

NHPI vs. European/Western Worldviews of Health and Well-Being		
	Native Hawaiian-Pacific Islander	European/Western
Concept of health and well-being	Harmonious balance among relationships with family, community, spirituality, and <i>‘āina</i>	Individualistic state of complete physical, mental, and social well-being
Concept of land and the natural environment	Reciprocal relationships with <i>‘āina</i> that embody physical, psychological, and spiritual dimensions; stewardship of <i>‘āina</i> core to identity	Geographic area that can be owned, controlled, and sold
Focus	Balance of inter-connected components of well-being	Individual behavior change
Mental health management	Re-establishing connectedness with ancestral knowledge, traditions, family, community, and the natural environment	Psychotherapy and medication