

# THE HEALTH PROMOTION ALIGNMENT FRAMEWORK

**1 LIFECOURSE** First and foremost an alignment for health promotion strategies, the Framework spans the entire life course trajectory all Canadians navigate throughout their life.

**2 DEVELOPMENTAL TRANSITIONS**

The concept of developmental transitions suggests that the process of growing up and aging requires a person to successfully adapt to a series of ever more complex social environments, beginning with the family, then the school, the neighbourhood and community, workplaces and eventually society as a whole.

**3 POSITIVE OUTCOMES**

For each of the developmental transitions, the framework identifies a number of positive outcomes that tell us that a person is doing well. These outcomes are like landmarks that indicate the child, youth, adult or older adult is on the right path in their development and aging process over their life course.

The Positive Outcomes fall predominantly under four main themes which appear throughout the lifecourse, although their influencing factors can change over time.

- + Physical
- + Mental
- + Social
- + Economic

**4 INFLUENCING FACTORS**

For each positive outcome, the framework identifies key factors that play a role in influencing the extent to which the outcome is achieved. The framework does not attempt to identify all possible influences; only those that experts have agreed are most important and most likely to enable Canadians to reach the ideal positive outcome.

**5 CONTRIBUTOR DOMAINS**

CARRY OUT

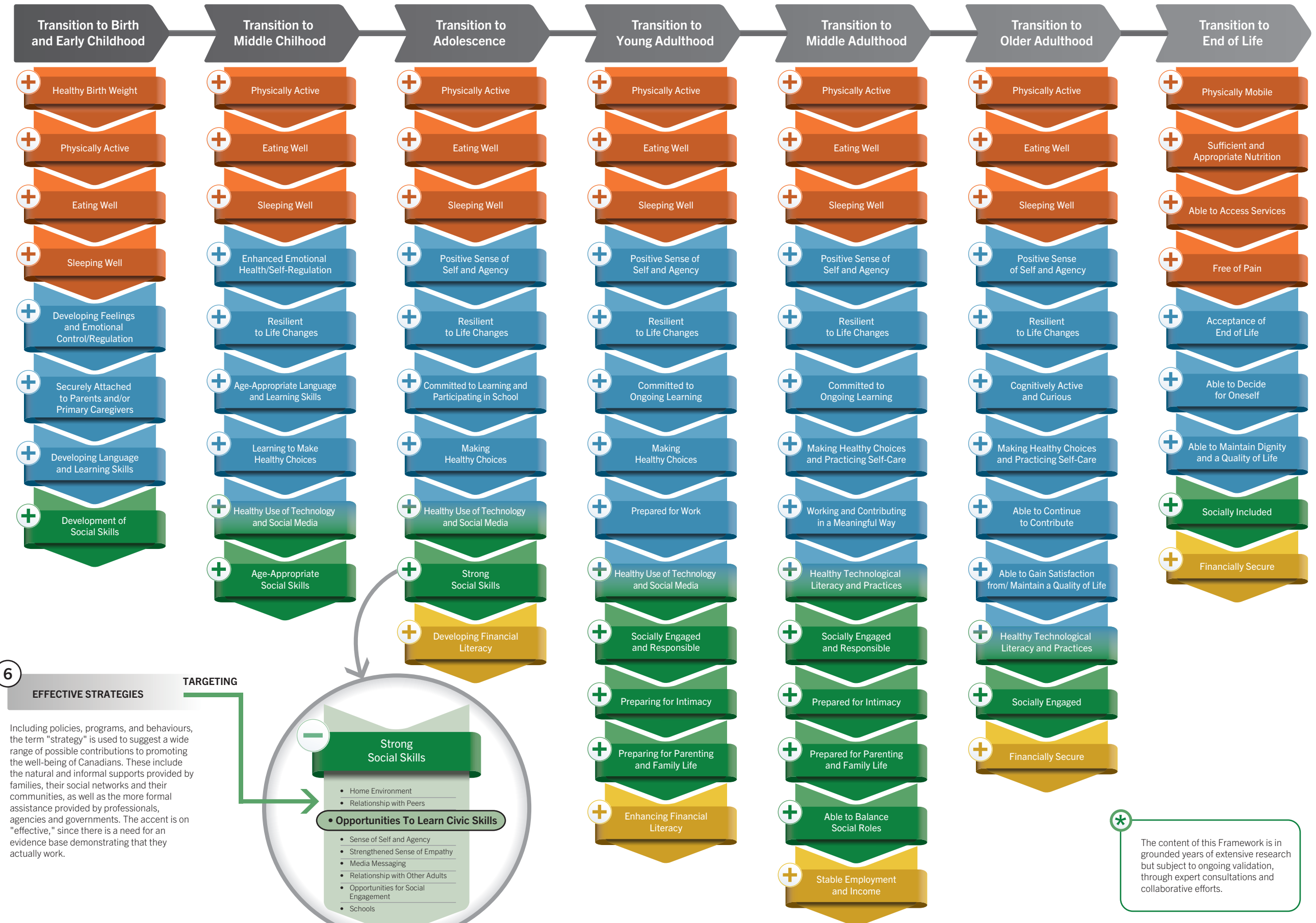
Using the socio-ecological or systems approach, the Framework stresses that promoting the health and improving the life chances of all Canadian citizens requires the broadest collective effort possible from:

1. Individual
2. Parents, families, primary caregivers
3. Schools
4. Communities
5. Civil society and NGOs
6. Workplaces
7. Medical systems & professionals
8. Private sector and industry
9. Various levels of government

**6 EFFECTIVE STRATEGIES**

TARGETING

Including policies, programs, and behaviours, the term "strategy" is used to suggest a wide range of possible contributions to promoting the well-being of Canadians. These include the natural and informal supports provided by families, their social networks and their communities, as well as the more formal assistance provided by professionals, agencies and governments. The accent is on "effective," since there is a need for an evidence base demonstrating that they actually work.



\* The content of this Framework is in grounded years of extensive research but subject to ongoing validation, through expert consultations and collaborative efforts.