


Towards a Healthy Fiji - The Models

TAHF video: <https://vimeo.com/430365876/9d87c166a0>

7D Process video: <https://vimeo.com/430366403/13b82ceca1>

Wellness 7 Model

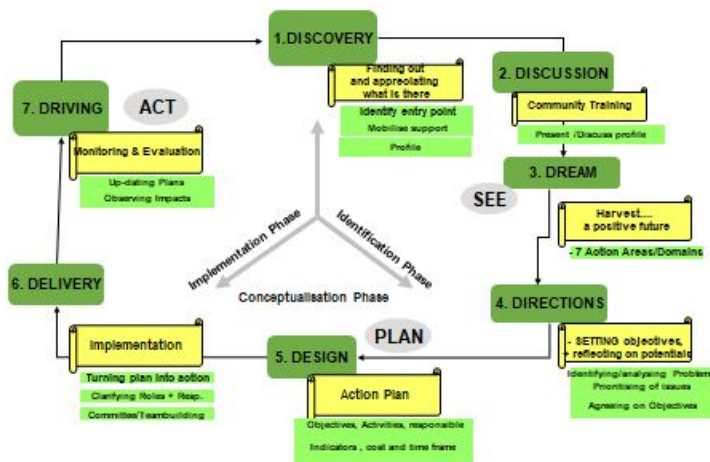
Healthy Island - Wellness 7 Approach		
	STAGES OF LIFE [Cohorts]	1.Baby, 2.Infant, 3.Toddler, 4.Child, 5.Teenager/Adolescent, 6.Adult and 7.Senior Citizen.
	DOMAINS OF INFLUENCE	1.Thinking, 2.Breathing, 3.Eating, 4.Drinking, 5.Moving, 6.Resting and 7.Reproduction.
	SETTINGS	1.Villages, 2.Settlements, 3.School, 4.City/Town, 5.Faith Based Organization [Church], 6.Workplace and 7.Sport.
	SETTINGS DEVELOPMENT STEPS	1.Discovery, 2.Discussion, 3.Dream, 4.Direction, 5.Design, 6.Delivery and 7.Driving.
	FRAMEWORK COMPONENTS	1.Leadership, 2.Empowerment, 3.Integrated Systems, 4.Communication, 5.Settings, 6.Capacity Building and 7.Harvesting.
	WELLNESS DIMENSIONS	1.Spiritual, 2.Physical, 3.Social, 4.Environmental, 5.Intellectual/Mental 6.Financial and 7.Policy.

For the Towards a Healthy Fiji programme a 'Wellness 7' approach has been adopted, including:

- 7 Stages of Life
- 7 Domains of Influence
- 7 Settings
- 7 Development Steps
- 7 Framework Components
- 7 Wellness Dimensions

7 Development Steps

The 7 D Process



- Discovery
- Discussion
- Dream
- Directions
- Design
- Delivery
- Driving

7 Stages of Life & 7 Wellness Dimensions



- Baby
- Infant
- Toddler
- Child
- Teenager
- Adult
- Senior Citizen

7 Domains of Influence

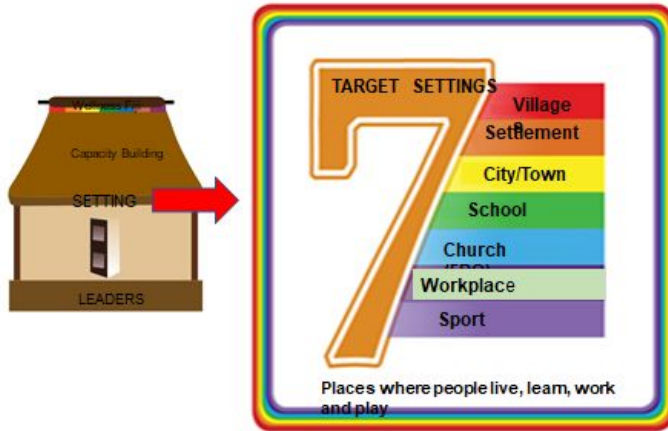
WHAT do we want to do?
'Holistic Health'



- Spiritual
- Physical
- Social
- Mental
- Financial
- Environmental
- Policy

7 Settings

WHERE are we doing It?



- Villages
- Settlements
- City/Town
- School
- Church
- Workplace
- Sports