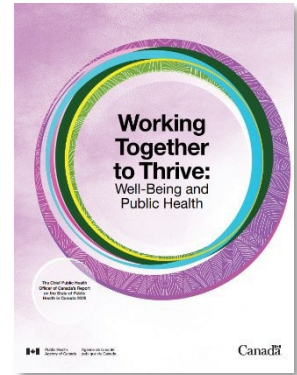


# The Chief Public Health Officer of Canada's Report on the State of Public Health in Canada 2025

## Working Together to Thrive: Well-Being and Public Health



Dr. Theresa Tam's final report as Chief Public Health Officer (CPHO) of Canada, [Working Together to Thrive: Well-Being and Public Health](#) builds on themes from previous reports and speak to the overall purpose of public health to achieve optimal health and well-being for all people in Canada.

### What is Well-Being?

The World Health Organization (WHO) defines well-being as a “positive state experienced by individuals and societies”. Well-being is a multidimensional goal and approach focused on:

- Creating the conditions for people to thrive on a healthy planet, for both current and future generations.
- Balancing health, social, economic, and environmental priorities through whole-of-society action.
- First Nations, Inuit and Métis perspectives which are integral to understanding well-being in Canada. Indigenous knowledge systems have been developed over millennia and emphasize collective, intergenerational well-being rooted in relationships with family, community, land, and spirit.

### Well-being and Health. Why now?

- Although many people in Canada enjoy a high quality of life, recent years have brought significant challenges, like climate change, COVID-19, and cost of living
- No one community or sector can meet these challenges alone - we need new and stronger ways of working together
- Well-being has momentum as a unifying goal, creating new opportunities for public health to work across sectors to achieve shared goals
- Action on the conditions for well-being will improve health for all

### Bringing Public Health and Well-Being Together

Health and well-being are inherently connected. Good health contributes to overall well-being, and the conditions that support well-being are also the conditions for population health and health equity.

- Well-being frameworks emphasize co-benefits and intersectoral action.
- Public health has the mandate, evidence, and tools to improve health outcomes. This means public health can be well-positioned to lead intersectoral well-being initiatives that focus on generating co-benefits.
- Many existing well-being initiatives led by non-health sector leaders have buy-in from diverse partners. For these, public health can be a key contributor.

## The Way Forward

To apply well-being approaches to public health:

- Mobilize intersectoral partnerships through well-being frameworks
- Promote positive outcomes through strengths-based framing
- Foster the well-being of future generations and the planet



To contribute to well-being through public health:

- Leverage knowledge on the social and structural determinants of health and well-being
- Measure and monitor well-being inequities
- Advance intersectoral action
- Collaborate with First Nations, Inuit, and Métis Peoples

## A Call For Action

“This is a transformative task, and not an easy one. Breaking down silos, building trusting relationships, transforming conditions, and evaluating the impacts will take time and unwavering commitment. Future generations are relying on us to stand up to this challenge.”

Dr. Theresa Tam, Canada's former Chief Public Health Officer

For more information or to collaborate on mobilizing CPHO reports in your community we invite you to reach the Public Health Agency of Canada's Ontario Regional Office at email [phckm-cspgs-ontario@phac-aspc.gc.ca](mailto:phckm-cspgs-ontario@phac-aspc.gc.ca)