WHAT GOES ON IN SALUTOGENESIS?

BENGT LINDSTROM PROFESSOR OF SALUTOGENESIS
NTNU NORWAY
Bengt Lindström
MD, PhD, DrPH, Pediatrics
Professor of Salutogenesis, SVT/NTNU, 2011 - 2017, NO

Professor II of Health Promotion, HiBu, 2008-2011, NO
Professor of Public Health and Health Promotion, NHV 2006, SE (Emeritus 2013)

Associate Professor Social Policy, Åbo Akademi Vasa, 2007 -, FI

Associate Professor Child Public Health , NHV 2002, SE

Associate Professor Public Health Tampere Univ. 2002, FI

Head of the Health Promotion Research Programme at Folkhälsan Research Center, Helsinki, 2005 – 2011, FI

Visiting Professor Wageningen University 2011-, NL

Visiting Professor Cagliari University Italy 2015, IT

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

Member of the IUHPE Global Executive Board 2016

Chair of the IUHPE Global Working Group on Salutogenesis 2007 - 2016 www.rchpr.org

www.salutogenesis hv.se
AARON ANTONOVSKY
1923-1994
FOUNDER OF THE SALUTOGENESIS IN THEORY AND PRACTICE

FOTO BENGT LINDSTROM 1992
Salutogenesis
An assets approach

Gratitude (McCullough)
Learned resourcefulness (Rosenbaum)
Learned optimism (Seligman)
Learned hopefulness (Zimmerman)
Sense of coherence (Antonovsky)
Emotional intelligence (Goleman, Akerjordet et al)

Self-efficacy (Bandura)
Cultural capital (Bourdieu)
Quality of Life (Lindström)
Connectedness (Blum)

Hardiness (Kobasa)
Social capital (Putnam)
Resilience (Werner)
Flourishing (Keyes)

Empathy (Eisenberg)
Empowerment (Freire)
Will to meaning (Frankl)
Action competence (Bruun Jensen)

Humour (Martin)
Coping (Lazarus)
Locus of control (Rotter)
Wellbeing (Diener)
Ecological system theory (Bronfenbrenner)
Interdisciplinarity (Klein)
Attachment (Bowlby)
1986 The Implementation Strategy for the Ottawa Charter for Health Promotion

"Health Promotion is the Process Enabling People to Gain Control over their Health Determinants, Thereby Improving their Health In Order to Lead an Active and Productive Life"

The "Genetic Code of Health Promotion".

and

THE SALUTOGENIC INTERPRETATION OF THE OTTAWA CHARTER:
Active and productive life (Good Life, Quality of Life)

A life long process
BUILDING BLOCKS FOR HEALTH PROMOTION PROCESSES
-- A SALUTOGENIC INTERPRETATION

COMPREHENSABILITY

SETTING, context

MEANINGFULNESS

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

MANAGEABILITY

Life Experience

© Bengt Lindström, Monica Eriksson, Peter Wikström
The Evidence Base


**Ongoing analysis** of additional 400 papers 2004 - 2009

**Personal communication** with authors
The Handbook of Salutogenesis

Maurice B. Mittelmark · Shifra Sagy
Monica Eriksson · Georg F. Bauer · Jürgen M. Pelikan
Bengt Lindström · Geir Arild Espnes Editors

330.000 DOWNLOADS IN 10 MONTHS

OPEN ACCESS (SPRINGER 2016)
IUHPE GLOBAL WORKINGGROUP ON SALUTOGENESIS

GEORG BAUER SWITZERLAND
MAURICE MITTELMARK NORWAY
SHIFRA SAGY ISRAEL
JURGEN PELIKAN AUSTRIA
BENGT LINDSTROM, FINLAND
MONICA ERIKSSON SWEDEN
GEIR ESPNES NORWAY

COREY KEYES USA
BJARNE BRUUN JENSEN DENMARK
MIMA CATTAN UK
ADI MANA ISRAEL
LENNEKE VANDRAAGEN NL
SOO DOWN UK
MATHIEU ROY CANADA
GALEA GAUDAN WHO EURO
GEORG JENNY SWITZERLAND
PAOLO CONTU ITALY
DOLORS JUVINYA CANAL SPAIN
PAULINE BAKINBINGA TANZANIA
ANTONY MORGAN UK
HEGE FORBIECH VINJE NO

EDITORS OF THE HANDBOOK
1) At the last meeting of the GWG-Sal in Zurich, participants were separated in three groups. The goal of this exercise was to discuss about current issues and concerns related to salutogenesis in order to write one (or more?) position papers on behalf of our group.

The groups of participants and the issues they raised were the following

Group #1 ➔ Bengt Lindström + Georg Bauer + Jürgen Pelikan + Mathieu Roy + Maurice Mittelmark + Antony Morgan + Monica Eriksson + Hege Forbech Vinje + Lenneke Vaandrager

-The discussion was about the salutogenic theory, how to improve it, and what are future issues regarding the salutogenic model.
-From this discussion, four issues emerged
  a) The salutogenic model within a multilevel system framework [JP, MR, LV]
  b) The need to add/define positive health development (i.e. From surviving to thriving) [GB, MR, AM]
  c) A critic of the SOC and psychological mechanisms underlying the SOC development [MM, ME, HFV]
  d) Primordial genesis of salutogenesis [BL]

Group #2 ➔ Gregor Jenny + Lenneke Vaandrager + Paolo Contu + Rebecca Brauchli + Dolores Juvinya Canal

-The discussion was about salutogenic interventions, processes, and principles
-From this discussion, two issues emerged
  a) How to measure/observe/describe the systems configuration and its changes? [LV, PC, GJ, RB, DJC]
  b) What are the salutogenic triggers to a system shift? [PC, GJ, LV, RB, DJC]

Group #3 ➔ Adi Mana + Pauline Bakibinga + Shifra Sagy + Shefaly Shorey

-The discussion was about salutogenesis in specific groups, minorities, and communities
-From this discussion, one issue emerged
  a) The need for a sense of collective coherence [SS, AM, PB, Shefaly Shorey]
About STARS

Mission
The mission of STARS is to advance and promote the science of salutogenesis.

Scientific exchange
STARS provides a transdisciplinary platform for scientific exchange between researchers in the field of salutogenesis. The society is a bridge between the International Union for Health Promotion and Education's (IUHPE) Global Working Group on Salutogenesis (GWG), and the broader scientific community working in areas other than health promotion.

Transdisciplinarity
The Handbook of Salutogenesis (2016) illustrates the broad range of social issues to which salutogenesis is applied: conflict resolution and peace initiatives, intergroup relations, restorative environments, work life, organization development, education, corrections, architecture, and many aspects of health promotion and disease and illness prevention and treatment. Therefore, the GWG establishes STARS as a way to connect scholars from diverse disciplines, who share interest in the science of salutogenesis.

Open membership
STARS welcomes anyone with an interest in the science of salutogenesis! Having published one or more salutogenesis articles is not a condition of membership. Become a member now!

Sharing principle
STARS members are encouraged to share their publications as well as news and events on salutogenesis.

Join: www.stars-society.org
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

OUTCOMES RELATED TO A STRONG SALUTOGENIC CAPACITY (SOC)
30 BILLION EUROS
EQUALS
ONE DAY OF WORK FOR THE WHOLE POPULATION /A YEAR:
    i. e.     A 4 DAYS WORKING WEEK IN FINLAND

If SOC is Strong People tend to Return to Working Life

18 BILLION DOLLARS/YEAR in USA
spent on Caesarean Sections without medical indications
If SOC is Strong Women Prefer Natural Birth
(Soo Downe)
Salutogenesis in the Self-tuning Model of Self-care:
Backing from the brink of burnout

Hege Vine, University of Bergen and Vestfold University College
Maurice B. Mittelmark, University of Bergen
...and salutogenesis triumphs... yet again!
“Origin of health (dis/ease) -- in stressful environments?
“fitness of swimmer (SoC) in the dangerous/toxic river of life”

“Origin of positive health in resourceful environments?”
“joyful & purposeful swimming in a resourceful river of life”

➢ Health promotion in everyday life – “settings = places where people learn, work, love & play” (WHO Ottawa Charta 1986)
Towards a complete theory of salutogenesis
(Bauer 2013/2016) (based on Antonovsky 1979, 1987; Bauer, Davies, Pelikan 2006)

Pathogenesis

Demands → Negative Health

SoC

Resources → Salutogenesis
Towards a complete theory of salutogenesis
(Bauer 2013/2016) (based on Antonovsky 1979, 1987; Bauer, Davies, Pelikan 2006)

Pathogenesis

Demands
Negative Health

SoC

Sustainable Life

Resources
Positive Health

Salutogenesis

Figure 1. The final model (M8) of the statistically significant cross-lagged relationships between job resources, sense of coherence, and work engagement (N = 940). * \( p < .05 \), ** \( p < .01 \), *** \( p < .001 \).
**Specifying & testing of model: context of work**

Data-Base: S-Tool; SWiNG Intervention Project; 8 companies; wave 1: n=3036

**SEM: stability across organizations, job level, gender, time**

**PATHOGENESIS**

- Time pressure / Work Interruption
- Role unclarity
- Qualitative overload

**Job Demands** → **Negative Health**

- .41
- -.36

**Negative Health** → **Positive Health**

- .18
- .89

**SALUTOGENESIS**

- Manager support / appreciation
- Peer support / appreciation
- Control / holistic Task

**Job Resources**

**Positive Health**

- Satisfaction
- Commitment
- Enthusiasm

A supportive family environment in childhood enhances the level and heritability of sense of coherence in early adulthood.

Evidence from neuroscience, neuro-psychology and epigenetics have thrown light on this although much is still unknown. However, the theory of mind, the ability to interpret other people’s behaviour, emotions and thoughts and understand other people have a mind like we ourselves is a gateway to this understanding. This is a capacity of the brain also named mentalisation (2002, 2012). Here the attention of the mind is to focus on thoughts, experiences, intentions, wishes, expectations and feelings and reflect on what feelings are behind the behaviour that can be observed on the outside. Several areas of the brain are involved in this process and it is seen as a corner stone for mental wellbeing and also works as a protective factor in crisis. The sense of being understood is a fundament for the joy of life and overall sense of trust and security. To develop such skills in the life course, especially in the early stages of life has tremendous influence on the overall development in the human being. It is part of the development of personality, the ability to create relationships and the sense of empathy.

For the child the ability to reflect on experiences, states of mind, moods develops step by step through the support of parents who have capacity for mentalisation. This ability is well developed at the age of seven. Early experience of human interaction is key here, good relationships can improve the mentalisation capacity while stress, trauma can temporarily affect it negatively. This process starts in pregnancy and intrauterine development where also parental mentalisation can develop regarding interaction with the child. Reading this with a salutogenic mind and framework rings a bell! It is similar to how the sense of coherence develops.

**Genesis - on the origin of a life long salutogenic process.**

Lindstrom Bengt, Professor of Salutogenesis
NTNU Center for Health Promotion.
Trondheim Norway
bengt.lindstrom@ntnu.no
COST ACTION IS1405 BIRTH

Kerstin Uvnes

OXYTOCIN

GWG-SAL
Downe and Lindstrom

The
SALUTOGENIC MODEL
Setting the stage for health: Salutogenesis in midwifery professional knowledge in three European countries
Magistretti, Claudia Meier, Downe, Soo, Lindstrøm, Bengt, Berg, Marie and Schwarz, Katharina Tritten
Available at http://clok.uclan.ac.uk/16849/

THE SALUTOGENIC MOTHER AND CHILD ORIENTED MIDWIVES

THE TECHNICAL INSTRUMENTAL ORIENTED MIDWIVES

THERMO IMAGES OF THE ABOVE

THE HOT AND THE COLD MIDWIVES
Health Education - Empowerment:

There have been different methods and concepts introduced regarding the “education” part of the concept; health communication, health fostering, health pedagogics, health knowledge. The latest in line is health literacy.

There has been too little focus on the “health” part of the concept many times meaning only you deal with issues that cause risks to health.
NEXT 10 TH IUHPE EUROPEAN CONFERENCE: IMPLEMENTING HEALTH PROMOTION IN THE LIFE COURSE - THE INVOLVEMENT OF PRACTICE AND RESEARCH

SEPTEMBER 24-26. 2018
TRONDHEIM, NORWAY

www.rchpr.org
SOME BOOKS

Promoting Mental Health
CONCEPTS * EMERGING EVIDENCE * PRACTICE

Health Assets in a Global Context
Theory, Methods, Action

Exploring Mental Health: Theoretical and Empirical Discourses on Salutogenesis

Wayfinding Through Life's Challenges
Coping and Survival

Hitchhiker in NORWEGIAN

HANDBOOK ON SALUTOGENESIS 2016

Hitchhiker in Norvegian

2015