



## Definitions of Indicators

Indicator	Definition	Individual Level	Community Level	Structural Level
Happiness	Veenhoven (1995) defined happiness or life satisfaction as the degree to which one judges the quality of one's life favourably (p.34).	<p>Individuals experience high average levels of positive affect which benefits their interpersonal relationships, creativity, sociability, and productivity.</p> <p>Individuals are able to restore autonomic responses after the experience of adverse negative affect.</p>	Communities live happy and healthy lives driven by success and thriving.	Individuals and communities respond to detrimental occurrences in the macro environment influencing their health and wellbeing [human rights].
Access to resources	Resources to which people need access in building livelihoods.	Individuals have access to organisations; this provides them with opportunities to access different forms of social capital.	Communities provide opportunities for individuals to access different organisations and social structures.	<p>The state ensures that socio-economic distribution of neighbourhood resources is equal for each community.</p> <p>Coproduction between local and external organisations.</p>



Healthy environments	Physical, social and service environments of neighborhoods which promote health (Cubbin et al. 2008).	Individuals have access to health promoting amenities and resources which enable them to maintain healthy lives.	Communities have established health promoting amenities and resources.	The state ensures that cities are healthy places for communities to live in.
Culture	Knowledge, beliefs, values and systems of symbolic meaning that individuals draw on in everyday life (Spencer-Oatey, 2012).	<ul style="list-style-type: none"> <li>• Individuals have a sense of identity and culture.</li> <li>• Individuals are free to express and live according to their cultural values and norms.</li> <li>• Individuals have the freedom of religious expression.</li> </ul>	<ul style="list-style-type: none"> <li>• Communities create opportunities for recreation, physical activity, self-expression of individuals.</li> <li>• Communities create opportunities for celebration of cultural values.</li> <li>• Communities provide an opportunity for individuals to celebrate difference.</li> </ul>	Individuals and communities feel free to exercise their culture in an environment that encourages equity and respect for human rights.



<p>Empathy</p>	<p>Empathy reflects an innate ability to perceive and be sensitive to the emotional states of others coupled with a motivation to care for their wellbeing (Decety, 2015).</p>	<p>Individual are able to exert perspective taking in interactions with others</p>	<p>Community members are interdependent, experiencing high levels of empathy.</p>	<p>An understanding that various factors impact on the ability to empathise: motivational forces (eg. Need to belong); situational cues (eg. Attraction); individual or group differences (eg. Gender, ethnicity); education level; self-monitoring; culture; and relationship-specific factors (Sherman et al 2015).</p>
<p>Helpfulness</p>	<p>The positive attitude and willingness to help others.</p>	<p>Individuals have positive attitudes to helping others.</p>	<p>Community members experience high levels of helpfulness.</p>	<p>There is a good understanding about what contextual and structural factors influence the levels of helpfulness in different communities and cultures.</p>

Interpersonal relationships	<p>Interpersonal relationships can be:</p> <ul style="list-style-type: none"> <li>- Bonding (based upon strong ties that connect homogeneous groups).</li> <li>- Bridging capital (between people who are from different ethnic or occupational backgrounds).</li> <li>- Linking (between people with different levels of power and status).</li> </ul>	<ul style="list-style-type: none"> <li>• Individuals are able to benefit from functional aspects of interpersonal relationships such as emotional support, companionship, advice, in experiences of adverse stress.</li> <li>• Individuals are socially connected in a way that a change in behavior in one is likely to produce a change in behavior of the other.</li> <li>• Individuals are involved in community activities which contribute to the improvement of their health and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Communities recognise the principles of equalities and social justice.</li> <li>• Difference within and outside of the community group are acknowledged and accepted.</li> <li>• Communities provide widespread opportunities for informal contacts and support networks.</li> <li>• Community organisations work with wider networks to mutual advantage.</li> <li>• Communities are socially connected which contributes to the improvement of their health and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Different community groups, forums, and organisations participate in the voluntary health sector and provide valuable source of experience and innovation for national legislation.</li> <li>• The significant inequalities in Scottish society are tackled.</li> </ul>
Optimism	<p>Expectations about the occurrence of good outcomes in one's future (Pinquart, Fröhlich, &amp; Silbereisen, 2007).</p>	<ul style="list-style-type: none"> <li>• Individuals have positive expectations about their future.</li> <li>• Individuals engage in efforts towards desired goals.</li> </ul>	<p>Communities provide positive opportunities for people's future.</p>	<p>There are new opportunities created and potential influence for improvement on individual and societal level.</p>
Physical Health	<p>The functioning of your body as it is designed to function.</p>	<ul style="list-style-type: none"> <li>• Individuals lead healthy lives</li> <li>• Individuals are able to have optimal levels of wellbeing</li> </ul>	<p>Communities have a high percentage of physically healthy individuals.</p>	<p>Physical health of the population has improved. People live healthier and long lives.</p>



<p>Self-determination</p>	<p>Psychological construct which refers to the internal motivation of the self to behave in an autonomous and controlled way.</p>	<ul style="list-style-type: none"> <li>• Individuals experience greater autonomy in their everyday life.</li> <li>• Individuals are able to express their individuality and self-identity.</li> <li>• Individuals are able to regulate their behaviour in congruence to their values and needs.</li> <li>• Individuals are able to make informed decisions about participating in support services which will best meet their needs and improve their health and wellbeing.</li> <li>• Individuals are able to maintain their independence as they get older and are able to access appropriate support when they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Communities are aware of their needs, as well as assets.</li> <li>• Communities are able to make informed choices about their political, social, and cultural development in order to create healthier neighbourhoods.</li> </ul>	<p>Local communities participate actively in public affairs and decision making on a national level in regards to the delivery of health services and interventions.</p>
<p>Spirituality</p>	<p>The quality to strive for meaning and purpose by believing in a spiritual dimension.</p>	<p>Individuals construct their own spirituality which help them cope with stressful and threatening situations.</p>	<p>Communities encourage individuals to express their spirituality, as well as provide an environment where they can be developed.</p>	<p>People are contributing to societal change through their different spirituality.</p>
<p>Personal Meaning</p>	<p>The striving to answer infinite questions when facing emotional difficulties, stress, illness or death.</p>	<p>Individuals have a purpose in life which is determined by their personal meaning and values.</p>	<p>Communities encourage individuals to express their personal meaning.</p>	<p>People are contributing to societal change through their different meanings of life.</p>



Trust	Trustworthiness experienced in a reciprocal relationship. Forms of trust: - in close interpersonal relationships (such as family and close friends); - social connectedness with the wider community or members of the outside community.	<ul style="list-style-type: none"><li>• Individuals are trustful.</li><li>• Individuals are able to build different social relationships</li></ul>	Communities have high levels of trust and co-operative norms.	Society is safe from crime, disorder and danger.
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