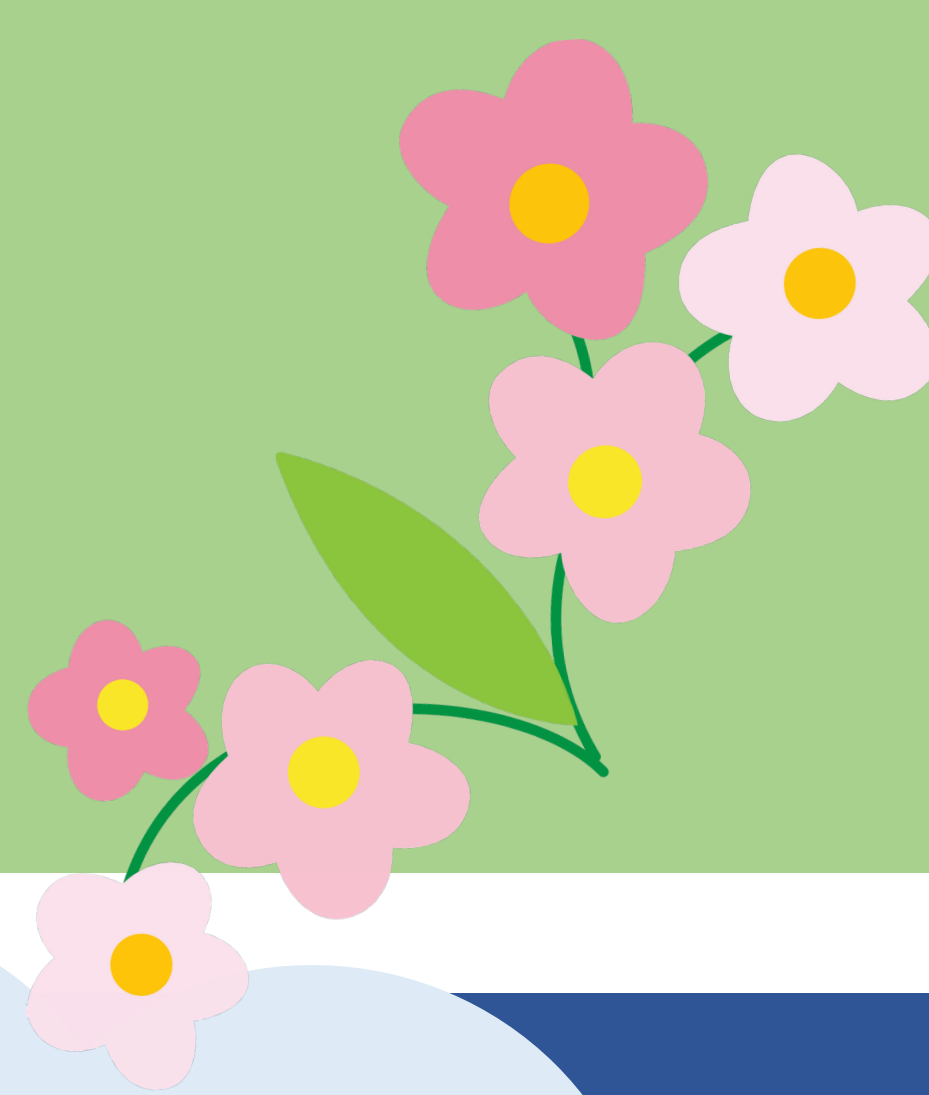


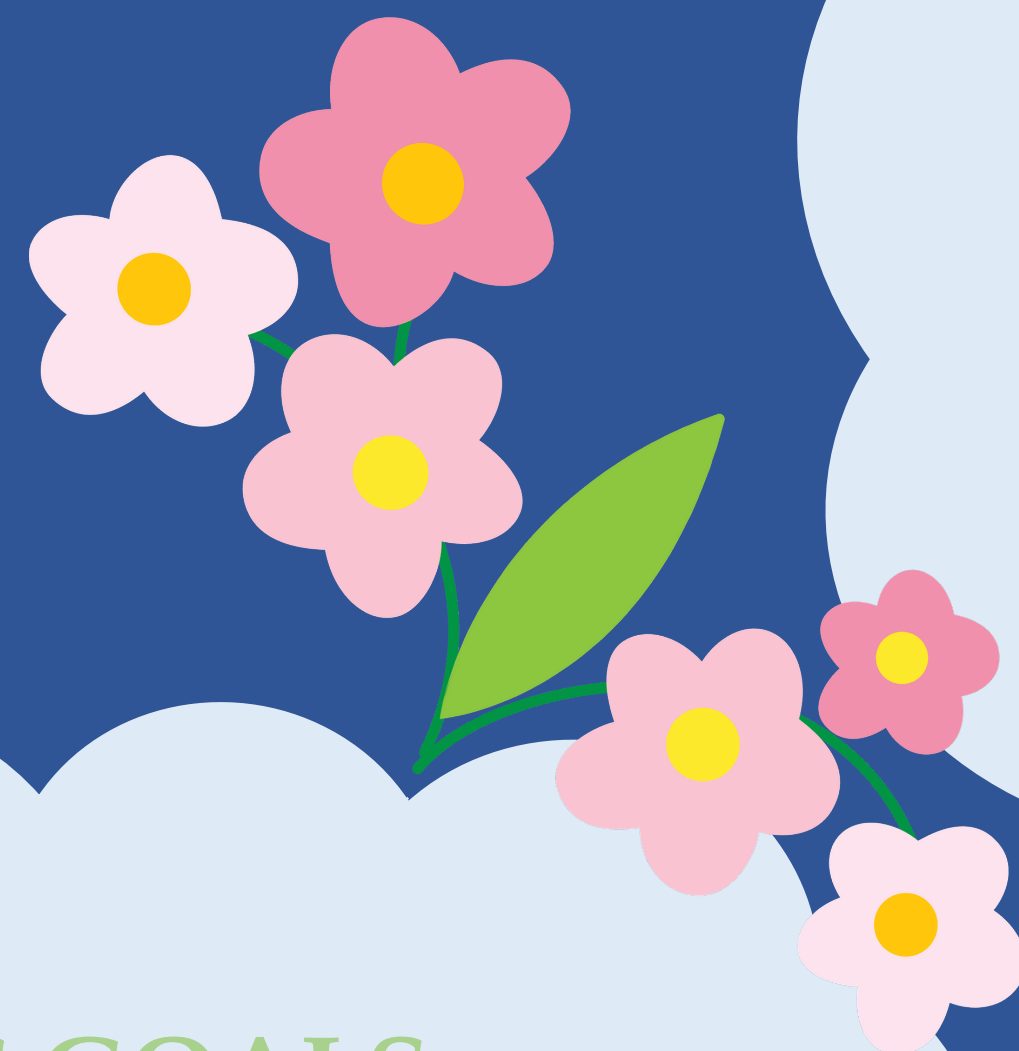
# FINDING WELLNESS

In the City of North Vancouver amongst all demographics



## WHAT IS IT?

The goal of our project was to create a survey that the City of North Vancouver could administer to get a sense of the communities' levels of wellness. This was further broken down into five areas of wellness: economic, health, political, social, and environmental.



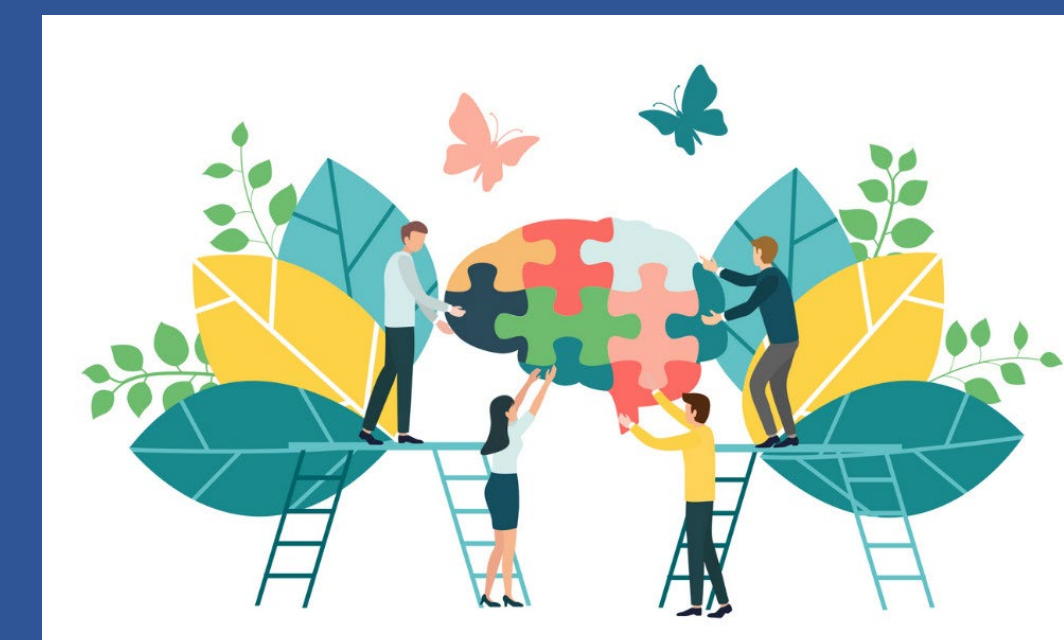
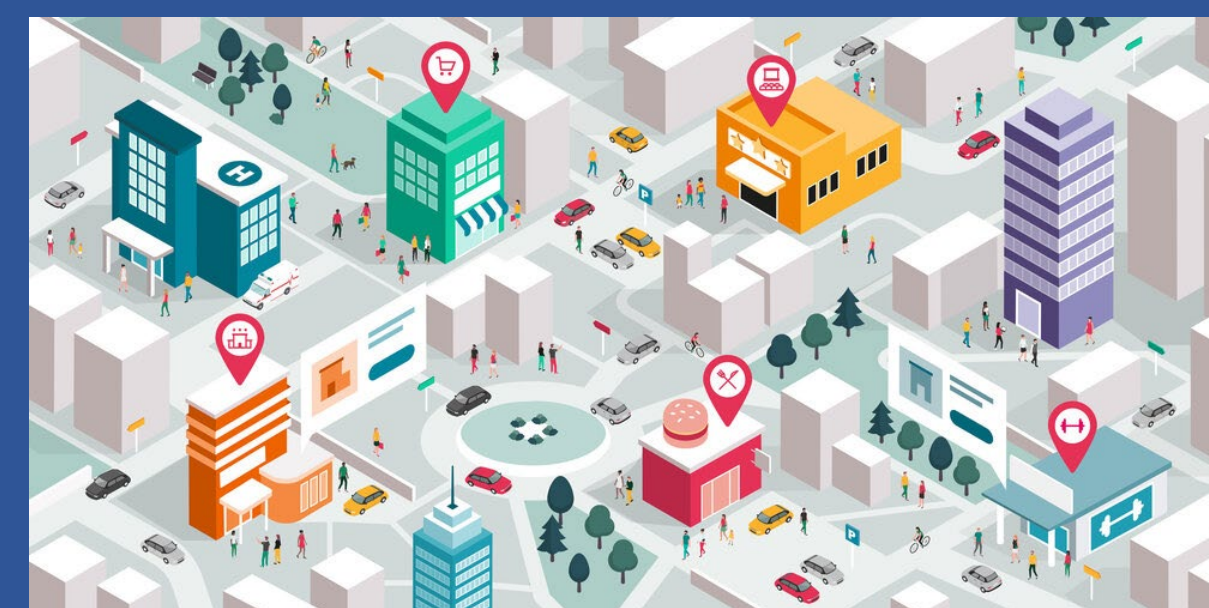
## THE CITY'S GOALS

- A city of short distances
- Making room for community
  - Being an equitable city
- Repositioning social investments

## WHY IS IT NEEDED?

By studying wellness and its multidimensional nature as well as its connection to the complex issues that communities are facing, "progress may be made toward the solution of problems and promotion of well-being on many levels" (Wissing, 2022, para. 14)

Using a variety of recruitment and administration methods we will be able to gather a representative voice of the City of North Vancouver that can help identify gaps, successes, and influence policies and programs.



## HOW IT WORKS:

We first defined each of these areas of wellness and asked 2-3 quantitative questions per each section where participants can respond on a likert scale. Additionally, we then embedded qualitative questions into the design in hopes to give community members a space for more detailed response.

Further, based on the data of demographics from the previous survey, we are suggesting after analysis of demographics, and then invitation for recruitment of the underrepresented individuals. With the results of the focus groups be analyzed with descriptive phenomenology.



## OUTCOMES

We hope that this survey will allow for a wide representation and understanding of the diverse and complex needs of community members living in the City of North Vancouver.