



Medicine Wheel Balance App: Complimentary Component to the Aaniish Naa Gegii: Children's Health and Well-being Measure (ACHWM)

PRESENTING AUTHOR:

Marnie Anderson

AUTHOR(S):

Anderson M¹, Wabano MJ², Young N¹, Jacko D², Paul Pomerleau¹

AFFILIATIONS:

(1) Department of Evaluating Children's Health Outcomes (ECHO), Laurentian University, Sudbury Ontario,

(2) NAANDWECHIGE-GAMIG Wikwemikong Health Centre, Wiikwemkoong Unceded territory Ontario

ABSTRACT:

Background/Purpose: The Aaniish Naa Gegii: the Children's Health and Well-being Measure (ACHWM) is a comprehensive health and wellbeing assessment for Indigenous (First Nation, Inuit and Metis) youth between the ages of 8-18. The ACHWM covers key health concepts: spiritual, emotional, physical and mental/cognitive. A creative design was needed to facilitate sharing of results in a way that would resonate with children and support a strengths-based conversation with local mental health staff.

Methods: A new Application (complementary to the ACHWM) was developed to incorporate the four health concepts, celebrate individual strengths and foster discussion for growth towards Mino-bimaadziwin (living the good life). The ACHWM results are typically presented as numeric scores for each of the 4 health concepts. The Medicine Wheel visual was selected as it is non-numeric and First Nation children have a strong cultural understanding and connection to the Medicine Wheel.

Results/Outcomes: Together with a developer programmed a new application for Android tablets that generates a colorful illustration of ACHWM scores in the form of a Medicine Wheel. The image displays colored quadrants, with the size of each quadrant representing the individual's results. This visual of their ACHWM results is a catalyst to support local health staff in identifying and celebrating a child's current strengths while working to achieve balance in their well-being.

Conclusions: The ACHWM Balance Application is designed to provide local health staff the opportunity to visually display ACHWM scores in a unique manner that resonates with children. This new Balance app helps direct conversation by both celebrating current strengths and illustrating where opportunities to grow may reside in order to establish a balance among the 4 health quadrants.