

Welcome to

Session 5:

Indigenous and local community perspectives on nature and wellbeing



Wellbeing in Natural Resource Management: a multi-faceted understanding



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Australian Government
Great Barrier Reef
Marine Park Authority

What is human and community wellbeing?

The goodness of a person or community's life, or to some aspect of it such as health, relationships with others and the environment, a sense of belonging to a place or a group, or spirituality

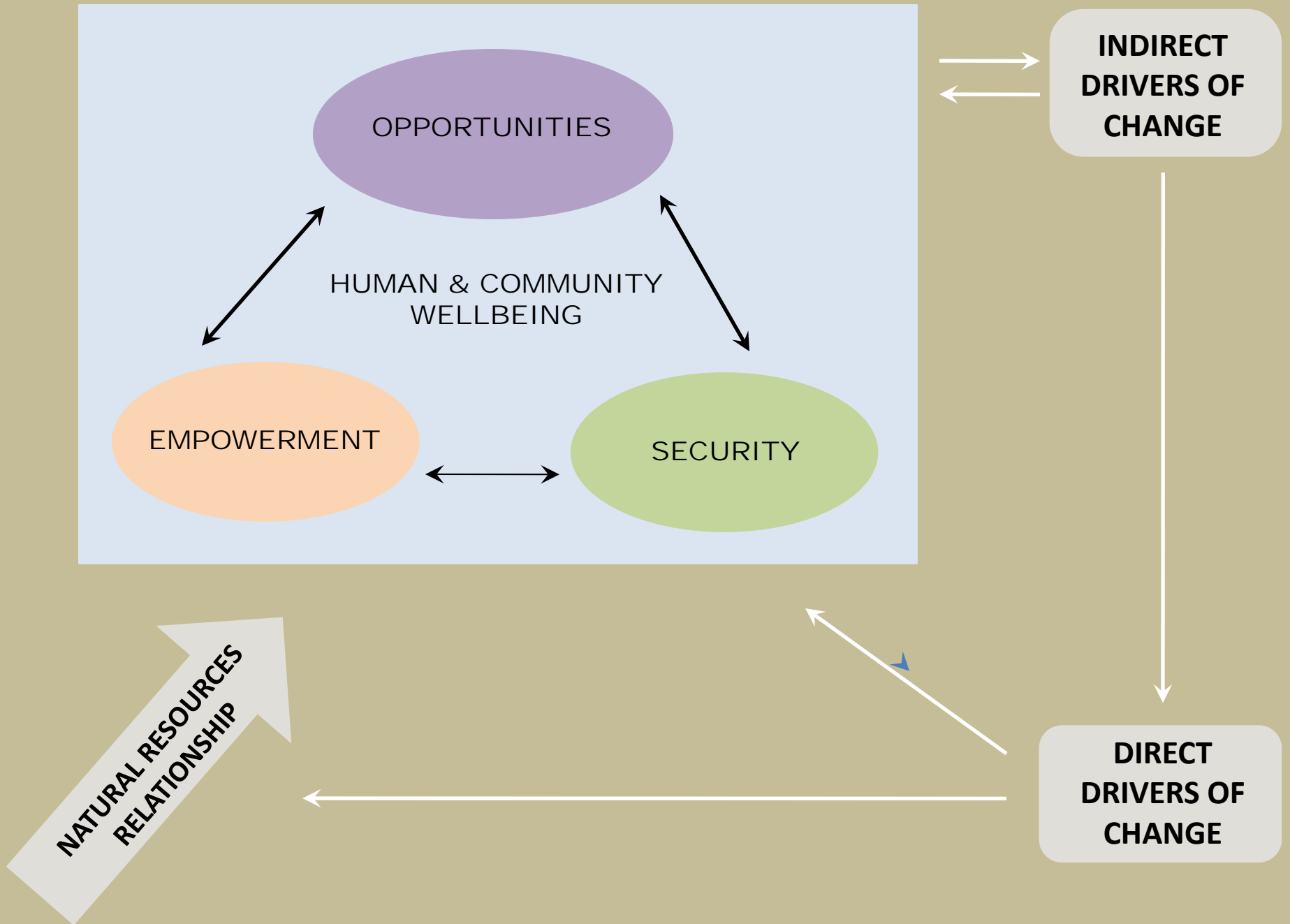
Two levels of wellbeing: one related to individuals and the other that encompasses community at large (quality of life)



cont.

- Human and community wellbeing is not only about individual or community needs that are being met but also about the freedom to exercise choice and the opportunity to have an influence on factors that affect one's life conditions;
- The notion of wellbeing provides a holistic and positive way to understand the connections between NRM and individuals and communities.





Dimensions of the H & C Wellbeing Framework

- **Opportunities** - perceived range of options that are related to access to the natural environment, the development and maintenance of environmental dependant industries, direct employment in these industries and in NRM management, including the building of skills and capacity for management and sustainable use of resources;



- **Empowerment** - perceptions that the needs of a range of different stakeholders are acknowledged and have been taken into account, avoiding exclusion and strengthening the ability of people to contribute to decision-making processes; also the associated governance mechanisms including its cultural and social institutions, legal and policy frameworks and the partnerships and collaborations that have been established for effective management, and how people perceive these are functioning;



- **Security** - perceptions of stability, sustainability and environmental quality that the natural environment and its management provides to individuals and communities, which in turn contribute to reduce vulnerability, to health, to a sense of pride and identity and to social engagement and cohesion opportunities surrounding a Natural resource and its management.



Wellbeing in NRM: A multifaceted understanding

Opportunities	Empowerment	Security
Income (<i>from direct use, extractive or not of natural resources</i>)	Governance mechanisms (<i>arrangements for management and sharing roles, responsibilities, rights, power</i>)	Health and maintenance of well-being (<i>medicinal natural resources, protection from weather, exercise, etc..</i>)
Housing (<i>A place to live within or nearby and/or a place to temporarily be there</i>)	Community and stakeholder participation	Social cohesion (<i>something cherished that needs to be collectively maintained</i>)
Harvesting of natural resources (<i>for livelihoods, cultural traditions</i>)	Benefits to woman, youth, more marginalized groups	Cultural traditions (<i>maintenance of the opportunity to continue those</i>)
Education (<i>about the environment about traditions through future generations</i>)	Access and rights (<i>who is allowed to use it and for what purposes and what rights needs to be respected</i>)	Maintenance of natural resources
Recreation/physical exercise		
Alternative livelihoods		

The Wellbeing framework as a basis for research

This Wellbeing framework has been used for research to look at the links between Marine Protected Areas and Poverty Reduction In four countries in Asia-Pacific.

It has been more recently adapted to an Australian research program:



In the context of this latter research very specific indicators were developed for each of the three dimensions of wellbeing (opportunities, empowerment and security) and some of them measured across the *Great Barrier Reef Region* and for different types of stakeholder groups.

If interested attend an event on Monday 17th at lunch-time: *The Social and Economic Long Term Monitoring Program for the Great Barrier Reef* , 13:15 pm at the Charley Room.

Thank you.

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Indigenous perceptions of health and well-being: A study of hunter-gatherers in Amazonia, Borneo and the Congo Basin

World Parks Congress- Sydney 2014

Aili Pyhälä

**Ethnoecology Laboratory- ICTA-UAB
&
University of Helsinki, Finland**

LEK Project

<http://icta.uab.cat/Etnecologia/lek>

“The Adaptive Nature of Culture:

A cross-cultural analysis of the
returns of Local Environmental
Knowledge in three indigenous
societies”



Ethnoecology Laboratory



***iCrea**

INSTITUT CATALÀ DE
RECERCA I ESTUDIS AVANÇATS

LEK Project

FP-7-261791-LEK

Why look at indigenous perceptions of health and wellbeing?

Is health more than just the “absence of illness”?

- A question of definitions (since WHO, 1946)
- Health still largely “illness-focused” ; shift towards “positive health” (Seligman, 2008; Schmidt et al, 2011)

Is health more than just physical?

- Not only biological, but also psychological, environmental, social, and cultural factors are involved in explaining physical health (Ahmed et al., 1979; Bowling, 1991; Das, 1990; Fitzpatrick, 2000)
- Biometrics indicators do not always go hand-in-hand with locally perceived measures of health (Izquierdo, 2004)

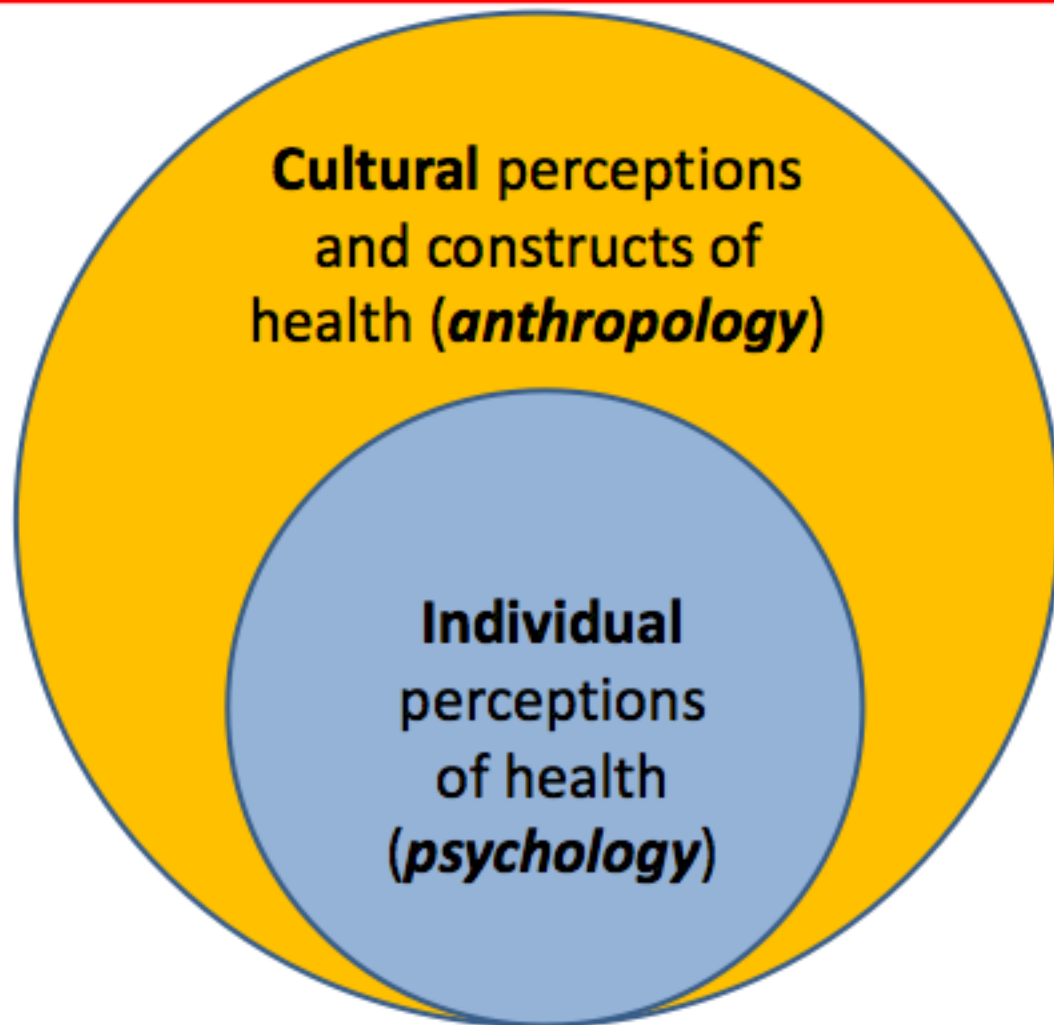
Cross-cultural differences

- Literature on social and psychological aspects of health (incl. wellbeing): biased to modern, industrialized societies
- Literature from non-industrialized societies (Durie, 1985: Maori; Adelson, 2000: Cree; Valenzuela Garcia, 2009: Malay): mostly qualitative

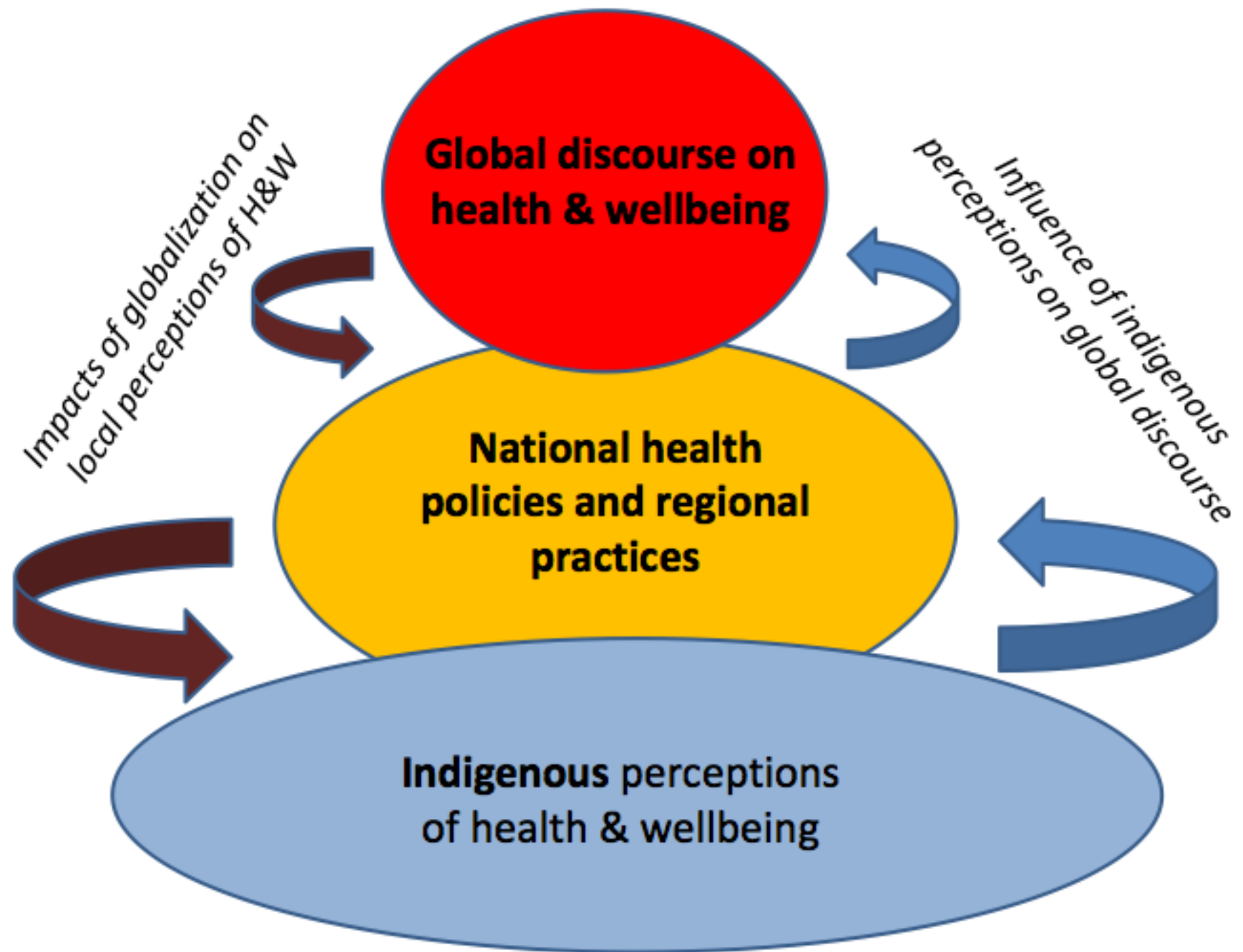
Importance of this work

- 1) Current mainstream (reductionist) biomedical model continues to be the predominant framework in health assessments, *even in cross-cultural application* (Ohenjo et al., 2006; King et al., 2009)
- 2) Direction of national health systems (privatization; capitalisation; state-run; objectification; imposition; colonisation...)
- 3) Lack of quantitative and comparative data on local understandings and definitions of health and well-being, particularly from small-scale, preindustrial societies.

Biomedical criteria of health (*medical science*)



Note: None of these are purely objective; all are to some extent culturally constructed!



Aims & Objectives

To understand perceptions of health & wellbeing in 3 indigenous societies

- Compare individual biophysical health data with individual perceived health data
- Relate perceived and observed health and wellbeing data with demographic (e.g. gender, age), cultural (e.g. integration), and economic (e.g. income, wealth) characteristics of the individual
- Identify the factors that are locally believed to be important drivers, determinants, and constituents of health and wellbeing

Case Study Sites: 3 Ethnicities, 6 Communities



2 villages

Tsimane'

2 villages

Baka

2 villages

Punan Tubu



Methods

- 18 months fieldwork in each site
- Carefully Standardized Quarterly Surveys + Anthropometric measurements
- Adults 16 years and over





Anthropometry



Once per quarter

Sample: 399 adult observations
total

- B=124; C=161; I=114

Objective biophysical data:

- BMI Categorized
- Mid-arm Girth
- Sum of 4 skin-folds
- Anemia
- Illness (scans)



Surveys

Once per quarter
Sample: 474 adult
observations

B=135; C=219; I= 114



Subjective biophysical health:

- Self-reported health
- Self-reported illness

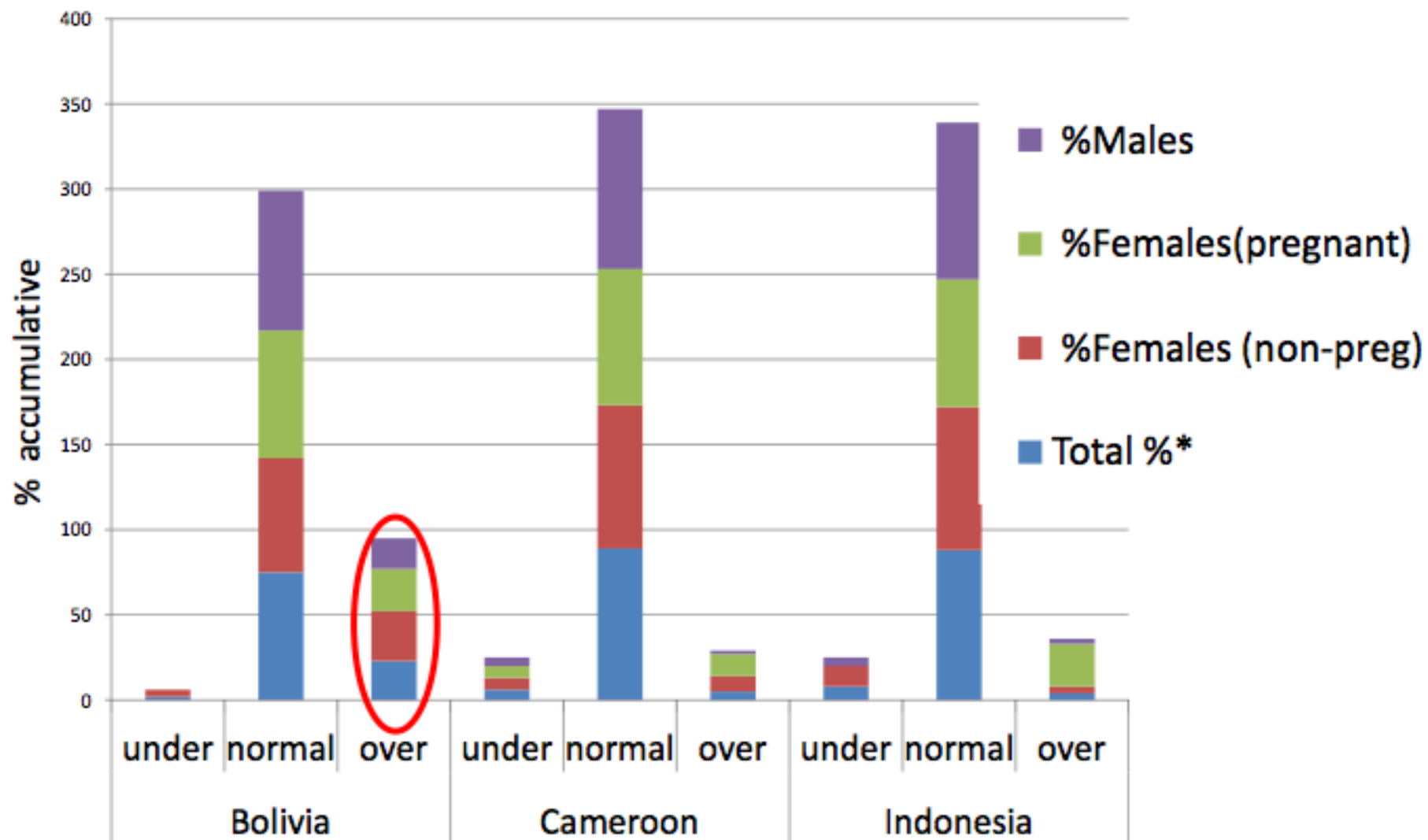
Subjective emotional health:

- Self-reports of general mental state
- Self-reports of emotions (positive & negative)

Tlk_health categories	
code	Category
4	very good
3	good
2	fair
1	not so good
0	poor/very bad

Biophysical Health Results

BMI



Biophysical Health Results

Anemia

% anemic				
Country	Total %*	%Females non-preg.	%Females pregnant	%Males
Bolivia	37	38.46	20.00	35.71
nr obs	27	13	5	14
Cameroon	34	25.00	41.67	42.11
nr obs	113	56	12	57
Indonesia	11	6.00	100.00	15.52
nr obs	109	50	4	58

*not including pregnant women

Skin-folds

Mean of Sum of 4 Skinfolds (mm)

Country	Total Avg*
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Bolivia	45.03
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nr obs	124
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Cameroon	31.31
-----------------	--------------

nr obs	161
--------	-----

Indonesia	43.98
------------------	--------------

nr obs	114
--------	-----

total nr obs	399
--------------	-----

Cross-cultural Comparative Results

Self-Reported Biophysical Health

- Punan reported almost twice as many sick days as the Baka or Tsimane'
- Punan much lower self-report physical health scores (1.51) compared to Baka (2.51) and Tsimane' (2.52)

Self-Reported Mental Health

- Baka highest self-report mental health scores (2.75) compared to Tsimane' (2.51) and Punan (2.30)
- In all three, pregnant females had highest self-report mental health scores (2.70) compared to non-pregnant females (2.38) and males (2.59)

Multivariate Results: Biophysical vs. Self-Reported Health



Controlling for age, gender, education, income, & integration

- **BMI, mid-arm girth, and skin-folds** were NOT significantly correlated to self-reported physical health, while **anemia** WAS significantly correlated (coef. 0.76; $p=0.007$,)
- **Self-reported illness** was significantly correlated with self-reported physical health ($p=0.000$)

Multivariate Results: Biophysical vs. Mental Health



Using the same controls...

- **BMI** ($p=0.007$) (**for men**) & **anemia** ($p=0.067$) were significantly correlated to self-reported mental health
 - For men, the bigger the BMI, the happier
 - For all, the more anemic, the less happy
- Self-Reported **Physical Health** & Self-reported **Mental Health** were significantly correlated ($p=0.000$)

Conclusions

- With the exception of anemia, *individual biophysical health data does not match individual perceived health data*
- However,
 - *Individual biophysical health matches individual self-reported illness, AND*
 - *Individual biophysical health matches individual self-reported mental health*
- Health IS more than just the absence of illness
- Health IS more than just physical

Challenges/ Limitations/ Caveats

- Dichotomy of physical & mental (and spiritual) realms – imposed & questionable
- Lay criticism on the study (especially quantification & measurement) of concepts like wellbeing and emotions
- Imprecision when translating words or concepts (eg. “health” w/ “wellbeing”)
 - Possible differences in meanings & understandings

Implications and Further Research

- Emotional and spiritual aspects of health & wellbeing (eg. perceived causes, to be analyzed)
- Anthropometric thresholds for different phenotypes
- Address mismatch in what is considered as the relative state of indigenous peoples' health worldwide
- Cultural survival and traditional knowledge under threat; including perceptions of health & wellbeing
- Encourage and increase global understanding and acceptance of local worldviews and practices around health & wellbeing
- Links to ecology, economy, politics & “development” discourse

Acknowledgements

- All the Baka, Punan & Tsimane'
- LEK team
- ERC



Thank you!



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The **Field**
Museum

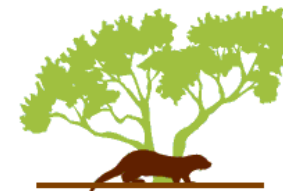
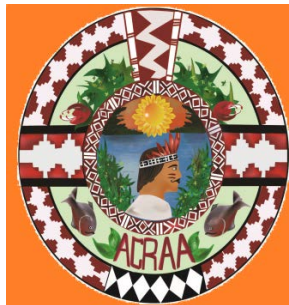




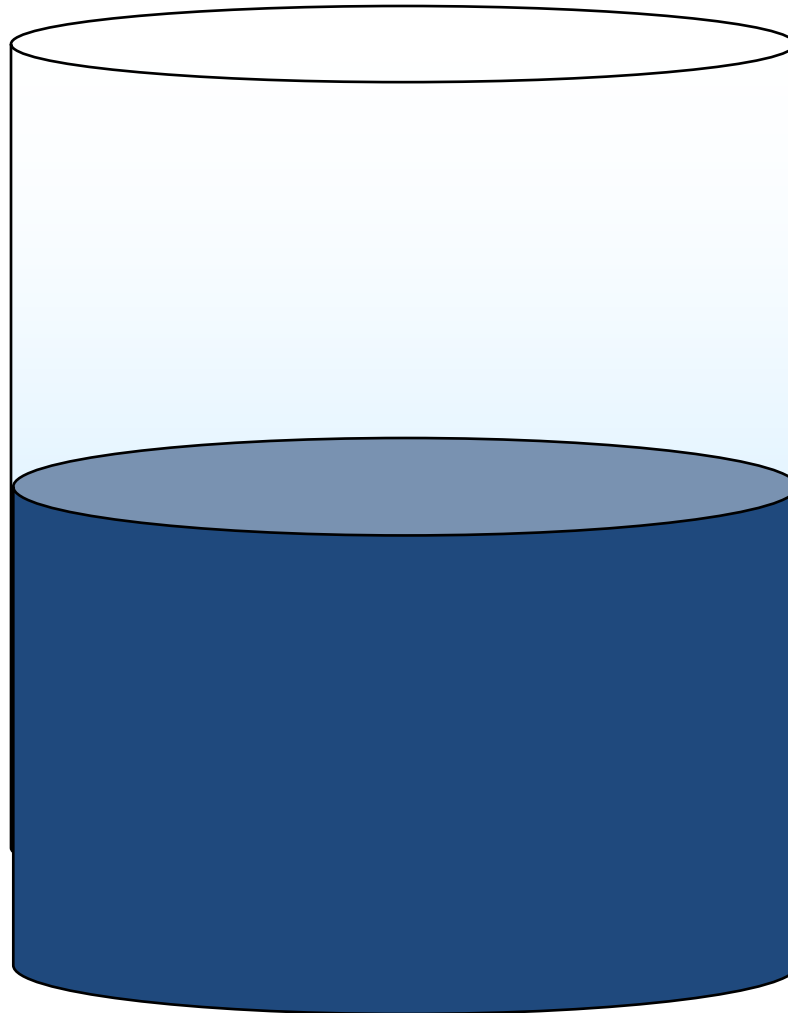




AIDSEP



ASSETS vs. DEFICITS



Communities have
needs and deficits

Communities have
assets and expertise

Kretzmann and McKnight 1993
<http://www.abcdinstitute.org>





IDENTIDAD COMUNITAL ESCUDO DE MI COMUNIDAD
CASERIO LOS ANGELES



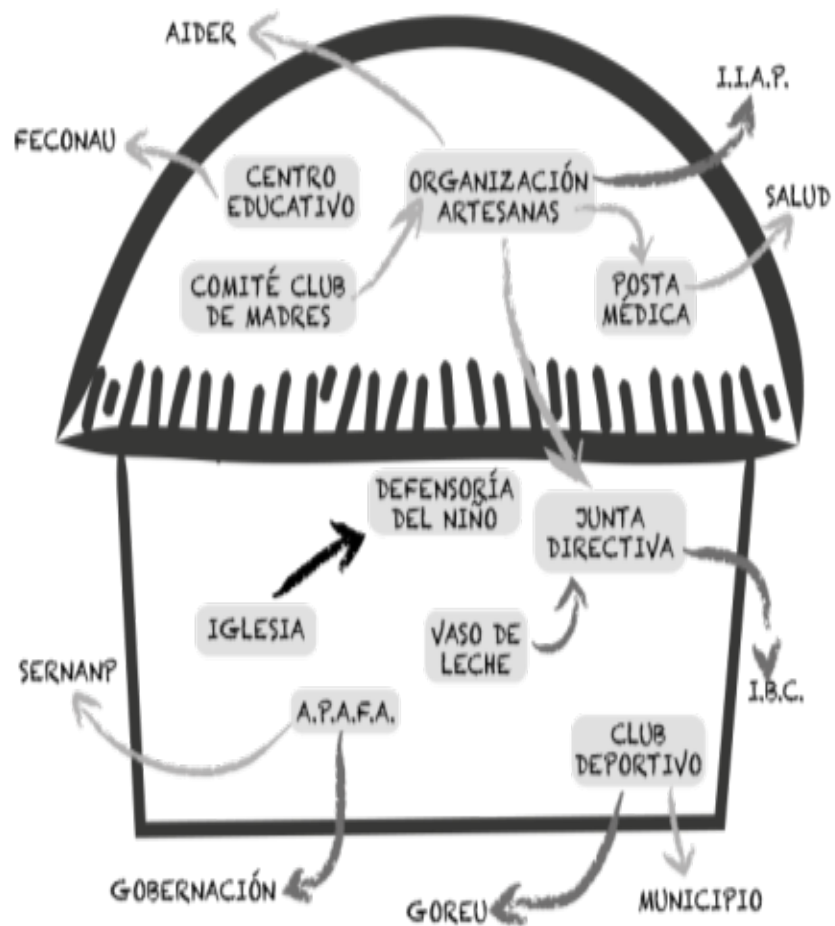


PLAN DE CALIDAD DE VIDA **Yamino**

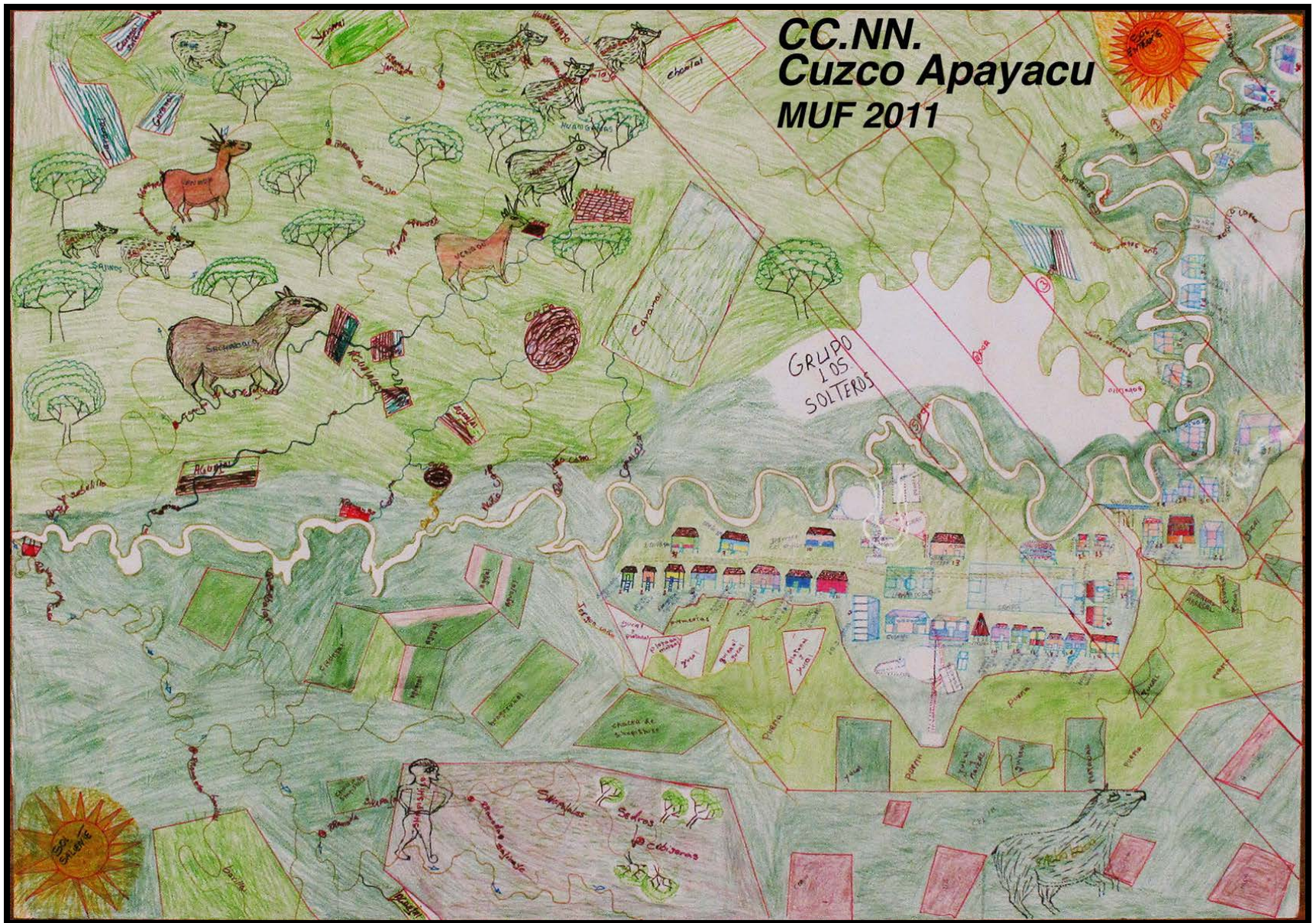


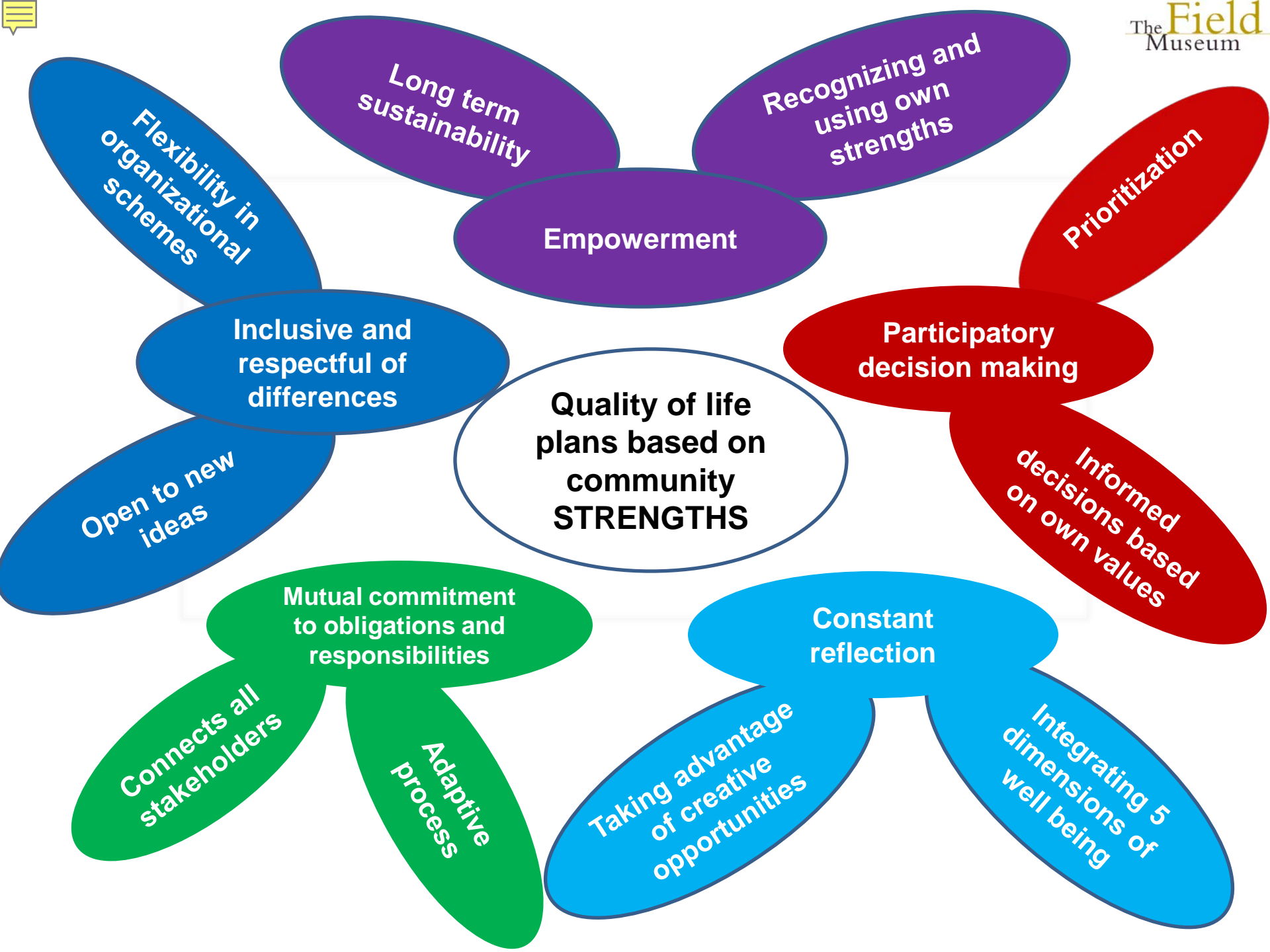
COMUNIDAD NATIVA





Social Organization and Relationships







Ngootyoong Gunditj Ngootyoong Mara

Planning for
Healthy Country
Healthy People

Damein Bell and Brian Doolan



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A Challenge in Victorian Park Planning

- Increasing number of national parks, state parks and reserves over the past 40 years.
- Increase of freehold property returned to Gunditjmara traditional owners including declared Indigenous Protected Areas (IPA) managed to IUCN standards.
- Increasing range of recreational users and diverse activities within parks and reserves.
- Recognition of (1) Native Title Rights and Interests and (2) Cultural Heritage across parks and reserves in 2007.
- Increasing incidents of drought, fire and floods events on ecological values.
- Individual planning processes for each national park, state park, managed reserve and IPA property becoming too narrow.
- Need for efficient and effective use of planning and management resources.

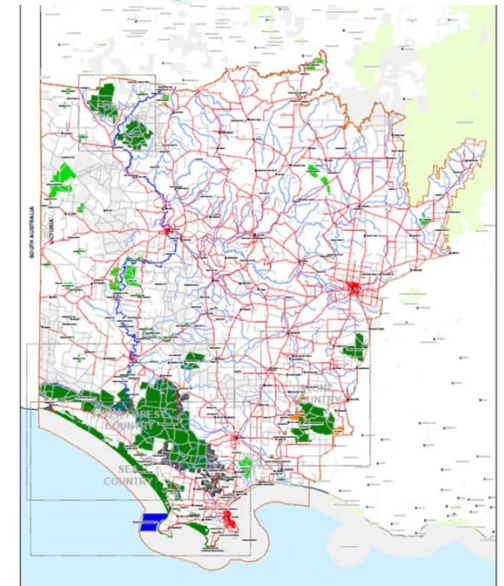
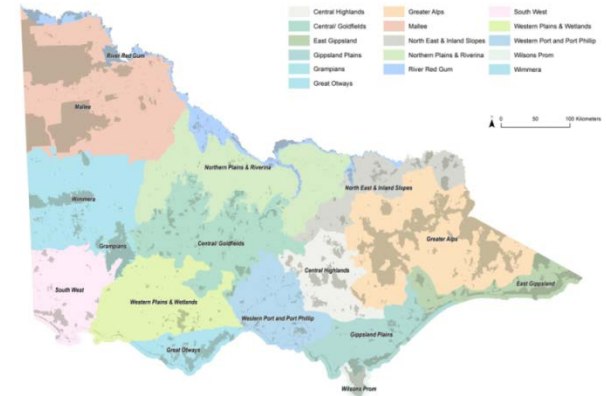


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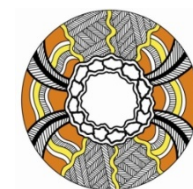


The Response

- Planning proposal to manage parks, reserves and IPAs as part of broader landscapes.
- Consolidation of working relationships between Gunditjmara and Victorian Government NRM agencies at the local, regional and state level.
- Integration of established park management practices, traditional ecological knowledge and local non-Aboriginal knowledge.
- New planning methodologies and tools.
- A solid Partnership.



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Traditional Owners
Aboriginal Corporation



Budj Bim Council



Traditional Understandings into Parks Management

For Gunditjmara people, 'Country' includes all living things - none better than the other but equal in its importance in forming this diverse natural landscape that is Gunditjmara Country.

Country means people, plants and animals alike. It embraces the seasons, stories and spirits of the creation. This flowing, connected cultural landscape possesses its own sacred places, languages, ceremonies, totems, art, clan groupings and law.

Our spirit is in this Country, from Koonang Mirring (Sea Country) up through Bocara Woorowarook Mirring (Glenelg River Forest Country) where Boandik Country north west of Bocara (Glenelg River) embraces Woorowarook Mirring (Forest country) and across the wetlands to Budj Bim (Mt Eccles) Tungatt Mirring (Stone Country).

Our Country is a place of belonging and pride that comes with this belonging. We are proud to share many aspects of our land, art and culture with visitors/guests. It is a part of us and who we are, and we ask that you care for it when you visit.

It is our responsibility to look after country, our children will continue to look after country, because that's the way it is and will be.

Gunditjmara Elders.



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Traditional Understandings into Parks Management

“ ‘Ngootyoong Mirring, Ngootyoong Mara’ means Healthy Country, Healthy People which is what we want for the planning area. There are different landscapes – stone country, sea country, forest country and river country. They are all important and connect with each other and people. We all have a right and responsibility to care for country, working together with respectful conversations to achieve our aspirations for country. We will work together to restore and improve ecosystems to become intact and resilient. We recognise the connections between people and country; between communities and country – past, present and future. Forever.”



Gunditjmara Seasonal Knowledge

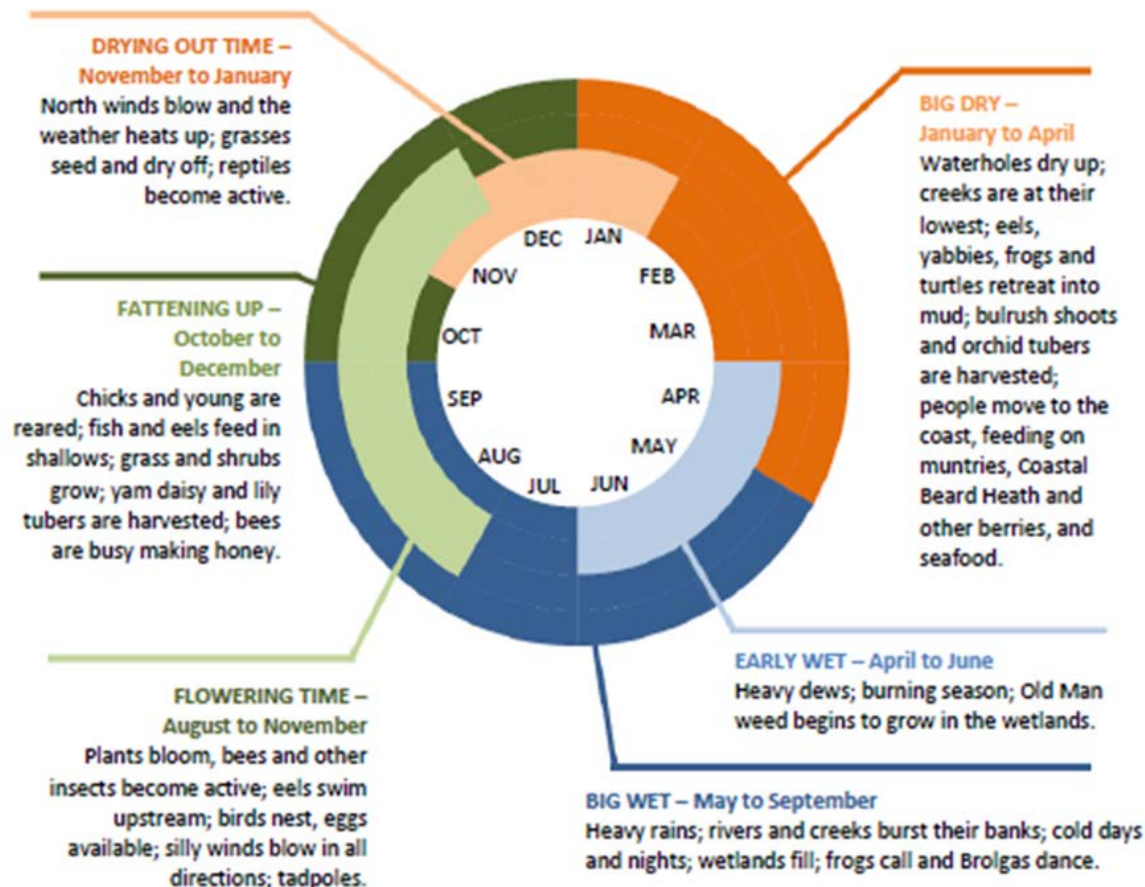


Figure 1.3 The six seasons of Gunditjmara Country

Partnering in Consultations

Discussion Papers

[Invasive Species Discussion Paper](#)

[Natural Values Discussion Paper](#)

[Roads and Access Discussion Paper](#)

[Water and Catchments Discussion Paper](#)

[Visitor experience Discussion Paper](#)

[Recreation Activities Discussion Paper](#)

[Sustainable Tourism Discussion Paper](#)

[Fire Management Discussion Paper](#)

[Gunditjmara Cultural Values Discussion Paper](#)

[Climate Change Discussion Paper](#)

[Why rename Mt Eccles NP as Budj Bim NP? Discussion Paper](#)

[Cultural Heritage Cultural Landscape Discussion Paper](#)

[Vision Discussion Paper](#)



References

[Open House Report](#)

[Cultural Heritage and Social Values Assessment Vol.1 : Heritage Places, Connections & Values - Overview Report](#)

[Cultural Heritage and Social Values Assessment Vol 2: Gunditjmara Thematic History](#)

[Cultural Heritage and Social Values Assessment Vol. 3: Gunditjmara Archaeological Synthesis](#)

[Cultural Heritage and Social Values Assessment Vol. 4: Valued Places](#)

[Cultural Heritage and Social Values Assessment Vol. 5: Park and Property Histories](#)

[Community Mapping of Park Experiences & Environmental Impacts in South West Victoria](#)



Fact sheets

[Gunditjmara Statement of Significance Fact Sheet](#)

[Authorised Uses Fact Sheet](#)

[Review of Existing Management Plans Fact Sheet](#)

[Levels of Service Fact Sheet](#)

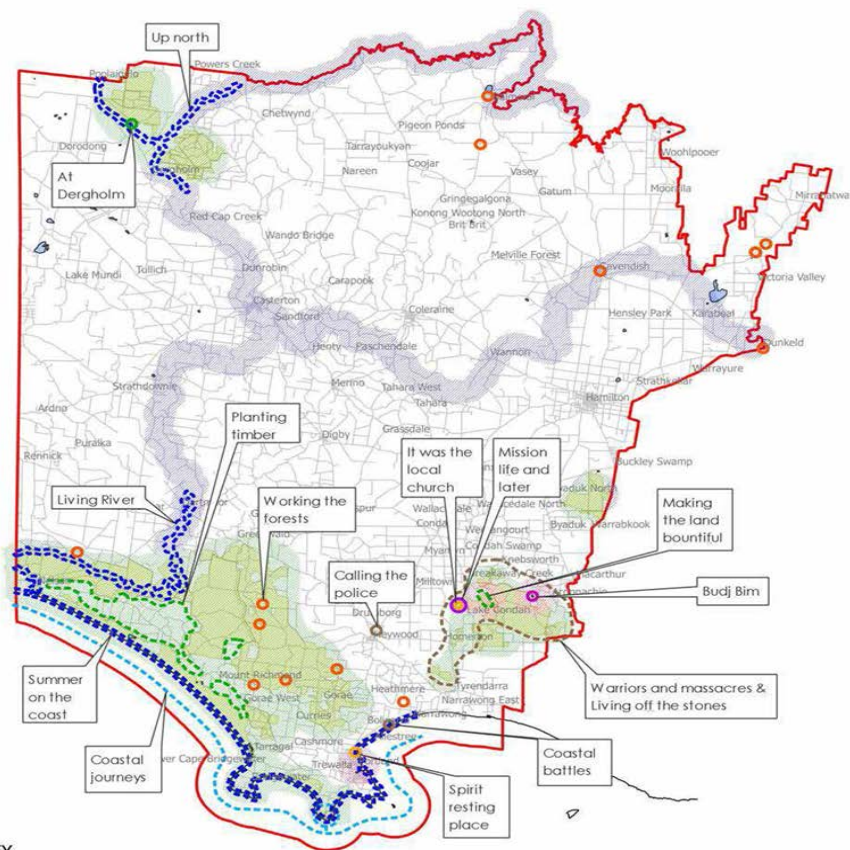
[Levels of Protection Fact Sheet](#)

[Legislation, Policies and Guidelines Fact Sheet](#)

[Gunditjmara Native Title Determination Fact Sheet](#)

[Creation of the Parks and Reserves Fact Sheet](#)

[Renaming Mt Eccles National Park](#)



KEY

Gunditjmara themes

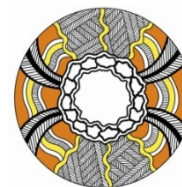
- Creating Gunditjmara Country
- Living with Country
- Movement and settlement
- Transforming the landscape
- Fighting for Country
- Change and transformation
- Work and recreation
- Spiritual life

Key stories across South West landscape

- Borders and meeting places
- Creating parks
- Seeking land justice
- Stories in Countries
- Key parks
- Study area



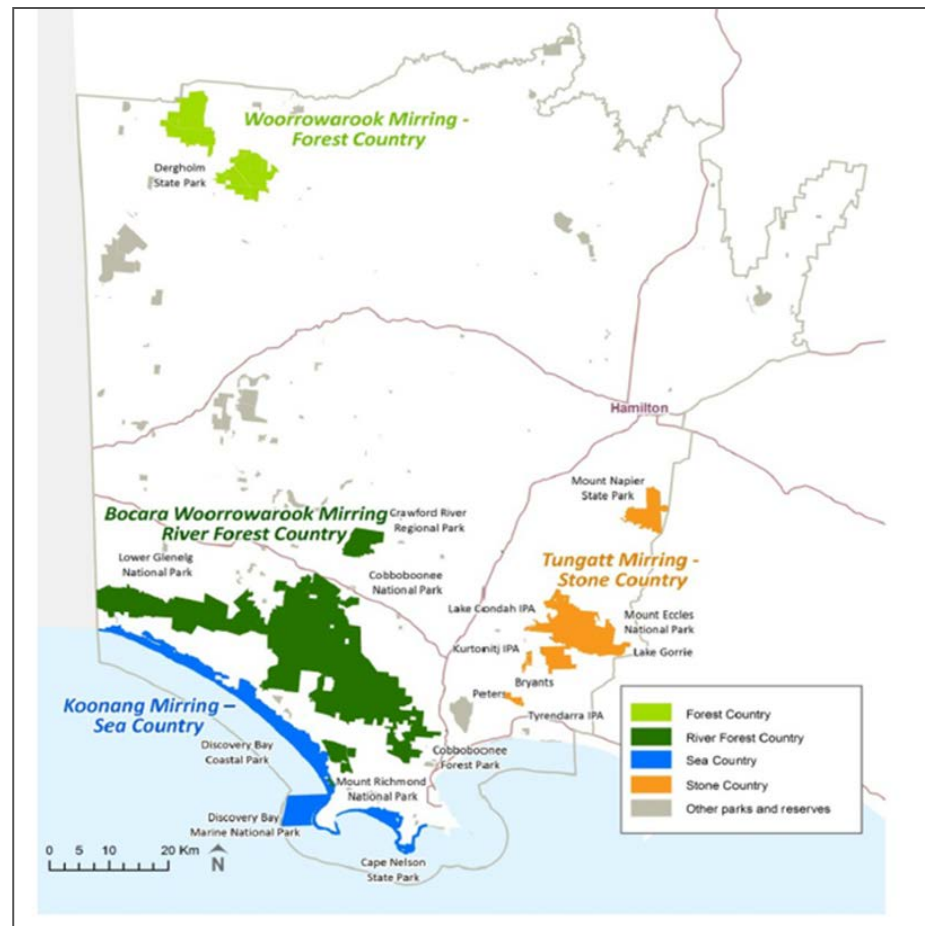
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Wellbeing Outcomes

***Ngootyoong
Gunditj
Ngootyoong
Mara***

- Caring for Country.
- Gunditjmara continuing connection to Country.
- Shared knowledge systems and learning.
- Capacity development for both communities.
- Sustainable development and education.
- Growth of nature based tourism in south west Victoria.
- Economic development and prosperity.



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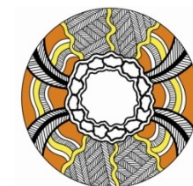


Where to from here?

- Ministerial approval following the upcoming Victorian State Elections.
- Scope out the next 15 years and resource needs.
- Identify and confirm human and financial resources.
- Implementation of Ngootyoong Gunditj Ngootyoong Mara.



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A regional Healthy Country Framework

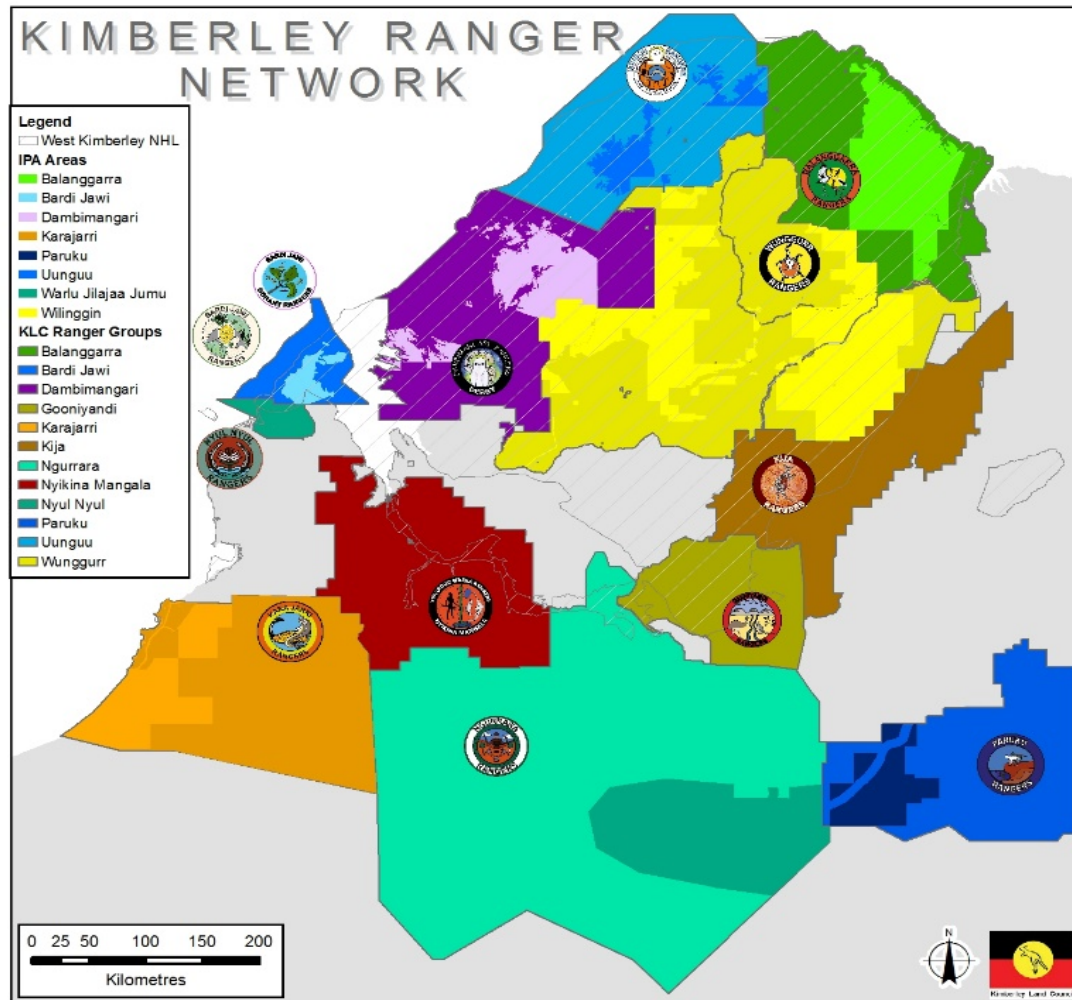
Incorporating community priorities with national conservation goals



World Parks Conference Sydney November 2014



Indigenous Land Management in the Kimberley





Country-based planning



- Widely acknowledged that Australia was a place where people on country managed country
- Process that involved adaptive decision making and planning
- Planning tools may be different, but thinking and approach was similar: hypothesis, goal, implement, outcome, review, adapt



HCP in the Kimberley

- 8 Healthy Country Plans developed for Native Title Groups;
- Holistic planning for Natural and Cultural Values;
- Assessment of viability/health through community consultation and expert workshops;

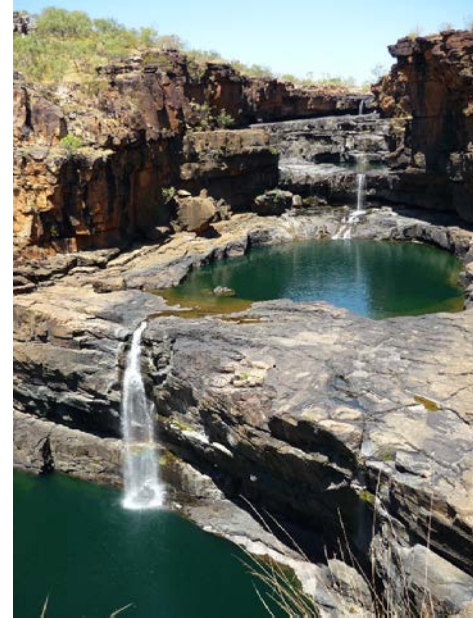




NHL values in the Kimberley

Assessment through the Australian Heritage Commission;

- Natural values
- Heritage values
- Cultural values (nominated by Traditional Owners)

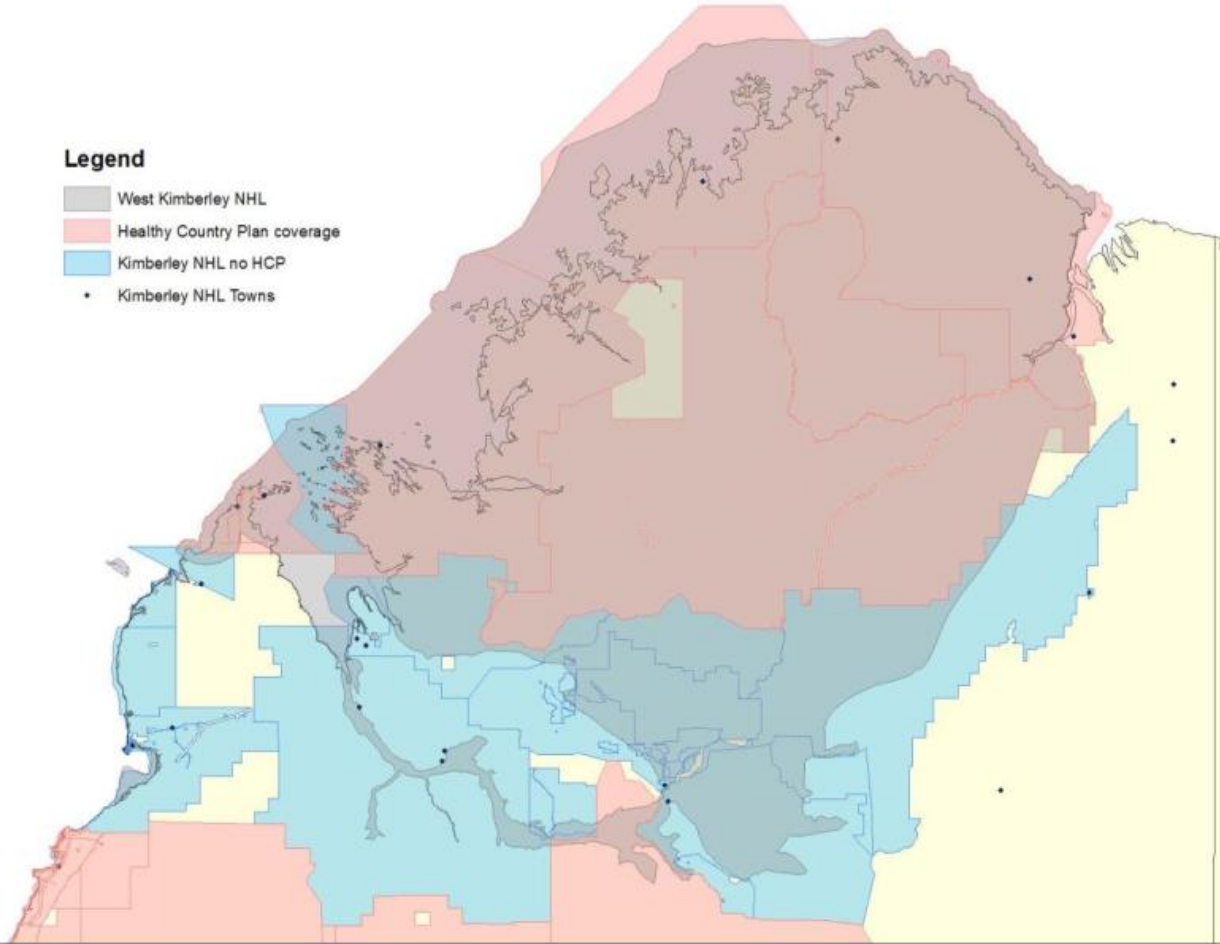




National Heritage Listing in the West-Kimberley

Legend

- West Kimberley NHL
- Healthy Country Plan coverage
- Kimberley NHL no HCP
- Kimberley NHL Towns

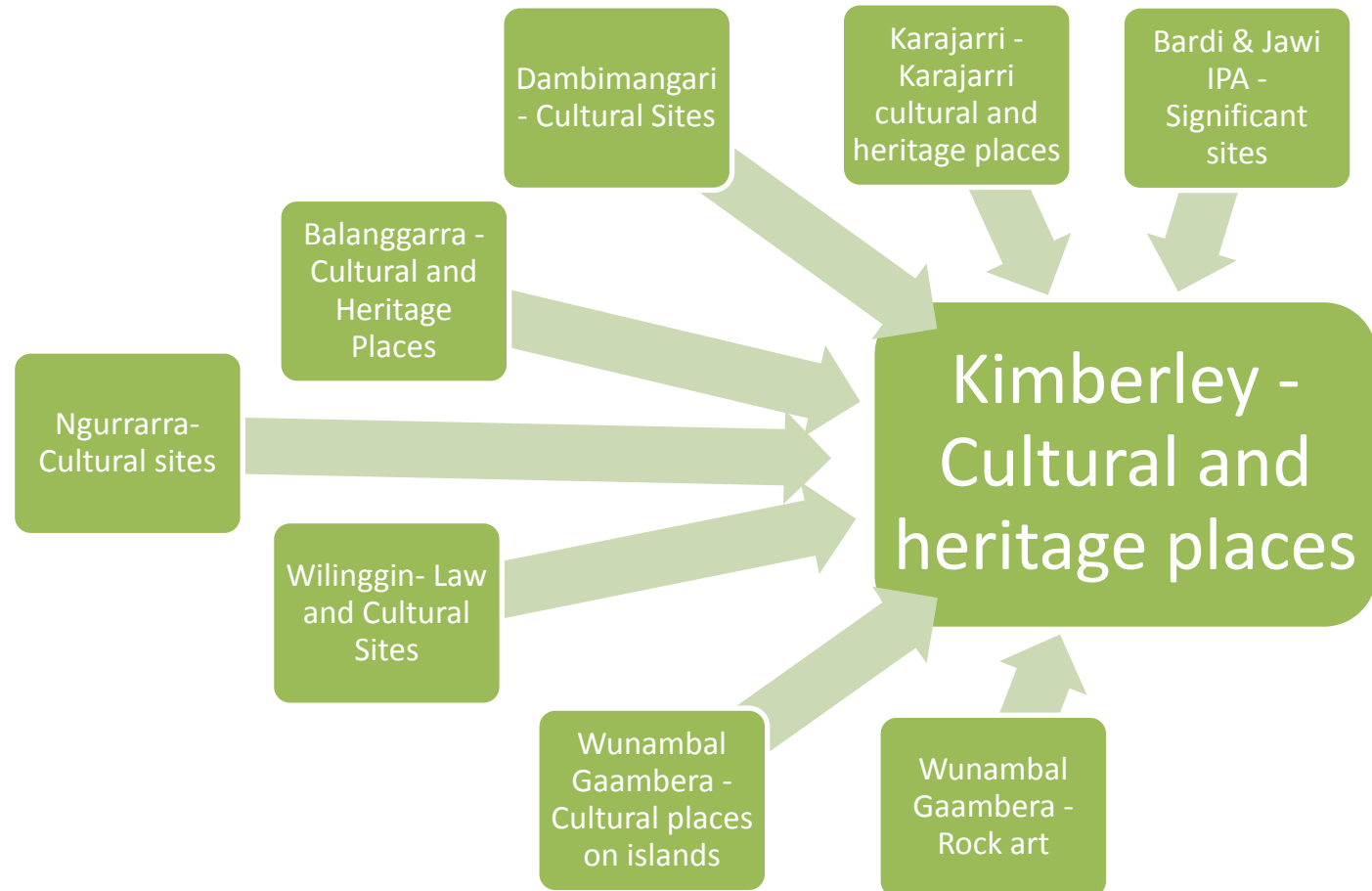


Essential Criteria for Traditional Owner endorsement of NHL Listing:

- Inclusion of Traditional Owner in all aspects of management;
- Management should occur through existing programs (WoC / IPA)
- Culturally appropriate decision making



Standardisation / Regional Collation



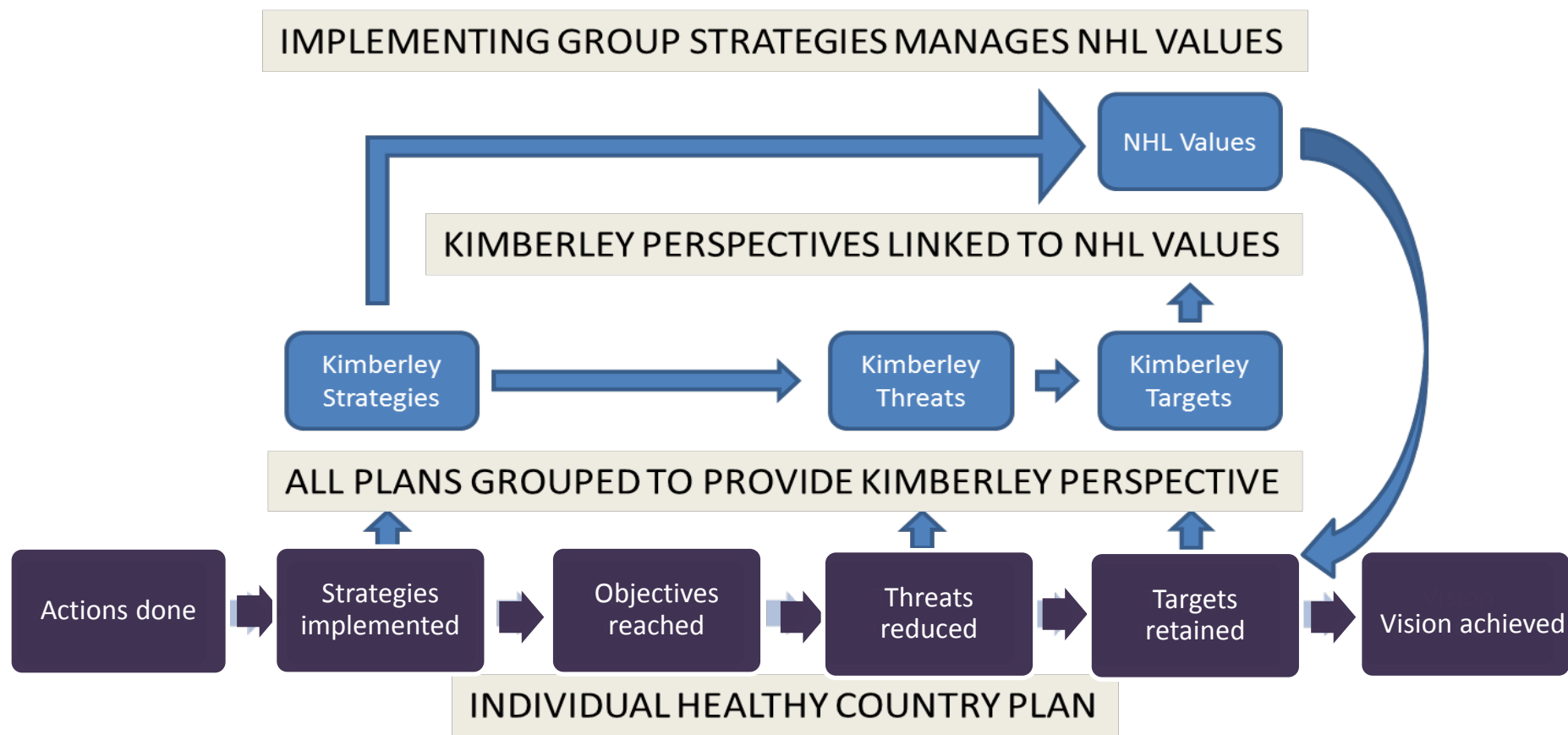


Communalities across HCP's in the Kimberley

	Balanggarra	Bardi & Jawi IPA	Dambimangari	Karajarri	Ngurrarra	Wilinggin	Wunambal Gaambera
Cultural and heritage places							
Bush tucker and bush medicine							
Freshwater resources							
Law and cultural practice							
Bushmeats							
Right way fire							
Saltwater resources							
Large marine animals							
People on country							
Saltwater habitat							
Rainforest							
Coastal and creek systems							



Connecting community plans to national values





Key messages

- ‘Common’ planning approach / planning language at a community level allows for regional-scale aggregation retaining community identity
- Regional-scale aggregation is essential to link community priorities and national conservation values
- Holistic Planning for Healthy Country needs to incorporate cultural health with natural health
- Holistic planning framework allows communities to be pro-active in developing research priorities

Some questions for discussion with everyone

- **What do such local and indigenous perspectives on wellbeing tell us about the interactions between people and environment?**
- **Why is it important (or not) to take those perspectives on wellbeing into account in natural resource management and conservation?**
- **What guidance can be provided to managers and practitioners in the field of natural resource management and conservation with respect to:
a) incorporating such perspectives; b) When it is relevant to do so; c) How they can go about doing it – i.e. very practical and easily understood suggestions; d) How managers/practitioners are going to understand whether there has been an effective incorporating of wellbeing considerations and the impact it has had on natural resource management and conservation.**

Stay connected

For more information on the *Healthy Parks Healthy People* approach visit www.hphpcentral.com

Contribute to the Promise of Sydney at
www.worldparkscongress.org/about/promise_of_sydney



Coming up in Stream 3

Hall 3B1 Home Room, Tomorrow: 8.30am-10am

Session 8: Great parks and green spaces: creating healthy and liveable cities

Charley Room, Tomorrow: 8.30am-10am

Session 12: Valuing and accounting – the importance of parks for the community

Hordern Room, Tomorrow: 8.30am-10am

Session 16: Linking traditional medicine, good healthcare access and conservation

