

Survey question

Is it important to well-being to see more of the following infrastructure in the community?

- [Roads]
- [Trails / walking paths]
- [Playgrounds and green spaces]
- [Recreation centers]
- [Housing]
- [Elders facilities]
- [Assisted living facilities]
- [Gardens (urban, Indigenous food/medicine, community, etc.)]
- [Bike/car sharing]
- [Recycling and composting facilities]
- [Cultural facilities (e.g. longhouses)]
- [Cultural food infrastructure (e.g. smokehouses, community freezers)]

- Yes, this is important and we need more
- This is important, but is sufficiently developed in our community
- No, this is not important
- Don't know
- Prefer not to say

Community Services Satisfaction

This indicator measures how satisfied respondents are with the services delivered by the [SGIG]. This can be used to understand how effectively services are being administered and whether they align with the values and expectations of the population. Community services promote well-being by supporting the social, cultural, educational and health needs of individuals. Community services can also help to increase equity among community [members] through addressing specific issues, needs, priorities, and disparities.

Subdomain: Community Services

Indicator details

This indicator is measured as the percentage of respondents who "strongly agree" or "agree" that they are satisfied with the community services listed. Each option listed in the survey question can be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the community services relevant to each SGIG.

Survey question

How much do you agree with the following statement? I am satisfied with the following services available to me and my community.

- [Children and Families]
- [Culture & Language]
- [Early Learning & Child Care]
- [Education]
- [Employment]
- [Health]
- [Lands and Resources]
- [etc.]

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Don't know
- Prefer not to say

Acceptable Housing

This indicator measures the percentage of respondents who are in acceptable housing, meaning that it is affordable, adequate (not requiring major repairs), and suitable (large

enough for the household). Housing is a key determinant of health and well-being as it provides the environment for health and safety and is an expression of social and cultural values and spiritual beliefs. Acceptable housing also provides insight into financial security.

Subdomain: Housing

Indicator details

This indicator is measured as the percentage of respondents who are in acceptable housing, meaning it is adequate, affordable, and suitable. A respondent's housing is adequate if they answer that their home does not require major repairs (response to a. is "No, only regular maintenance is required"), it is considered affordable (response to b is "no"), and it has sufficient space (response to c is "yes"). Note: this varies from the CMHC definition of suitability.

Survey question

a. Is your dwelling in need of repairs?
   - No, only regular maintenance is required (painting, furnace cleaning, etc.)
   - Yes, minor repairs (missing or loose floor tiles, bricks or shingles, defective steps, railing, or siding)
   - Yes, major repairs (defective plumbing or electrical wiring, or structural repairs to walls, floors, ceilings)
   - Don't know
   - Prefer not to say

b. Please estimate your household's total monthly housing costs including rent/mortgage payments, utilities, taxes, and insurance. Is this more than 30% of your household's before-tax income?
   - No
   - Yes
   - Don't know
   - Prefer not to say

c. Do you currently have enough space in your home to accommodate all the residents without crowding?

- No
- Yes
- Don’t know
- Prefer not to say

Housing Satisfaction

This indicator measures how satisfied households are with their housing situation. Housing satisfaction complements the acceptable housing indicator by collecting more subjective insights from respondents about how their housing situation meets their needs rather than depending on definitions of acceptable, suitable and adequate housing that may not be applicable to all households.

Subdomain: Housing

Indicator details

This indicator is measured as the percentage of respondents who are “very satisfied” or “satisfied” with their housing situation.

Survey question

How would you rate your household's level of satisfaction with your housing situation?

- Very satisfied
- Satisfied
- Neither satisfied nor dissatisfied
- Dissatisfied
- Very dissatisfied
- Don’t know
- Prefer not to say

Community Safety

This indicator measures how safe respondents feel in the [SGIG] community. Community

safety creates an environment where individuals can thrive and feel a sense of physical and psychological security. This promotes a sense of trust, social cohesion, and a supportive social fabric that is beneficial to individuals and the community overall.
Subdomain: Community Services

Indicator details

This indicator is measured as the ratio of selected concerns to the number of respondents, ordered by highest to lowest.

Survey question

Which of the following concerns do you have related to community safety?

trust [SGIG] to effectively deliver services

- ▢ Neighbour disruptions (e.g. noise, partying)
- ▢ I have no concerns about safety in my community
- ▢ Safety of pedestrians and cyclists on roads/sidewalks
- ▢ Safety of parks, trails, recreational areas
- ▢ Cleanliness and sanitation (e.g. garbage in yards or public places)
- ▢ Aggressive animals
- ▢ People who hang out in the streets
- ▢ Addictions and/or substance misuse
- ▢ Drug dealing
- ▢ Violence, neglect, or abuse (e.g. elder, child, or spousal abuse, fighting, etc.)
- ▢ Property crime (e.g. theft, vandalism)
- ▢ Other (please specify): _____
- ▢ Prefer not to say

Trust in Government and Services

These indicators aim to gauge the public's level of trust in [SGIG]. Respondents are presented with statements regarding service delivery, integrity, competence, transparency, and confidentiality practices. The results will provide insight into the

reputation and relationship [SGIG] has with its [members]. Understanding areas where trust is strong or lacking can help inform efforts to improve public confidence. Fostering robust trust between government and [members] is key for building an effective social contract and healthy communities.

Indicator details

This indicator is measured as the percentage of respondents who answer that they "Somewhat agree" or "Strongly agree" with each of the provided statements.

Survey questions

How much do you agree or disagree with the following statements?

- I trust [SGIG] to effectively deliver services
- I feel welcome when I enter [SGIG] offices.
- I feel [SGIG] keeps my personal information confidential.

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree
- Don't know
- Prefer not to say

Education, Capacity, and Employment

This domain encompasses individuals' ability to meet their material needs, overcome challenges, and achieve financial stability, which is closely associated with education and employment. Education

enhances individuals' capacity, essential skills, and employment opportunities, resulting in higher income and more fulfilling work. Ultimately, improvements or achievements in education, personal capacity, and employment positively impact individuals, families, and communities by increasing personal freedom and financial stability and reducing common drivers of stress.

Indicators:

- Employment Rate
- Job Satisfaction
- Income
- Food Security
- Source of Livelihood
- Educational Attainment
- Education Support
- School Satisfaction
- Optimism for the Future

Employment Rate

This indicator measures the percentage of respondents in the labour force who are employed. It is useful for understanding the health of the local economy which is a key determinant of well-being for individuals, families, and communities. At an individual level, financial security through sufficient employment is a significant driver of well-being. Employment can also be linked with a sense of purpose and self-esteem. Well-being is affected not only by having a job but also by the quality of the job, which is why this indicator is complemented by the job satisfaction indicator.

Subdomain: Employment

Indicator details

This indicator is measured as the percentage of respondents who are employed. This is calculated as the number selecting “yes” responses divided by the number selecting “yes” responses and “no, looking for work”. In other words, those who responded “no, not looking for work” are not included in the rate.

Survey question

Are you employed?

- Yes, full-time
- Yes, part-time
- Yes, seasonal/casual
- No, looking for work
- No, not looking for work
- Don't know
- Prefer not to say

Job Satisfaction

This indicator measures how satisfied respondents are with their jobs. Job satisfaction can complement the employment rate indicator by providing more information about how the work of employed people is contributing to their well-being.

Subdomain: Employment

Indicator details

The survey question should be asked of employed individuals. This indicator is measured as the ratio of selected responses to number of employed individuals ordered from highest to lowest.

Survey question

What would make you more satisfied with your job? Please select all that apply.

- None, I am completely satisfied at work
- Better pay
- Work that better matches my skills
- More opportunities for advancement
- Supervisor(s) or co-workers that I get along with
- More flexible hours
- Location of work
- Better job security
- More meaningful work
- Better physical safety

- Improved emotional and mental safety
- Work that serves [SGIG] or community
- Other (please specify): _____
- Prefer not to say

Income

This indicator measures the income levels of respondents. Higher levels of income generally contribute to increased financial security, access to services, autonomy, and range of choices, which are all associated with increased well-being. A more nuanced view of the relationship between income and well-being emerges by complementing this indicator with those that account for the cost of living (such as the food security indicator and the acceptable housing indicator) and those that focus on a broader definition of livelihood (such as the sources of livelihood indicator).

Subdomain: Income & Financial Security

Indicator details

This question asks for income in ranges because it increases the likelihood of high response rates. This indicator is measured by calculating the median income range for respondents.

Survey question

In what range was your total personal income before deductions from all sources?

- Less than $5,000
- $5,000 - $10,000
- $10,000 - $20,000
- $20,000 - $30,000
- $30,000 - $40,000
- $40,000 - $50,000
- $50,000 - $70,000
- $70,000 - $90,000
- $90,000 - $120,000

- $120,000 - $150,000
- $150,000 - $200,000
- More than $200,000
- Don't know
- Prefer not to say

Food Security

This indicator measures the percentage of respondents who are food secure, meaning that they are able to freely obtain sufficient quantities of healthy, balanced food. Measuring food security provides insight into the socioeconomic conditions experienced by the population. At an individual level, food security supports physical health, mental well-being, and overall quality of life which are important to well-being individually and collectively.

Subdomain: Food Security

Indicator details

This indicator is measured as the percentage of respondents who are food secure, meaning that they answer "Never" to a and "No" to b.

Survey question

In the last 12 months...

a. How often could you not afford to eat balanced meals?

- Often
- Sometimes
- Never
- Don't know
- Prefer not to say

b. Did you ever cut the size of your meals or skip meals?

- No

- Yes, because there wasn't enough money for food
- Yes, because as not enough food available
- Yes, for a combination of reasons
- Don't know
- Prefer not to say
- Yes, other _____

Source of Livelihood

This indicator looks at all sources contributing to a respondent's livelihood. This includes various types of assistance and allowances, conventional employment income, and the contribution of Indigenous activities such as hunting, gathering, or arts. Understanding the sources of livelihood among [members] illuminates the vitality of the Indigenous economy, a more nuanced picture of economic freedom and self-sufficiency, and also contextualizes the contribution of social assistance-related programs.

Subdomain: Income & Financial Security

Indicator details

One recommended indicator is the percentage of respondents who earn some income through Indigenous activities (they report receiving income from "Through Indigenous activities such as [context-specific examples]". Alternatively, this indicator can be considered by looking at the most prevalent sources of income among respondents.

Survey question

Did you personally receive income from any of the following sources in the last 12 months?

- Paid employment
- Child tax benefit/family allowance
- Provincial or community social assistance
- Royalties, trusts and land claim payments
- Employment insurance
- Earning from self-employment

- Through Indigenous activities such as [context-specific examples]
- Basic old age security
- Education or training allowance/scholarships
- Benefits from Canada pension plan
- Child support/alimony
- Disability allowance
- Retirement pensions superannuation annuities
- [Specify other monetary distributions from the SGIG]
- Other
- None
- Don't know
- Prefer not to say

Educational Attainment

This indicator measures the percentage of the population who have graduated high school, and the percentage of the population who have completed other levels of education. Educational attainment can increase individuals' options for meeting their material needs, overcoming challenges, and forming financial stability. Well-being is affected not only by the outcome of educational attainment but also by one's experience in school and school quality, which is why this indicator should be complemented by the school quality indicator.

Subdomain: Education

Indicator details

Two recommended indicators can be generated by this survey question. One is the percentage of respondents who have graduated from high school (they select "high school diploma or certificate"). This calculation should be made based on people who are more than 8 years away from the time they entered grade 8. The second is the percentage of respondents who have completed an additional level of education other than high school (they select one of the options other than "None" or "High school diploma or certificate").

Survey question

What is the highest level of education you have completed?

- None
- High school diploma or certificate
- Registered Apprenticeship or other trades certification or diploma
- College, CEGEP, or other non-university certificate or diploma
- University certificate or diploma below bachelor level
- Bachelor's degree (e.g., B.A., B.Ed., LL.B.)
- University certificate or diploma above bachelor level
- Degree in medicine, dentistry, veterinary medicine or optometry (M.D., D.D.S., D.M.D., D.V.M, O.D.)
- Master's degree (e.g., M.A., M.Sc., M.Ed., M.B.A.)
- Earned doctorate (e.g., Ph.D.)

School Satisfaction

This indicator measures the self-rated quality of schools by students and parents. School quality can complement the educational attainment indicator by providing more information about students' experiences in school and satisfaction with school.

Subdomain: Education

Indicator details

This indicator is measured as the percentage of respondents who rate their / their child's school as "excellent", "very good", "or "'good".

Survey question

Please rate your overall satisfaction with the quality of education and the learning environment in your / your child's school.

- Excellent
- Very good
- Good
- Fair
- Poor
- N/A - Neither I nor a child of mine is currently in school
- Don't know
- Prefer not to say

Education Support

This indicator looks at the key sources of support for student success in educational settings. This provides insight as to the strength of the support network available to students, which supports their well-being through their education and their prospects of success. Education support can complement the educational attainment indicator by providing more information about the conditions and factors that enable that attainment

Subdomain: Education

Indicator details

This indicator is measured as the percentage of respondents who say that 3 or more supports aided them on their educational journey. Alternatively, this indicator can be considered by looking at the most prevalent supports that respondents experience in their educational journeys.

Survey question

What helped you in your educational journey? Please select all that apply.

- Support from family

- Support from [SGIG]
- Supports available at my school
- Student loans
- Indigenous cultural supports available at the school
- Tutoring programs
- Being able to attend school close to home
- Being able to work while in school
- Don't know
- Prefer not to say

Education Aspirations

This indicator measures the degree to which respondents are motivated to pursue more education in the future. Understanding a population's educational aspirations provides insight into its general optimism, ambition, and openness. At an individual level, strong educational aspirations can also be used to estimate future educational attainment and provide insight into future program and service demands.

Subdomain: Education

Indicator details

This indicator is measured as the percentage of respondents who indicate that they would like to go back to school (they select "yes").

Survey question

Would you like to go back to school?

- Yes
- No
- Unsure
- Prefer not to say

External Influence

There are some subdomains which contribute to well-being but are external to the government and community. These external elements impact the other domains of well-being but fall outside of the direct control of SGIGs.

These indicators are separated out as their own domain because they are outside of the control of SGIGs. Experiences of cultural safety and racism are largely impacted by the work and success of non-Indigenous people and organizations to create culturally safe spaces and not tolerate racism or biases that harm Indigenous people. While these indicators speak to dynamics that are outside the community and decision-making of SGIGs, they do affect the well-being of Indigenous people so are considered to be important indicators.

Indicators:

- Cultural Safety
- Racism
- Stress

Cultural Safety

This indicator measures whether respondents feel culturally safe in various environments outside the community, including school, work, justice, transportation, and health care settings. Cultural safety means having safe, trusting, respectful encounters in spaces where one's Indigenous identity is respected and welcomed. Cultural safety enables the recognition of Indigenous peoples' culture, history, and knowledge systems, as well as the context of colonialism and its associated traumas. In culturally safe spaces and encounters, Indigenous values and personhood are validated and affirmed which means that Indigenous people are more likely to thrive and have their needs met in those environments.

Subdomain: Cultural Safety

Indicator details

This indicator is measured as the percentage of people who report that they feel culturally safe "always", "often", or "sometimes" in all places asked about. Each option listed in the survey question can also be reported as its own indicator. Survey response options (and therefore potential indicators) are intended to be customized to reference the services and locations that are relevant to each SGIG.

Survey question

Do you find the following places outside the community to be culturally safe?

- [Work]
- [School]
- [Health care (doctor, hospital, etc.)]
- [Pharmacy]
- [Dentist]
- [Child welfare services]
- [Municipal and other government services]
- [Police or security]
- [Childcare services]
- [Court and justice system]

Possible answers:

- Always
- Often
- Sometimes
- Rarely
- Never
- Don't know
- Prefer not to say

Racism

Racism is related to cultural safety in that racism is the primary reason for a lack of cultural safety. Racism is a form of oppression involving power dynamics, unequal treatment, and marginalization. Indigenous people face unique forms of racism that are inextricably tied to colonialism. Freedom from racism is an important part of healing for both individuals and communities.

Subdomain: Racism and Discrimination

Indicator details

This indicator is measured as the percentage of respondents who report that racism has "no impact" or "little impact" on their well-being.

Survey question

Has racism negatively impacted your well-being?

- No impact
- Little impact
- Some impact
- Strong impact
- Very strong impact
- Don't know
- Prefer not to say

Stress

This indicator measures the self-reported sources and presence of stress. Stress is found to negatively impact well-being in many ways including weakening the immune system, disrupting sleep, and increasing the likelihood of anxiety and depression. Healthy stress levels are associated with improved physical health, mental resilience, and an increased sense of balance which can lead to a higher quality of life.

Subdomain: Health Behaviours and Practices

Indicator details

There are several indicators included in this stress section. The first is the proportion of respondents that select “very stressed” or “extremely stressed” in response to the first question.

The second set of indicators are measured as the percentage of respondents that selected each stressor as one of their top two picks in each category as well as overall.

Survey question 1

All things considered, I would say that I am generally:

- Extremely stressed
- Very stressed
- Moderately stressed
- Slightly stressed
- Not at all stressed

Survey question 2

What would you say contributes most to your feelings of stress? Please select the top two in each category.

Health / Safety

- Physical health
- Mental health
- Substance use issues
- Safety for myself (e.g. abuse, violence, neglect, etc.)

Finances / Work

- Money issues
- Work responsibilities, or job stability
- School responsibilities
- Work/life balance

Responsibilities

- Caregiver responsibilities (parenting, caring for parents, etc.)
- Safety for people I care about (e.g. abuse, violence, neglect, etc.)
- Providing for dependents financially
- Household duties

Relationships

- Personal/intimate relationship
- Loneliness
- Problems faced by my friends and family
- Loss of a loved one

Living Situations

- Neighbourhood issues (safety, noise, etc.)
- Housing affordability
- Household maintenance
- Roommates/housemates

Other

- Degradation of the natural environment
- Loss of [language]
- Racism
- Not having enough time
- Being disconnected from my culture (access to traditional foods, medicine, [language])
- Other people treating me poorly (hostility at work or in community)
- Other (please specify): _____
- Prefer not to say