

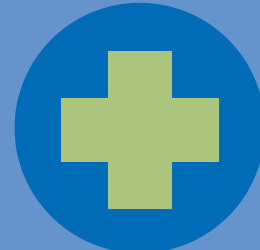
# Healthy Populations



Mental Health



Physical Health



Access to healthcare

The Healthy Populations domain considers self-reported mental and physical health.

It also looks at the quality of and access to healthcare services and the lifestyle behaviours of a population. Whether it is the amount of exercise you get, the food you eat, or challenges with substance use - all are considered as circumstances that influence health.

Think about ...

How can communities help promote healthy lifestyles? What type of personal care activities do you need to maintain your mental health?