

**"JAG VAR MED LIVET
OCH LIVET VAR MED MIG
VÄL TILLFREDS"**

NAPHA TRONDHEIM

13.03.2012

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Child, Adolescent and Family Health

Professor of Salutogenesis, HIST/NTNU, 2011- , **NO**

Professor II of Health Promotion, HiBu, 2008-2011, **NO**

Professor of Public Health and Health Promotion, NHV 2006-, **SE**

Docent i Social Politik, Åbo Akademi Vasa, 2007 -, **FI**

Docent i Child Public Health ,NHV 2002, **SE**

Docent i Folkhälsovetenskap Tammerfors Univ. 2002, **FI**

Head of Health Promotion Research Programme at Folkhälsan Research Center, Helsinki, 2005 - 2011 **FI**

THESIS: THE ESSENCE OF EXISTENCE – On The QoL of Children and Families in the Nordic Countries 1994 NHV

Chair of the IUHPE Global Working Group on Salutogenesis 2007 -

se www.rchpr.org ; www.salutogenesis.hv.se

IUHPE GWG-SAL 2007

www.salutogenesis.fi

www.salutogenesis.hv.se

UNRAVELLING THE MYSTERY OF
SALUTOGENESIS M.E . 2007

4 RESEARCH SEMINARS ON
SALUTOGENESIS 2008-2011
(2012 TRONDHEIM)

THE HITCHHIKER'S GUIDE TO
SALUTOGENESIS

EN 2010

ES 2011 (+ CAT + E-BOOK)

FR 2012

DE 2012

NATIONAL NETWORKS

THE CORE GROUP 2010

THE SALUTOGENIC SOCIETY

RESEARCH AGENDA



**WE ARE COMING
THE NEW KIDS
ON THE BLOCK**

August 6.- 9. 2012 - Trondheim, Norway
**Health Promotion Research – An
International Forum and the
5th Salutogenesis Seminar** www.rchpr.org



HEALTH??

The WHO Definition from 1948 stating:

“Health is a ***state*** of complete physical, mental and social wellbeing and not only the absence of disease or Infirmary”

WHO as a UN special Organisation: defending Human Rights from a perspective of Health

The Study of Health has mainly focused on The Absence of Disease

What if we look at a state of WELLBEING?

HEALTH AS A STATE OF WELLBEING











VAD VILL BEFOLKNINGEN ?

- LEVA LÄNGE
- LEVA ETT GOTT LIV, DET LIV DE VILL LEVA
- UNDVIKA SJUKDOM
- OM SJUK FÅ ALL HJÄLP SOM FINNS OMEDELBART

VAD VILL
HÄLSOPOLITIKEN ?

Probably the most important Health
Policy change so far:

The **WHO HFA Strategy 2000**
of 1984

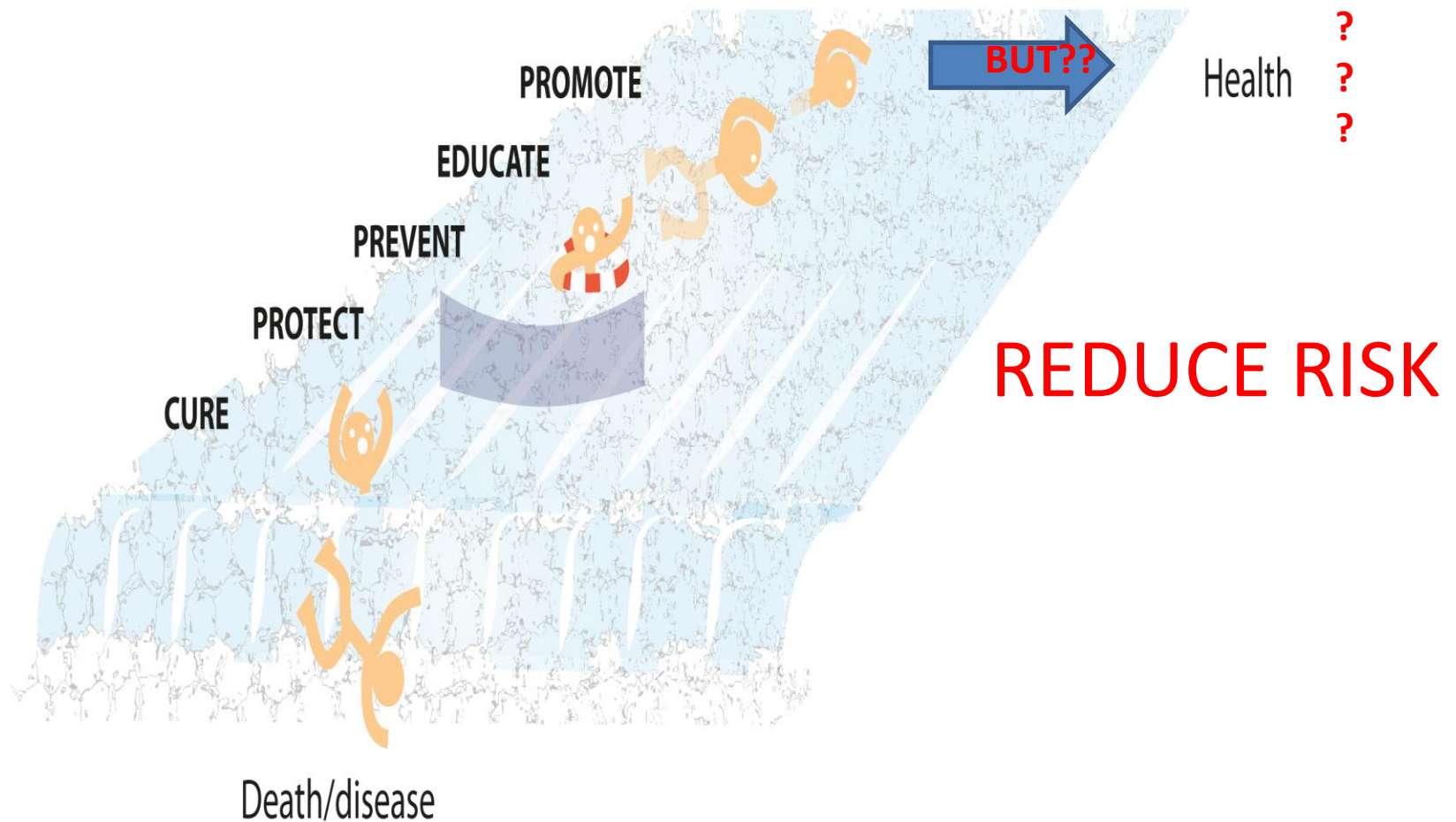
- Adding Years to Life (AYL)
 - Adding Life to Years (ALY)
 - A Sustainable Development
 - Equity in Health
-and 38 Targets.

HEALTH AS A PROCESS

Lehtinen *“there is a lot of misunderstanding and misuse concerning the concept of mental health. Even many professionals and experts think that it refers solely to severe mental disorders. In reality, mental health is a broad concept, and in some way or other concerns everyone in society”*. He continues, ...*“mental health can be seen as a process that comprises predisposing factors (e.g. childhood experiences), actual precipitating factors (e.g. life events), and supporting or protecting factors (e.g. social network) as well as various consequences and outcomes (e.g. health behavior)”* (Lehtinen, 2008).

Lehtinen, V. (2008) *Building up good mental health. Guidelines based on existing knowledge*, Stakes, Helsinki.

WHAT IS THE TRADITIONAL APPROACH OF HEALTH PROFESSIONALS?



MODIFIED AFTER THE CLASSIC "RIVER OF HEALTH"
Mc KNIGHT 1972)

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Health, Disease, Quality of Life

H- ----- H+

D- ----- D+

ILL-----*WELL*

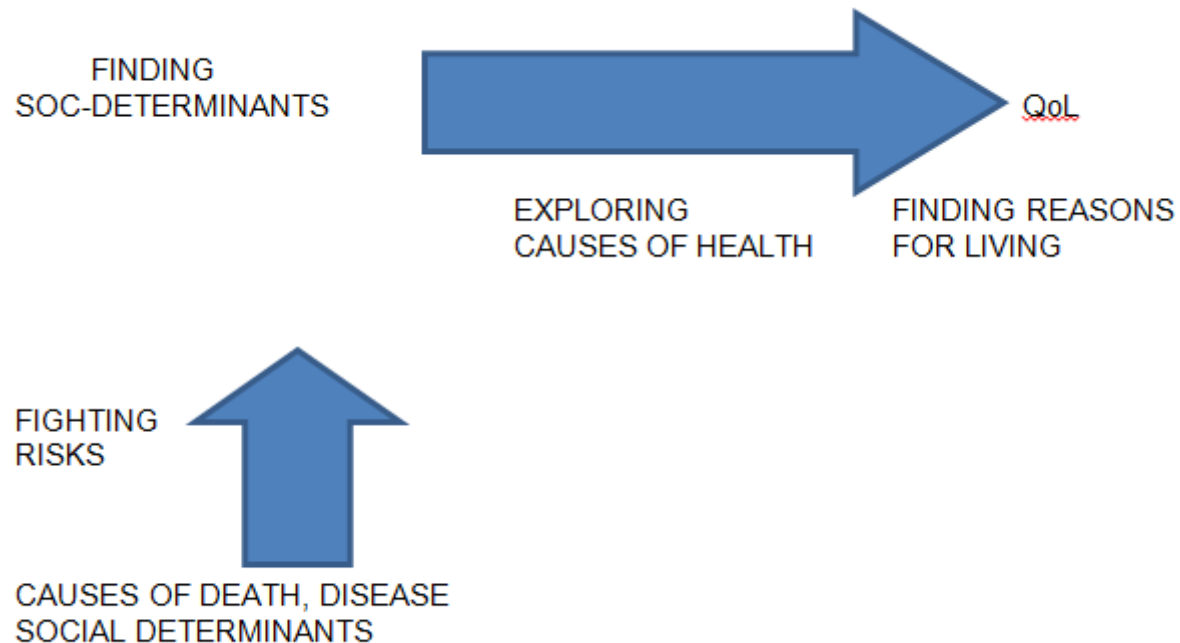
QoL- ----- QoL+

DO WELL ----- *DO WELL*

FACTOR - ----- *FACTOR +*

What is the added value of salutogenesis and health promotion in this context?

TWO DIRECTIONS OF HEALTH RESEARCH

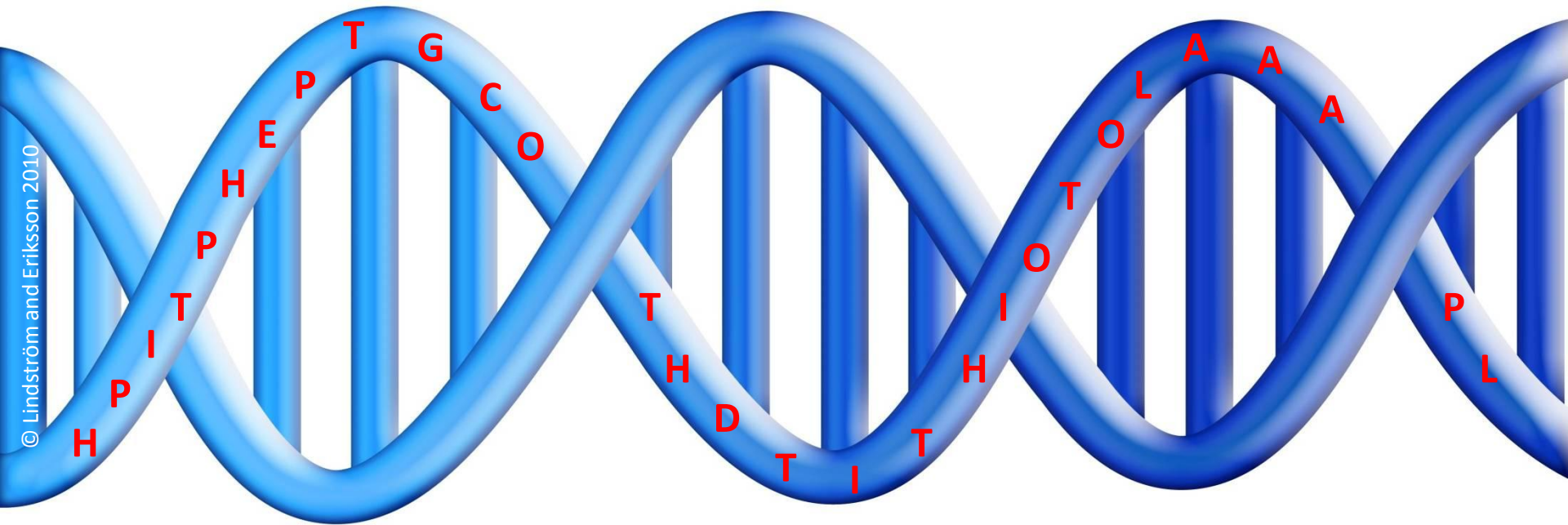






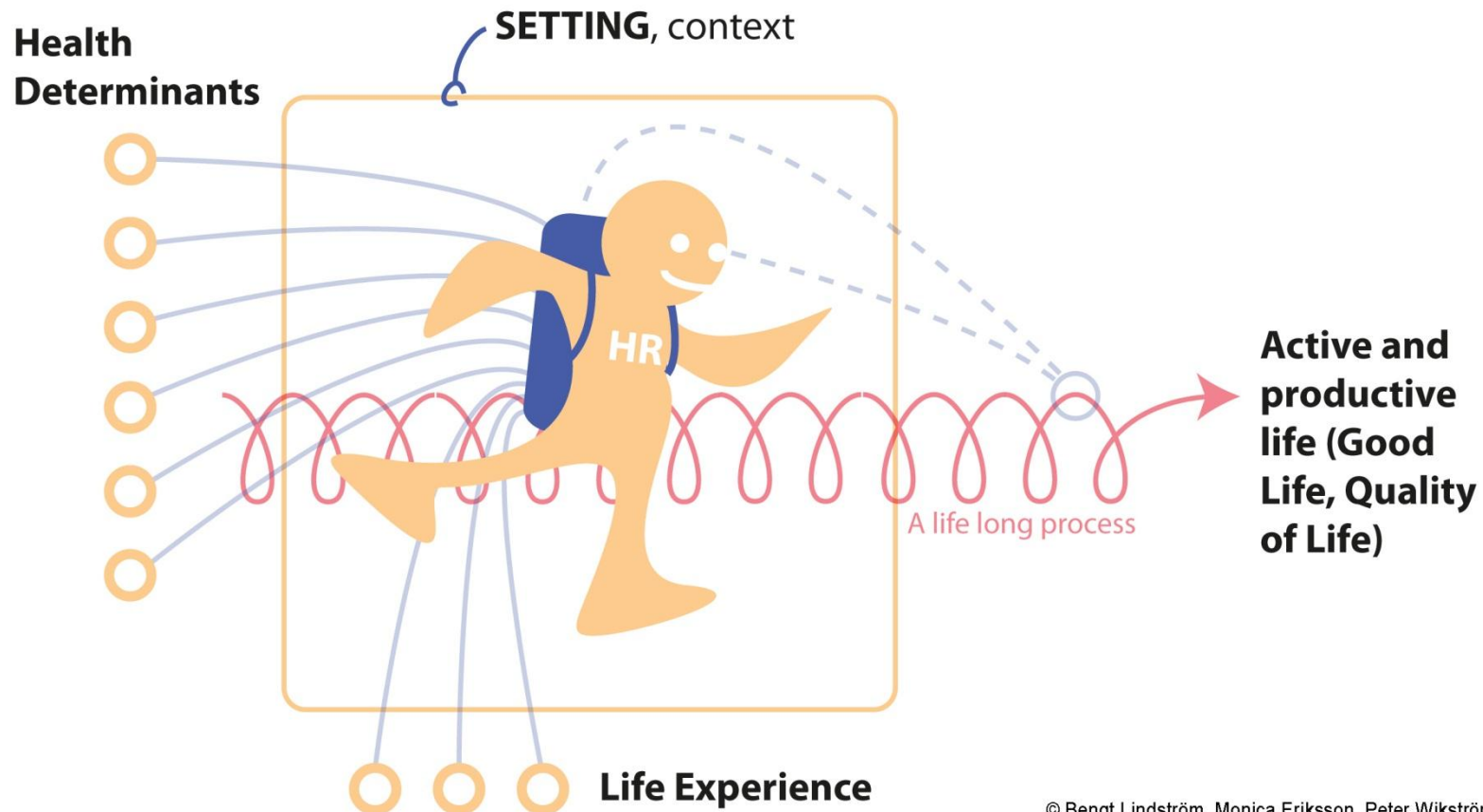


The "Genetic Code" of Health Promotion



© Lindström and Eriksson 2010

Lindström B, Eriksson M. The Hitchhiker's Guide to Salutogenesis. Salutogenic pathways to health promotion. Helsinki 2010.





**AARON
ANTONOVSKY**

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Salutogenesis, the exploration of the origin of health, is on the leading edge of a class of academic movements that **emphasise human strengths** and not just weaknesses, **human capacities** and not just limits, **well-being** and not just illness, and so on... It is a system approach to health that also can be applied on organisations like schools, hospitals, business organisations....

”How come anybody ever make it and stay healthy???”

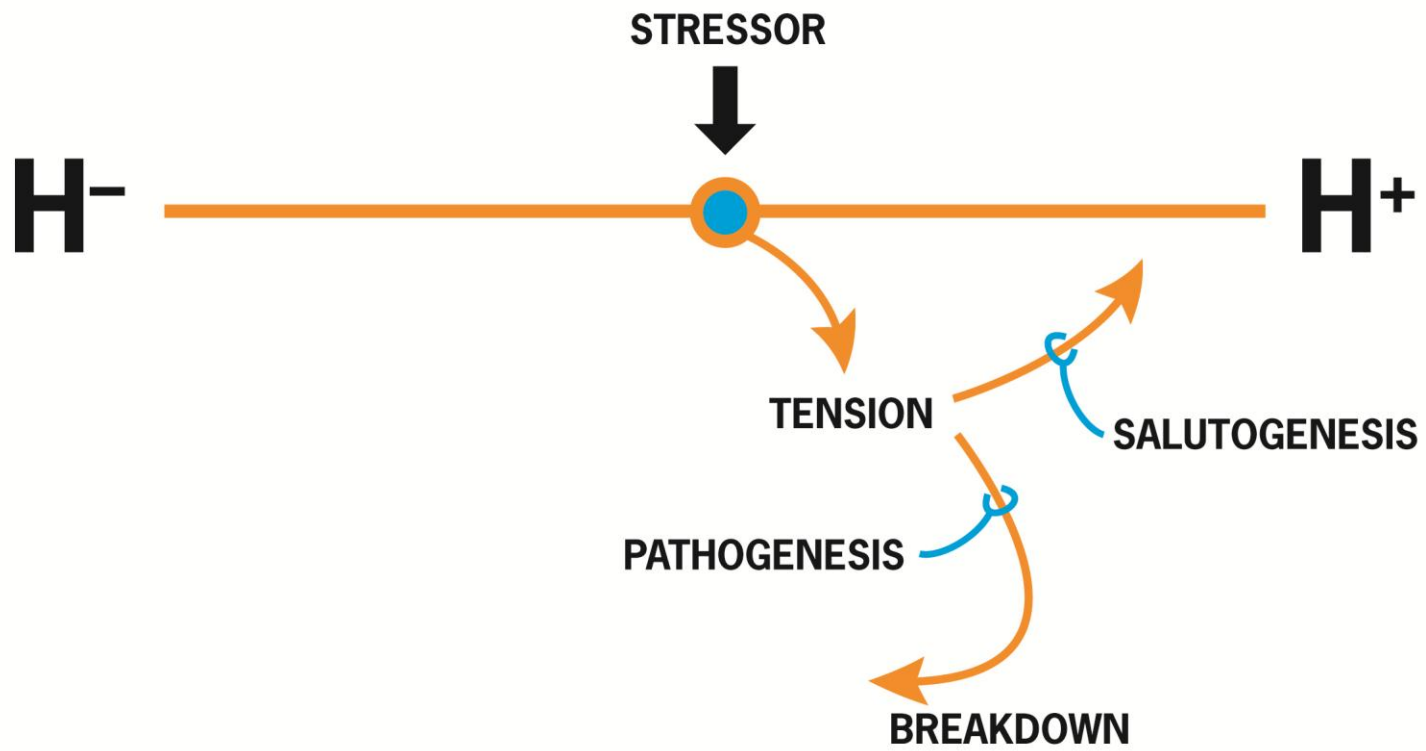
	Survivors	Non concentration camp
+	28%	63%
-	72%	37%

$p < 0.001$

+ did well in menopause

- problems in menopause

Table Antonovsky’s four field plot that made him discover Salutogenesis.



“Mental health ... refers to the location, at any point in the life cycle, of a person on a continuum which ranges from excruciating emotional pain and total psychological malfunctioning at one extreme to a full, vibrant sense of psychological wellbeing at the other. It is about understanding how people move from the use of unconscious psychological defense mechanisms toward the use of conscious coping mechanisms; from the rigidity of defensive structures to the capacity for constant and creative inner readjustment and growth; from a waste of emotional energy toward its productive use; from emotional suffering toward joy; from exploitation of others toward reciprocal interaction” Antonovsky, 1985).

SALUTOGENES SOC TEORIN (ANTONOVSKY)

RESURSAKTORER FÖR HÄLSA

1) KÄNSLA AV SAMMANHANG – en faktor med tre dimensioner

BEGRIPLIGHET (kognitiva)

HANTERBARHET (beteende/instrumentella)

MENINGSFULLHET (motivation)

Antonovsky 1987; Klepp et al. 2007; Bernabé et al. 2009... m.fl.

MULTIDIMENSIONELLT BEGREPP Feldt 2000; Eriksson 2007...m.fl.

2) GENERELLA MOTSTÅNDSRESURSER

ERIKSSON, M. & LINDSTROM, B. 2005. Validity of Antonovsky's sense of coherence scale: a systematic review. *Journal of Epidemiology and Community Health*, 59, 460-466.

Development of a strong SOC

Psychoemotional rather than socioeconomic factors

Contact with inner feelings

(Antonovsky 1979, 1987)

Intimate relationships

(Antonovsky 1979, 1987)

Social support

(Antonovsky 1979, 1987;
Shawn et al. 2007)

Meaningful activities

(Antonovsky 1979, 1987)

Existential issues

(Antonovsky 1979, 1987)

Load balance and consistency

(Sagy & Antonovsky 1996)

Participated in shaping the outcomes (empowerment)

(Sagy & Antonovsky 1996)

Good childhood conditions

(Antonovsky 1979, 1987)

Absence of family conflict and prevalence of neighbourhood cohesion

(Shawn et al. 2007)

Introspection and reflection about job engagement

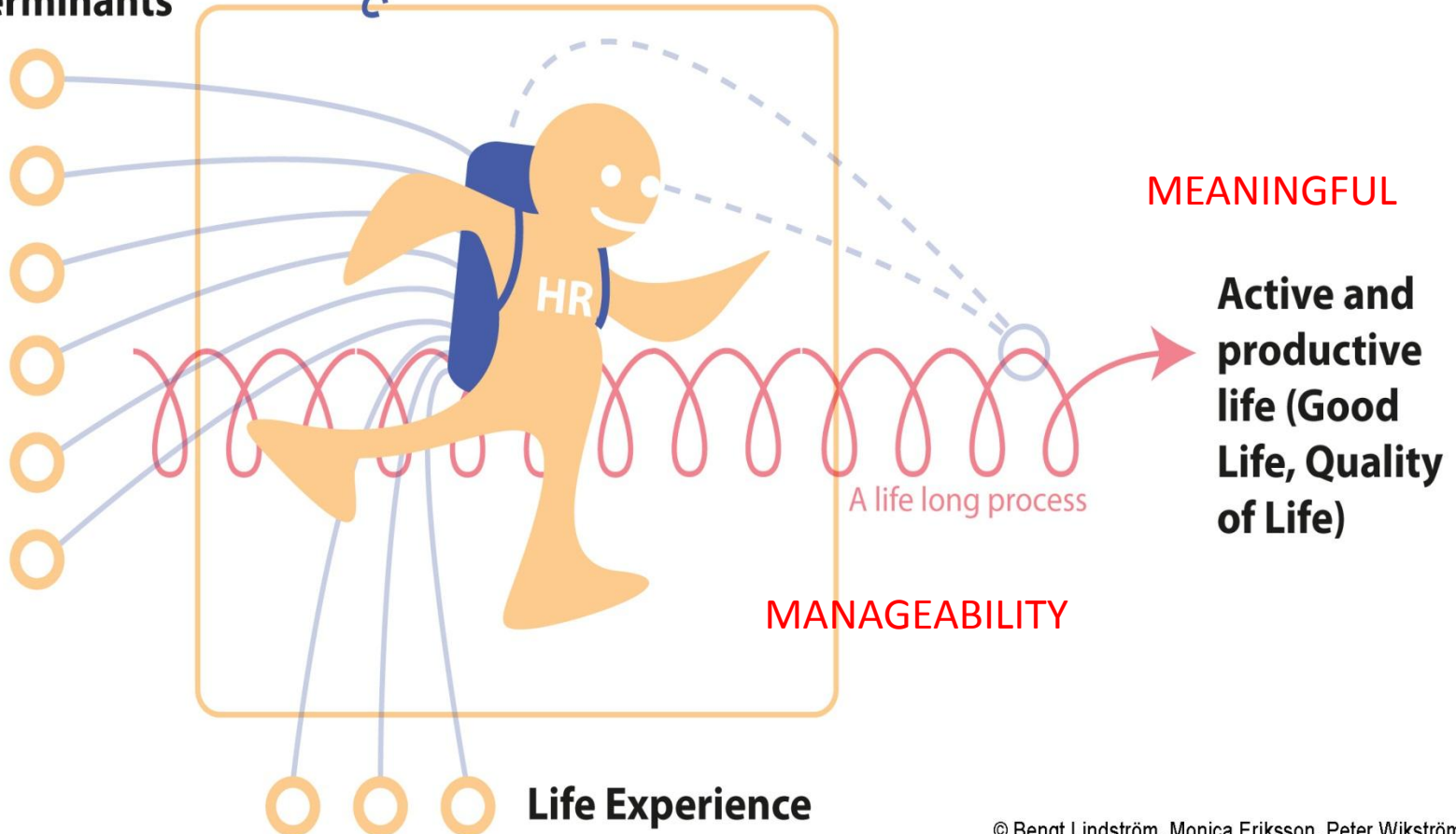
(Forbech Vinje & Mittelmark 2007)

BUILDING BLOCKS IN HEALTH PROMOTING PROCESSES (or SALUTOGENIC PROCESSES)

COMPREHEND

**Health
Determinants**

SETTING, context



MEANINGFUL

**Active and
productive
life (Good
Life, Quality
of Life)**

MANAGEABILITY

HEALTH IN THE RIVER OF LIFE

H⁺ ease

healthy orientation

SALUTOGENESIS

PROMOTE

EDUCATE

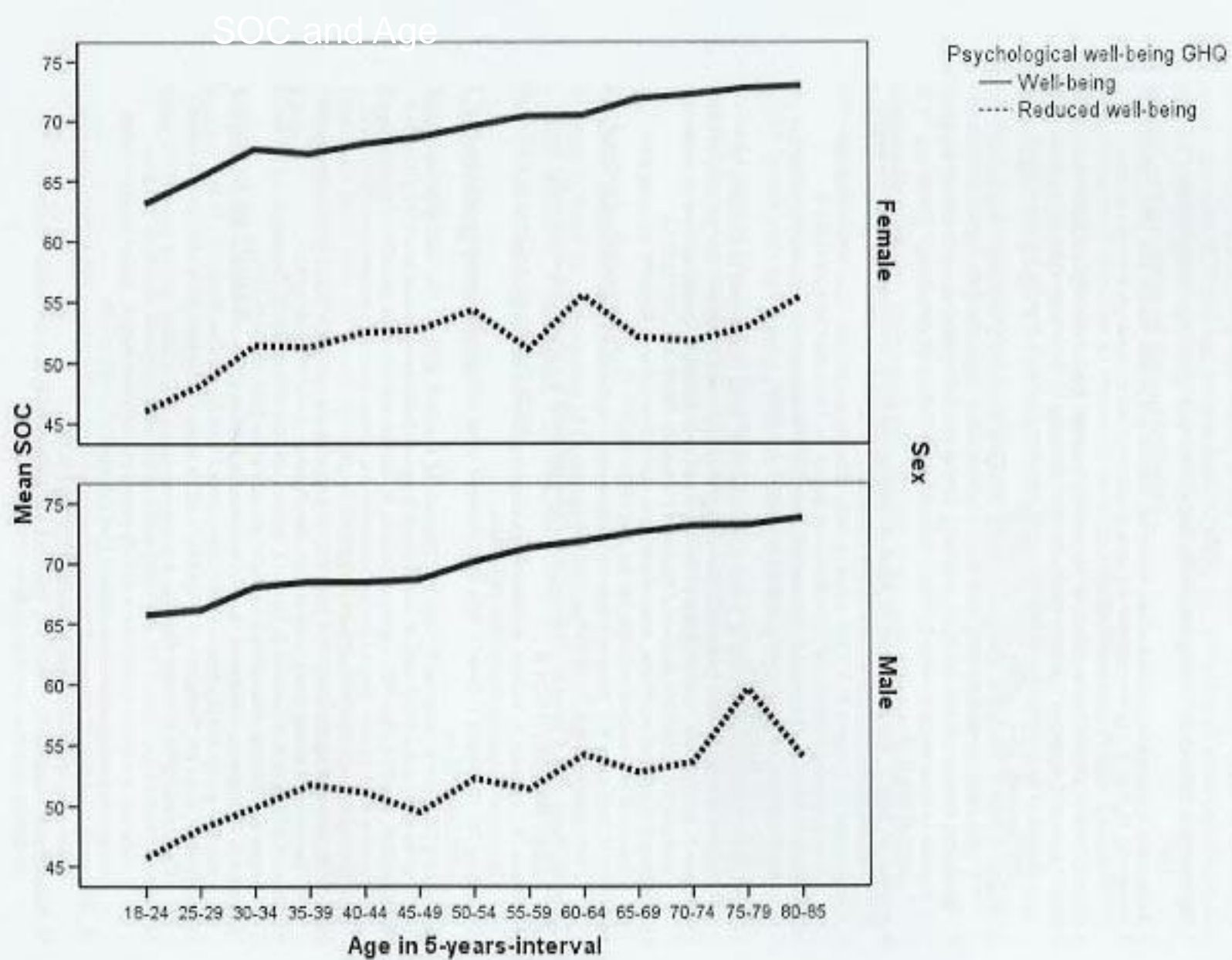
PREVENT

PROTECT

CURE

H⁻ dis-ease

Quality of life
Wellbeing



Nilsson KW Journal of Epidemiology and Community Health 2009;19:19 August 2009. doi:10.1136/jech.2008.081174.



Generally - A strong SOC ...

- ... protects against anxiety, depression, burnout and hopelessness
- ... is strongly and positively related to health resources such as optimism, hardiness, control, and coping
- ... predicts good health and QoL from childhood to adulthood
- ... the stronger the SOC the fewer the symptoms of mental illnesses

Eriksson M, Unravelling the Mystery of Salutogenesis, 2007; **Nielsen AM, Hansson K** Stress and Health 2007;23(5):331-341; **Sagy S, Braun-Lewensohn O**. Global Health Promotion 2009;16(4):5-15; **Simonsson B, Nilsson KW, Leppert J, Diwan VK**. BioPsychoSocial Medicine 2008;2(4):doi:10.1186/1751-0759-2-4; **Buddeberg-Fischer B, Klaghofer R, Schnyder U**. Soz Präventivmed 2001;46(6):404-410...

Mental health



The stronger the SOC the better the QoL of children, adults and in families.

Findings from both quantitative and qualitative studies support the SOC to be a factor enhancing good QoL.

Results from longitudinal studies confirmed the findings from the cross-sectional ones.

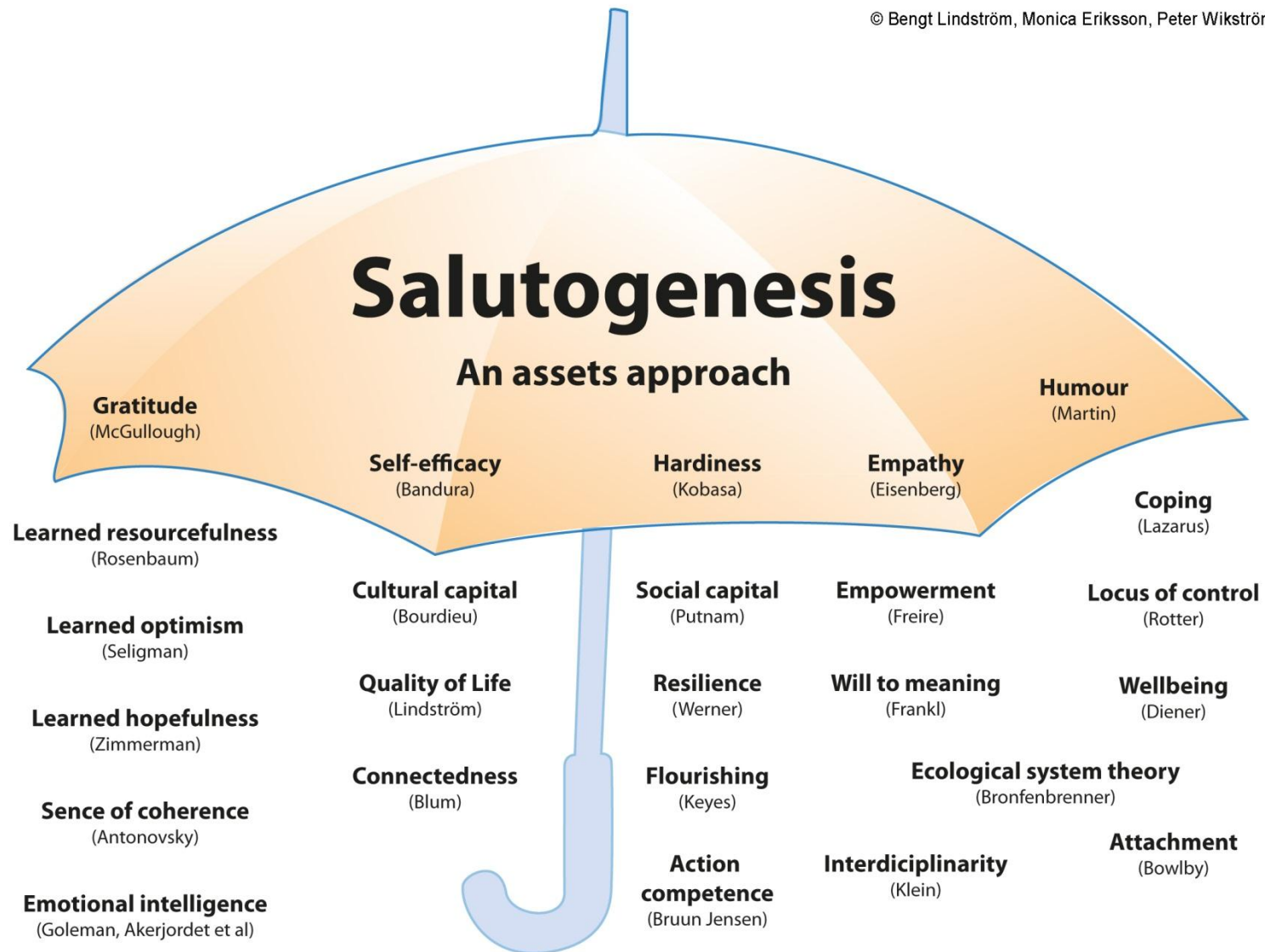
Most of the studies are using specific questionnaires for measuring HRQL on varying samples (patients).

Studies measuring QoL on general populations are scarce.

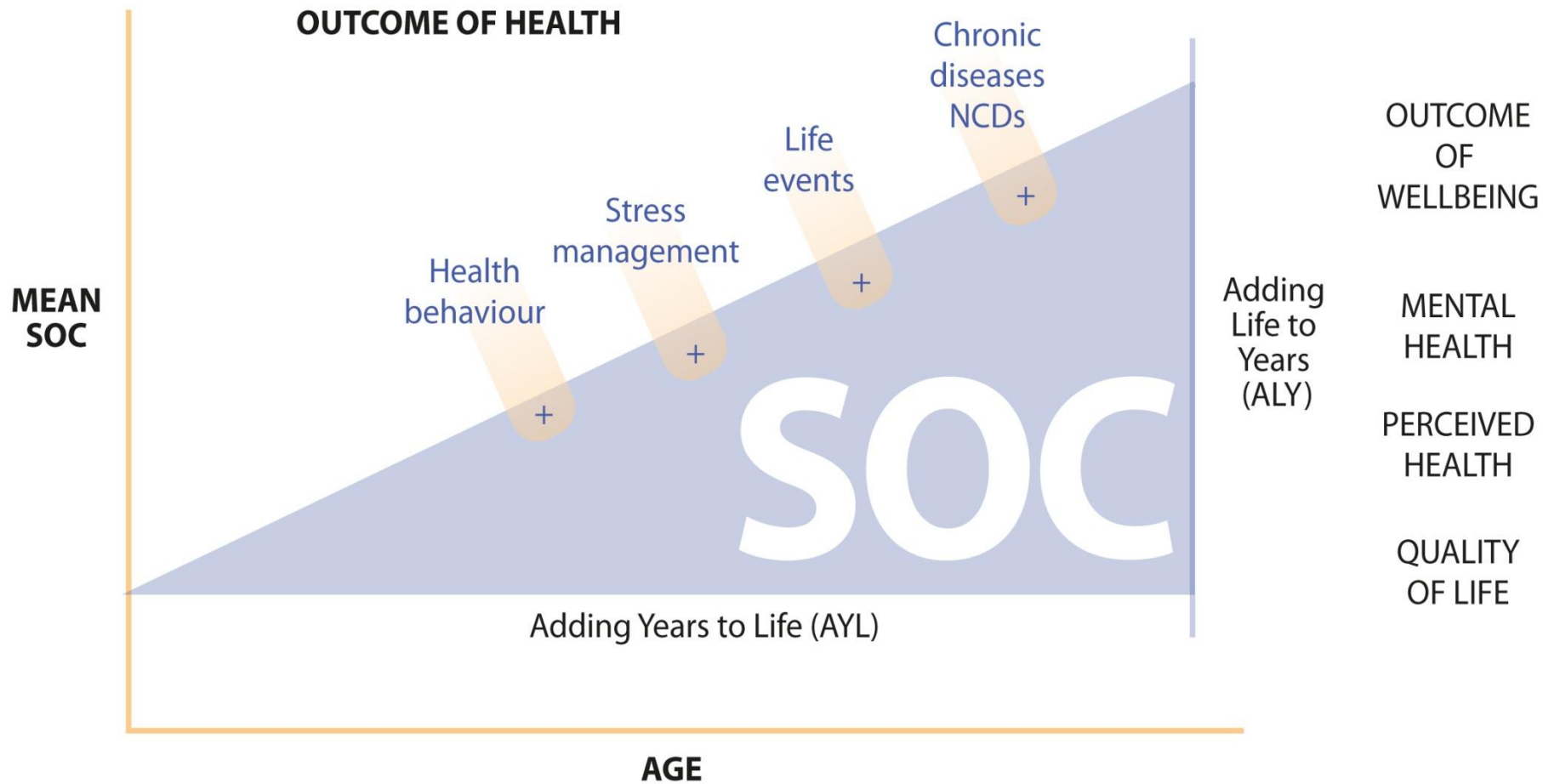
Eriksson M, Lindström B. J Epidemiol. Community Health 2007;61:938-944

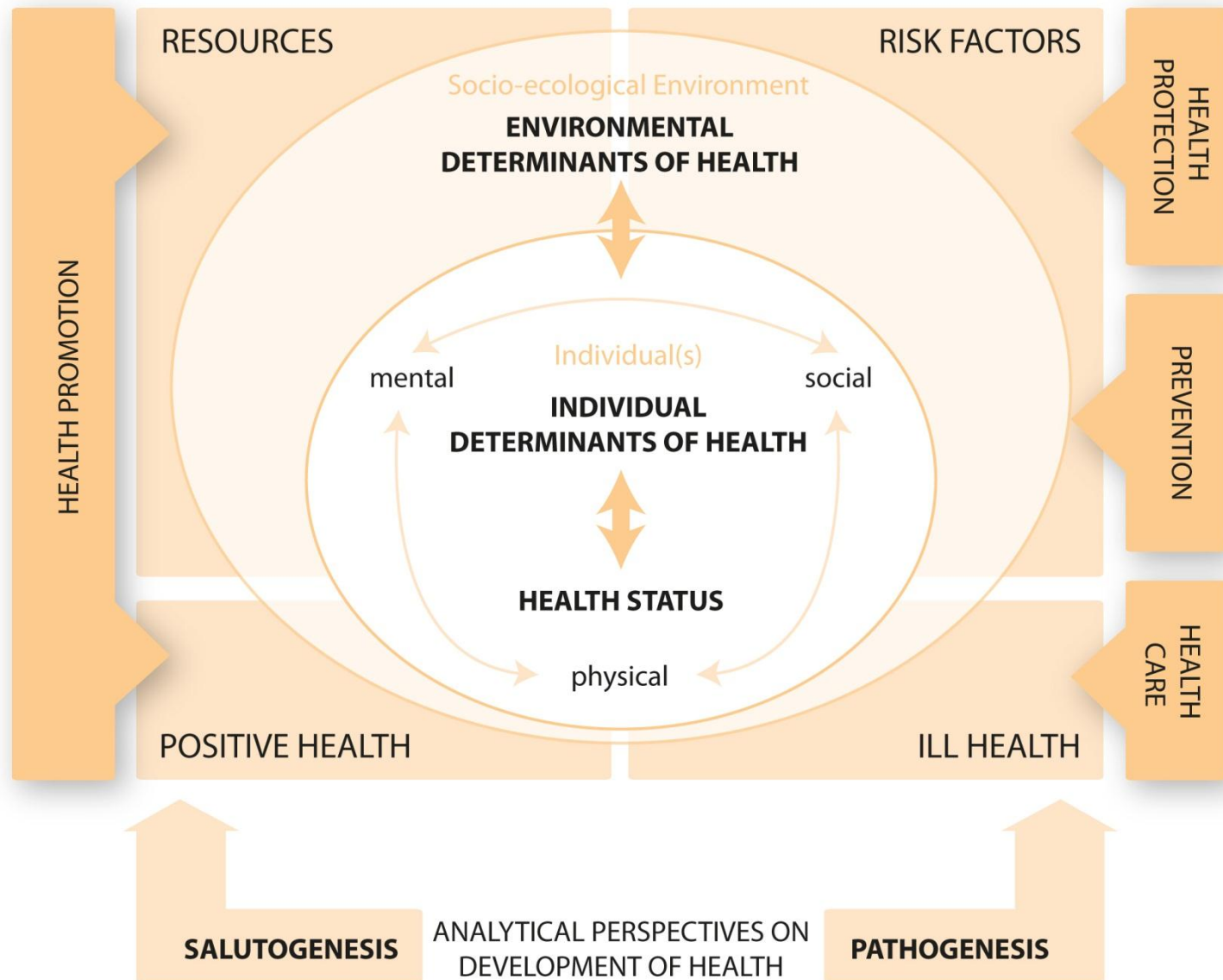
THE SALUTOGENIC UMBRELLA

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THE HFA 2000 POLICY AND OUTCOMES RELATED TO DO-WELL FACTORS





© Bengt Lindström, Monica Eriksson, Peter Wikström


$$HP_{oc} = (SAL + QoL) HR$$

HEALTH??

A NEW DEFINITION OF HEALTH??

**HEALTH IS WHAT IT
TAKES TO MAKE LIFE
WORTH LIVING**

Bengt lindström 2010

A fluffy white cat is curled up and sleeping in a light-colored wicker armchair. The chair is decorated with a large straw hat featuring a wide dark brown ribbon bow on the back. The seat and backrest are covered with cushions that have various floral and abstract patterns in colors like green, blue, red, and pink. The chair is positioned outdoors on a wooden deck, with lush green foliage visible in the background.

**ENJOY
THE ART
OF BEING**

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Websites: www.salutogenesis.fi and www.salutogenesis.hv.se , www.rchpr.org

Pictures: Private Bengt Lindstrom



**WE ARE
COMING
THE NEW KIDS
ON THE BLOCK**

EXTRAS

FINLAND VS SCOTLAND

FINNISH CVD MORTALITY

1950 – 1990

MASSIVE INTERVENTIONS
FROM 1972 ONWARDS

THE NORTH CARELIA
PROJECT
THE GLOBAL FLAGSHIP
FOR CVD PREVENTION and
COMMUNITY INTERVENTIONS

SCOTTISH CVD MORTALITY

1950 - 1990

NO INTERVENTIONS AT
ALL

NOTHING except for

HAGGIS, WHISKY, SMOKE, and

EXCELLENT DEPRIVATION STRATEGIES

THE PATTERNS EXACTLY THE SAME

from 1950 to 1960 an increase - thereafter a decline almost in parallel

In Finland

WHY?

**Are our explanations and
interventions too
simplistic?**

and Scotland

WHY?

HOW DOES ONE EXPLAIN THE CVD EPIDEMIC IN FINLAND ??

- Genetics
- Lifestyle (alcohol, tobacco, Food exercise....)
- The social gradient Not good to be poor at all
- Mental problems
- A great stressor behind the border - Soviet (FI)
- What about epi genetics?
- What about stress theories?
- What about history?
- Was North Karelia only timed right by chance??
- However The Research and Intervention gave us a lot of experience to build further
- BUT at the same time a belief in a paradigm that has been impossible to break over 40 years!!



You can fool
Some of the people
All of the time,

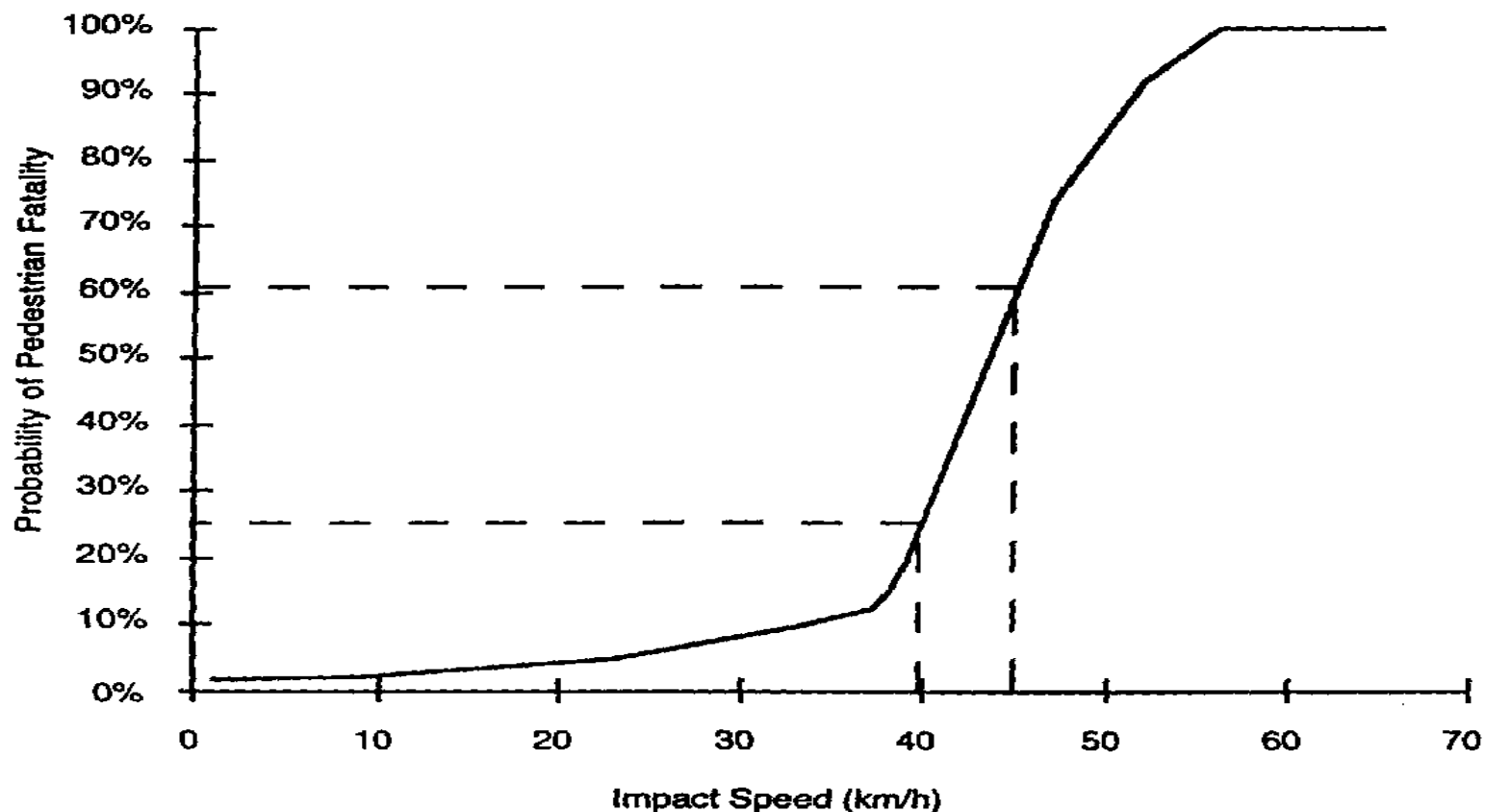
All of the people
Some of the time,

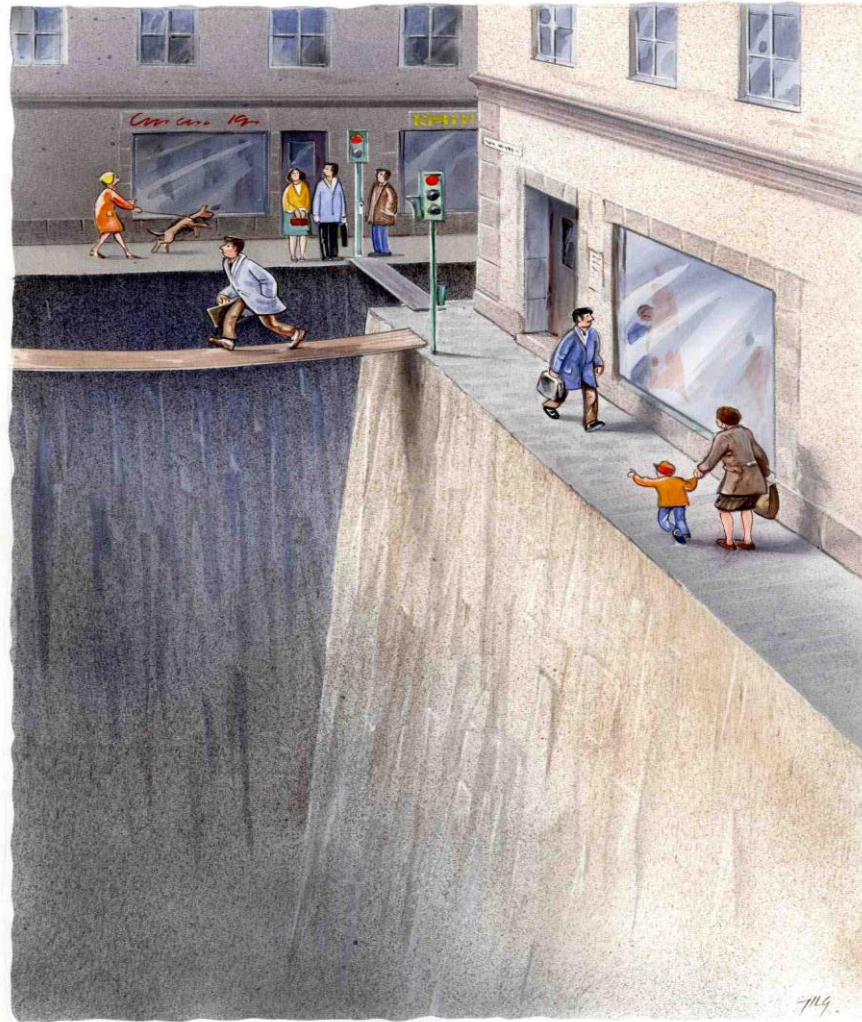
But You can never fool
All of the people
All of the time.

Abraham Lincoln



Figure 2: Probability of Pedestrian Fatality by Impact Speed.
Derived from the Interdisciplinary Working Group for Accident Mechanics (1986) and Walz, Hoefliger and Fehlmann (1983)





Mats-åke Belin Trafikverket, SE

FOLKHÄLSAN RESEARCH CENTRE
HEALTH PROMOTION RESEARCH
Research Report 2010:2

THE HITCHHIKER'S GUIDE TO THE SALUTOGENESIS

Salutogenic pathways to health promotion

Bengt Lindström
and
Monica Eriksson

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