



## Glossary

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### Population Health

Population health is an approach to health that aims to improve the health of the entire population and to reduce health inequities among population groups. In order to reach these objectives, it looks at and acts upon the broad range of factors and conditions that have a strong influence on our health.<sup>1</sup>

### Upstream Approach

Upstream investments are interventions aimed at the root causes of a population health problem or benefit. Root causes are often identified by determining the most immediate and direct causes, and working backwards from there. In many cases, upstream action addresses social, economic and environmental conditions.<sup>2</sup>

### Health Promotion

Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions.<sup>3</sup>

### Social Determinants of Health

The social determinants of health influence the health of populations. They include income and social status; social support networks; education; employment/working conditions; social environments; physical environments; personal health practices and coping skills; healthy child development; gender; and culture.<sup>4</sup>

### Suicide Prevention

Prevention is the umbrella in working toward reducing deaths by suicide; increasing awareness, eliminating stigma, knowing what to do in the event that you or someone you know experiences thoughts or behaviours associated with suicide. It's having the skills, awareness, before someone is in crisis. In preventing suicide, intervention and postvention are components toward the goal of reducing suicides.<sup>5</sup>

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<sup>1</sup> <http://www.phac-aspc.gc.ca/ph-sp/approach-approche/index-eng.php#What>

<sup>2</sup> <http://cbpp-pcpe.phac-aspc.gc.ca/population-health-approach-organizing-framework/key-element-4-increase-upstream-investments/>

<sup>3</sup> [http://www.who.int/topics/health\\_promotion/en/](http://www.who.int/topics/health_promotion/en/)

<sup>4</sup> <http://cbpp-pcpe.phac-aspc.gc.ca/public-health-topics/social-determinants-of-health/>

<sup>5</sup> <http://suicideprevention.ca/understanding/what-is-suicide-prevention-intervention-and-postvention/>



## **Suicide Intervention**

Intervention includes coping and intervening in the event that you or someone you know is experiencing suicidal thinking or behaviours.<sup>6</sup>

## **Suicide Postvention**

Postvention includes the skills and strategies for taking care of yourself or helping another person heal after the experience of suicide thoughts, attempts or death.<sup>7</sup>

## **Community Coalition**

Community Coalitions are groups made up of community members addressing community needs through collaboration. Coalitions work over long periods to build on the existing community resources to help resolve community problems.<sup>1</sup> Community Coalitions have proven effective in changing attitudes and behaviour on a range of issues tied to population health, including infant mortality, sexual risk reduction, and drunk driving.<sup>8</sup>

## **Suicide**

Suicide is the act of deliberately killing oneself. Risk factors for suicide include mental disorder (such as depression, personality disorder, alcohol dependence, or schizophrenia), and some physical illnesses, such as neurological disorders, cancer, and HIV infection.<sup>9</sup>

## **Survivors of Suicide**

A suicide survivor or survivor of suicide is one of the family and friends of someone who has died by suicide. A person who lost a friend or family member to suicide.<sup>10</sup>

## **Mental Health**

A state of well-being in which every individual realizes his or her potential and can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.<sup>11</sup>

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<sup>6</sup> <http://suicideprevention.ca/understanding/what-is-suicide-prevention-intervention-and-postvention/>

<sup>7</sup> <http://suicideprevention.ca/understanding/what-is-suicide-prevention-intervention-and-postvention/>

<sup>8</sup> <http://novascotia.cmha.ca/wp-content/uploads/2016/06/3.1BWhytheCoalitionModelWorks.pdf>

<sup>9</sup> <http://www.who.int/topics/suicide/en/>

<sup>10</sup> <http://www.survivorsofsuicide.com/about.shtml>

<sup>11</sup> [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)



## **Mental Wellness**

A person's overall emotional and psychological condition.<sup>12</sup>

## **Mental Illness**

Refers to a wide range of mental health conditions – disorders that affect your mood, thinking and behavior.<sup>13</sup>

## **Injury Prevention**

Injuries may be intentional, like those caused from abuse or suicide, or they may be unintentional, like those caused by falling or motor vehicle crashes. Either way most injuries are predictable and preventable. Preventing injuries is one of many factors that contribute to people living healthy lives. Everyone has a role in injury prevention.<sup>14</sup>

## **Harm Reduction**

Harm reduction can be described as a strategy directed toward individuals or groups that aims to reduce the harms associated with certain behaviours.<sup>15</sup>

## **Deliberate Self-Injury**

Deliberate self-injury means that someone hurts themselves on purpose but doesn't intend to end their life. Common acts of self-injury include cutting skin, burning skin, hitting yourself to the point of injury, and preventing wounds from healing. Self-injury itself isn't a mental illness, but may be a sign that someone needs care and support. In some cases, self-injury can be a sign of a mental health problem. People self-injure for many different reasons.<sup>16</sup>

## **Trauma Informed**

Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.<sup>17</sup>

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<sup>12</sup> <http://medical-dictionary.thefreedictionary.com/Mental+wellness>

<sup>13</sup> <http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/definition/con-20033813>

<sup>14</sup> <http://www.albertahealthservices.ca/injprev/page11930.aspx>

<sup>15</sup> <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2528824/>

<sup>16</sup> [http://www.cmha.ca/mental\\_health/youth-and-self-injury/#.V7b45pMrJRk](http://www.cmha.ca/mental_health/youth-and-self-injury/#.V7b45pMrJRk)

<sup>17</sup> National Center for Trauma Informed Care (NCTIC, [www.samsha.gov/nctic](http://www.samsha.gov/nctic), 2013)



## **Recreation**

Something people do to relax or have fun; activities done for enjoyment.<sup>18</sup>

## **Leisure**

Time when you are not working; time when you can do whatever you want to do; enjoyable activities that you do when you are not working.<sup>19</sup>

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<sup>18</sup> <http://www.merriam-webster.com/dictionary/recreation>

<sup>19</sup> <http://www.merriam-webster.com/dictionary/leisure>