



Me in Three:

Health and Well-being as considered by a Human Geographer, an Indigenous Social Determinants of Health Researcher, and a Member of a Faculty of Medicine

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And did I mention?....

- ...I am a creative writer too!



So what will I speak about today?

- Emplacing oneself, being in place
- The place of culture, the cultures of place
 - How do we ascertain our own culture(s)
 - Different places, different cultures (geographic communities, a faculty of medicine, Indigenous communities and interests)
- Health, Place, Culture and the Self
- Healthy places – getting from here to there
- Three objects, three questions – so, me in three, X3, X3!

The 'take away messages'

- Recognizing and taking responsibility for self is one component of addressing the health (or ill health) of others.
- Health and health research is spatial – at multiple scales.
- Empathy, a critical part of undertaking health-related work, requires trying to understand where others might be coming from.
 - To do this requires understanding yourself, your relation to others and how other might relate to you.
 - To do this (above) requires carefully considering the who, what and where of yourself.
 - The culture of you impacts the cultures with which you interact and which you might be aiming to impact.

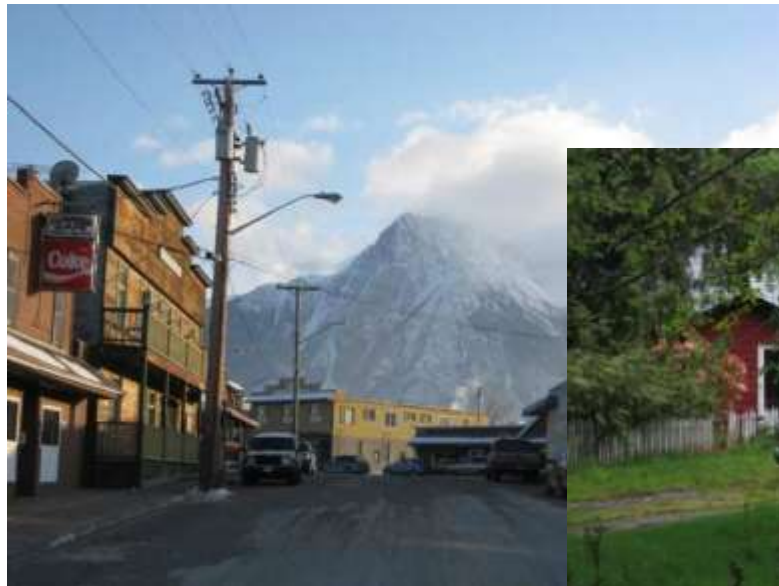
Some ways I'm using words...and a basic premise about words

- Health and well-being
- Culture
- Place
- Indigenous
- “Discursive practices come to form, and to be embodied by, the subjects they name.” (Foucault 1972)



The place of culture, the culture of place

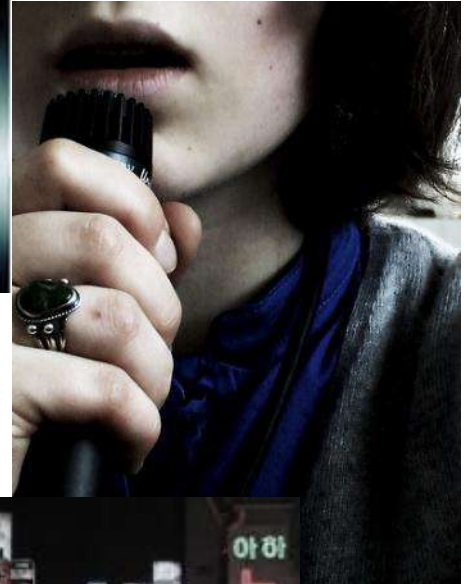
Emplacing oneself



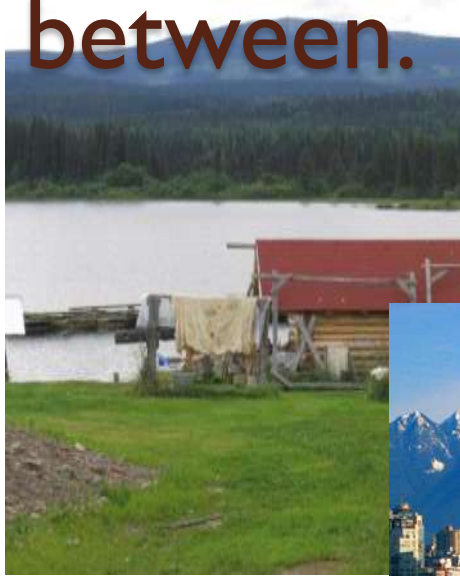
Being in place...



...and feeling out of place...



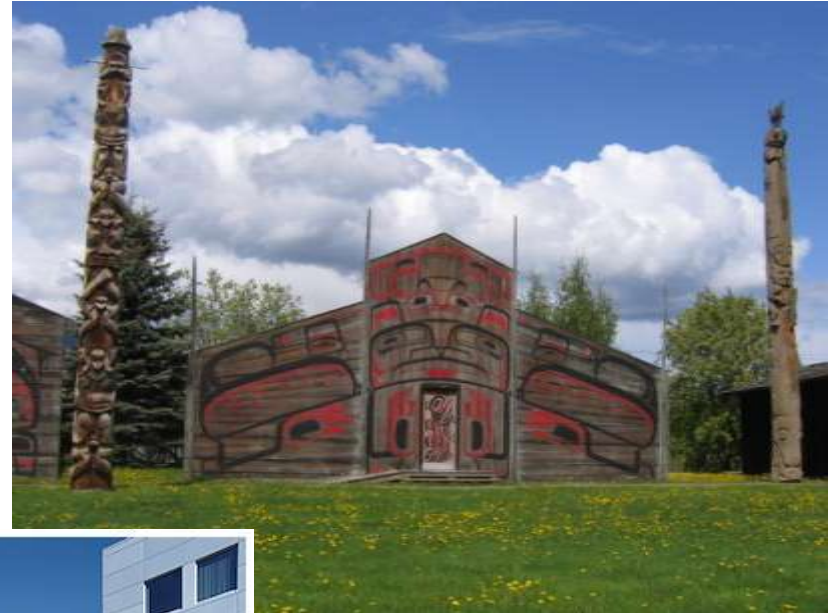
...and existing somewhere in-between.





Health, Place, Culture and the Self

Health and Place...



The Culture of a Place....



Where am I? In relation to you, to us, to *them*....





Healthy Places – Getting from Here to There

A culture of health, in place and because of place...





Three Objects, Three Questions

Questions to ponder...

- Emplace yourself – where are you from and what ‘culture’ has that produced?
- What makes you feel displaced, or out of place, and how does that effect the way you orient to something or someone?
- How might your personal and community geographies effect the way people understand you and, consequently, the work you’re able (or not able!) to do?



Objects to talk about, things to think 'through'

- A little dress, a rock, and a ticket (or two)...



Thank-you!

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