

**Global Working Group on Salutogenesis**

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# Salutogenesis Symposium

Global WORKING GROUP on Salutogenesis



## **Aims**

1. To provide an overview of the potential of salutogenesis for the field of health promotion and particularly for “bending the curve of rising NCDs”
2. Advancing Salutogenesis
3. Discussing emerging research
4. Identifying key issues for the future



## Program

<b>10.15</b>	Welcome & program overview	Lenneke Vaandrager
<b>10.20</b>	Overview of GWG & of its strengths	Georg Bauer
<b>10.30</b>	State of the art: Handbook of Salutogenesis	Maurice Mittelmark
<b>10.40</b>	Advancing Salutogenesis background & process	Mathieu Roy
<b>10.45</b>	Advancing the model of Salutogenesis	Georg Bauer
<b>10.52</b>	Advancing the sense of coherence	Bengt Lindström
<b>10.59</b>	Defining salutogenic interventions & processes	Paolo Contu
<b>11.06</b>	Application of salutogenesis beyond HP	Shifra Sagy
<b>11.15</b>	Emerging research (poster round in sub-groups)	
<b>12.05</b>	Key issues for the future	Lenneke Vaandrager
<b>12.30</b>	Closing	



## Posters

<b>Kristel Polhuis</b> (Netherlands)	From diet to everyday-social life: a salutogenic approach towards enabling <b>healthful eating</b> among diabetes type 2 patients in The Netherlands
<b>Helena Ericson</b> (Sweden)	Health resources, ageing, and physical activity: a study of <b>physically active</b> women aged 69-75 years. Using a theory driven (salutogenesis) method for the analysis
<b>Ernest Darkwah</b> (Norway/Ghana)	Caring for 'parentless' children: An exploration of work stressors and resources as experienced by <b>caregivers</b> in children's homes in Ghana
<b>Susana Mantas</b> (Spain)	Perception of Positive Mental Health and Salutogenic model among <b>healthcare</b> workers of the Emergency System of Catalunya
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<b>Birgit Brusletto</b> (Norway)	A salutogenic and long-term perspective on being in sustainable work after cancer – exploring <b>return-to-work</b> processes
<b>Anat Sarid</b> (Negev)	Salutogenesis and reconciliation in a <b>conflict situation</b> : Sense of national coherence and willingness to reconcile



**Developed by Aaron Antonovsky (1923-1994)**

**Key question:** origin (“genesis”) of health (“salus”)

**Key books by Antonovsky:** Salutogenesis as stress related concept

- Health, stress & coping 1979
- Unraveling the mystery of health – How people manage stress and stay well 1987

**Focus:** Instead of risk factors and single disease outcomes

- Balance between life stressors & general resistance resources
- “dis/ease continuum” & lifelong learning



**Key answer:** Sense of Coherence – global orientation to life

- Comprehensibility (cognitive)
- Manageability (behavioral)
- Meaningfulness of life (emotional)

**Measurement:** Orientation to life questionnaire – SOC scale  
(translated in 49 languages)

**Strong empirical evidence:**

SOC → health (e.g. 30% reduction in all cause mortality, Surtees 2002)

# Salutogenesis: meanings

(Mittelmark & Bauer 2016)

- Sense of Coherence SOC
- Salutogenic orientation (resources & positive health)
- Salutogenic model

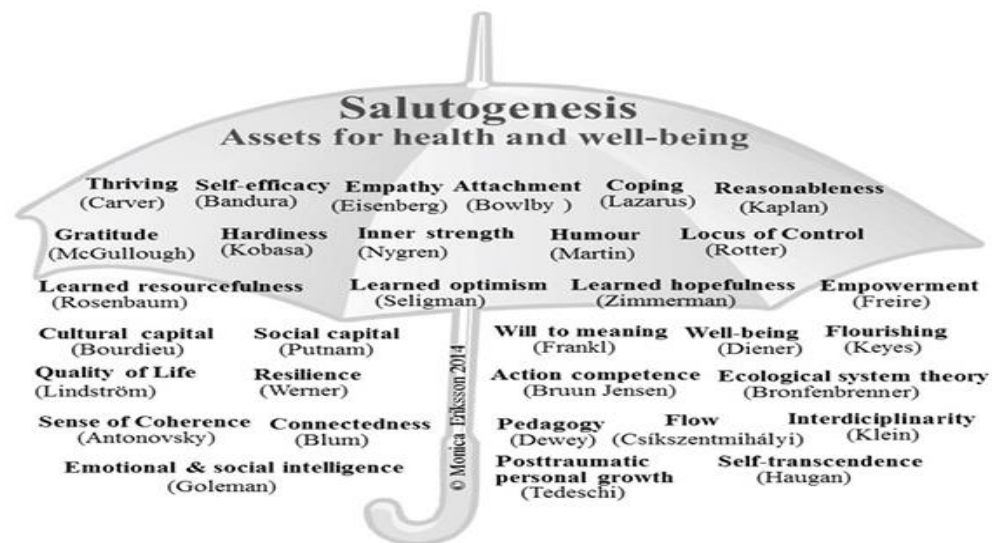


Figure 1. The Salutogenic Umbrella

(© Bengt Lindström, Monica Eriksson, Peter Wikström – With permission)

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

## The Handbook of Salutogenesis



## **GWG Salutogenesis: Mission**

To advance and promote the science of salutogenesis (philosophy, theory, methodology, evidence) and thus to contribute to the scientific base of health promotion and of the IUHPE





## GWG Salutogenesis: Global members

**Europe:** Georg Bauer (Switzerland, Chair), Paolo Contu (Italy), Soo Downe (Claudia Meier Magistretti) (UK), Monica Eriksson (Sweden), Geir Espnes (Norway), Gauden Galea (Elena Shevkun) (Malta), Bjarne Bruun Jensen (Denmark), Dolors Juvinya (Spain), Bengt Lindström (Norway), Maurice Mittelmark (Norway), Antony Morgan (UK), Jürgen Pelikan (Austria), Luis Saboga Nunes (Portugal), Lenneke Vaandrager (Maria Koelen) (Netherlands), Hege Forbeck Vinje (Norway)

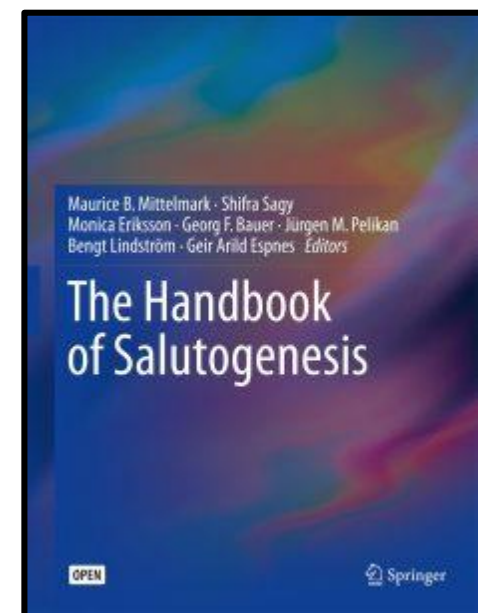
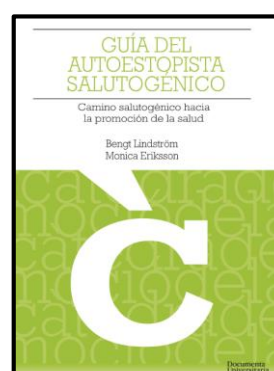
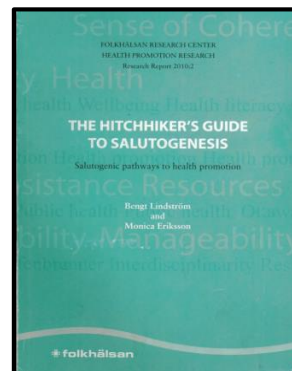
**Asia:** Emily N.K. Ang (Shefaly Shorey) (Singapore), Avishai Antonovsky (Israel), Adi Mana (Israel), Shifra Sagy (Israel)

**North America:** Corey Lee M. Keyes (USA), Mathieu Roy (Canada)

**Africa:** Pauline Bakibinga (Kenya)

## GWG Salutogenesis: History

- Founded 2007 by Bengt Lindström, initiated by IUHPE
- Series of annual research seminars
- Swedish database on Salutogenesis
- Hitchhikers guide to Salutogenesis
- Handbook of Salutogenesis

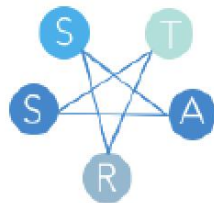




## **GWG Salutogenesis: Action plan 2017-2020**

- Annual meetings of the GWG for agenda setting
- Scientific conferences and symposia on salutogenesis
- Publications on salutogenesis (position paper, articles, 2. Edition of Handbook)
- Journal of Salutogenesis 2020
- Society STARS → [www.stars-society.org](http://www.stars-society.org)

# A transdisciplinary platform for scientific exchange on SALUTOGENESIS - the origins of health



Society for Theory And Research  
on Salutogenesis

[www.stars-society.org](http://www.stars-society.org)

STARS Society is offered by The Global Working Group on Salutogenesis of the International Union for Health Promotion and Education (IUHPE), and coordinated by the Center of Salutogenesis at the University of Zurich, Switzerland.



# Society for Theory And Research on Salutogenesis

## Mission

The mission of STARS is to advance and promote the science of salutogenesis. Salutogenesis is a scholarly orientation which focuses on the origins of human health and well-being, rather than the origins of disease.

## 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, and the broader scientific community working in areas other than health promotion.

## Open Membership

STARS welcomes anyone with an interest in the science of salutogenesis!

Membership is free of charge and benefits include:

- Access to literature and scales related to salutogenesis
- A network of researchers involved in salutogenesis research
- News and events from the field of salutogenesis

**Be part of it! Join STARS**  
**[www.stars-society.org](http://www.stars-society.org)**

## Maurice Mittelmark

State of the art: Handbook of Salutogenesis





# A global Salutogenesis community





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

# The Handbook of Salutogenesis

OPEN

 Springer



IUHPE  
UIPES

[www.iuhpe.org](http://www.iuhpe.org)

**40,464 downloads**

## Chapter 12

The Sense of Coherence and Its  
Measurement

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## Chapter 11

The Sense of Coherence in the  
Salutogenic Model of Health

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Jan A. Golembiewski

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### Introduction

In recent years, the term ‘salutogenic’ has become a buzzword for marketing architecture for health and nursing care. The term was coined to describe a model for socioenvironmental influences on health, but in the designers’ hyperbole it now rarely means more than fuzzy intentions to create

(Dancer 2004). Lighting, soundscape design and things like wall paint colour have also been considered (Hurst 1960; Vaaler, Morken, & Linaker 2005), along with seating layout in psychiatric settings (Bitterman 2013; Sloan Devlin 1992).

While these theories are all important to hospital design, they ignore the elephant in the room—that architecture can be psychologically manipulative, for better or for worse.

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# Positive Psychology in the Context of Salutogenesis

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Stephen Joseph and Shifra Sagy

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## Introduction

The advent of contemporary positive psychology can be traced back to Martin E. P. Seligman's Presidential Address to the American Psychological Association (APA). In that address he told his own story of changing direction. Following a moment of epiphany when gardening with his daughter Nikki, he realised that psychology had largely neglected the latter two of its three pre-World War II missions: curing

theory, adaptive mental mechanisms, emotions and health, wisdom, excellence, creativity, giftedness, and positive youth development. From these beginnings, positive psychology has flourished.

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## Positive Psychology and Salutogenesis

The positive psychology movement has produced new con-

# The Relevance of Salutogenesis to Social Issues Besides Health: The Case of Sense of Coherence and Intergroup Relations

Shifra Sagy and Adi Mana

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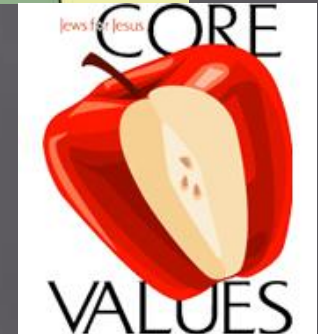
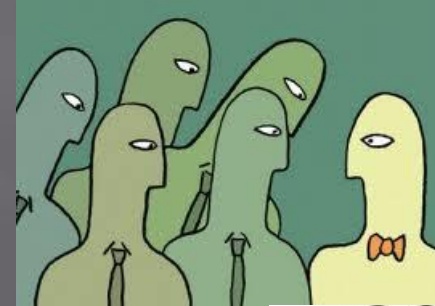
## Introduction

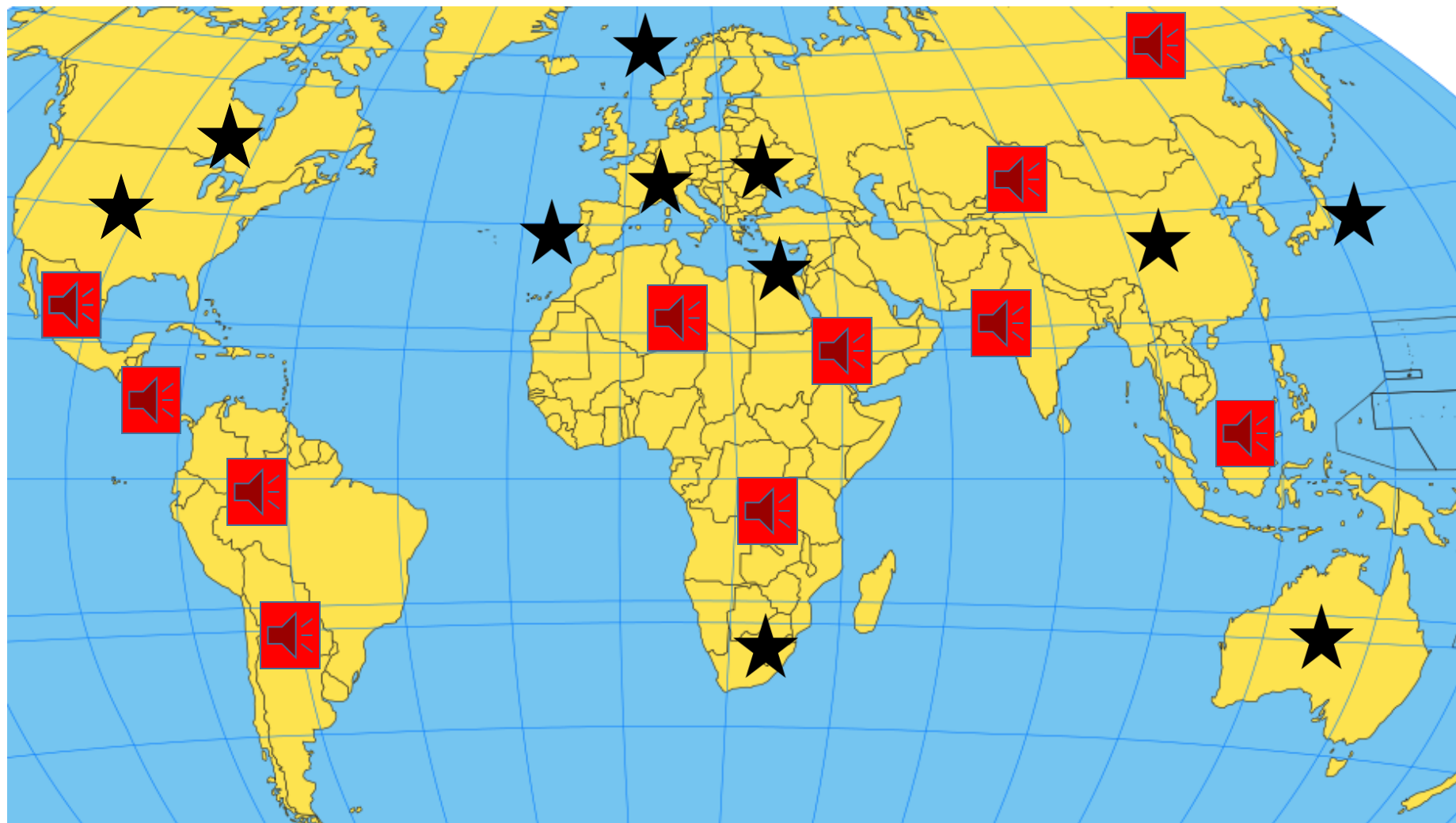
Antonovsky's salutogenic model and its core concept "sense of coherence" (SOC) focus on the ability of individuals to cope with stressors in life and stay healthy. Accordingly, the relationship between SOC and health has received much attention and quite consistent results in research (see Part III of this book). However, since the paradigm of salutogenesis was suggested in the discipline of sociology

how one's life situation can influence his/her strength of SOC (Antonovsky, 1987). In his dealing with this special issue—the origins of SOC—he expressed an interdisciplinary approach by relating to broad ranging factors like culture, social forces, social position, gender, ethnicity, genetics, or even plain luck (Benz, Bull, Mittelmark, & Vaandrager, 2014). Indeed, social factors have seldom been studied as predictors of SOC (e.g., Sagy & Antonovsky, 2000; Lam, 2007 and others). Two aspects in particular have mainly been

# Beyond health

- ▣ Intra-group relations
- ▣ Social relations with out-groups
- ▣ The SOC and positive values
- ▣ Community sense of coherence
- ▣ National sense of coherence









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on Salutogenesis

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# A transdisciplinary platform for scientific exchange on SALUTOGENESIS

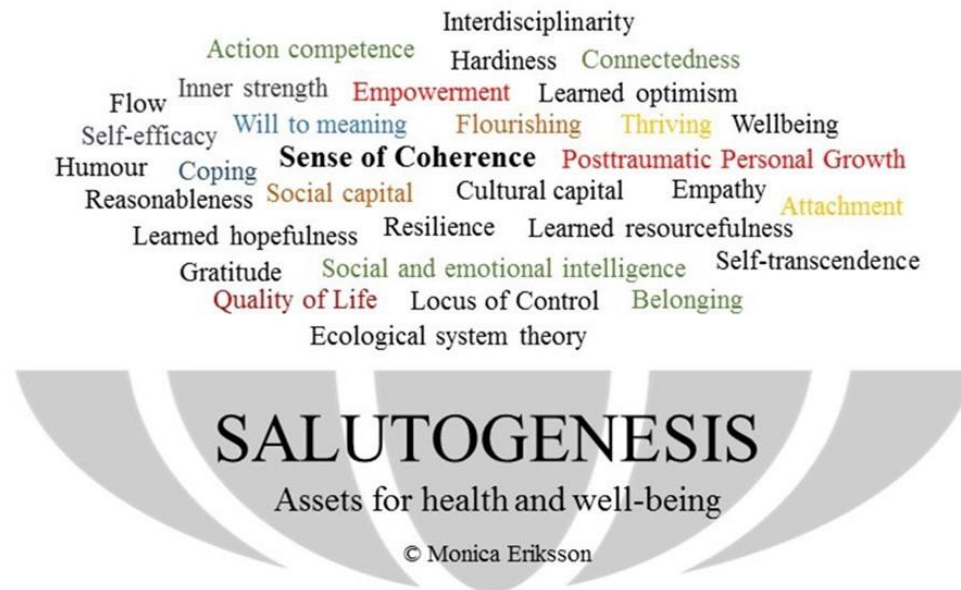
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## **Mathieu Roy**

Advancing Salutogenesis: Background and process



# Future directions for the concept of salutogenesis: A position paper of the Global Working Group on Salutogenesis



**Authors:** All the members of the GWG-Sal

**To be submitted to:** Global Health Promotion Journal

# Background & Process

## Background

- The concept of salutogenesis was created more than three decades ago.
- Since, it has been widely adopted as a basis for research and practice.
- The most recent example = Handbook of Salutogenesis.
- In this book, salutogenesis has been applied in three related ways.
  - 1) *Through the use of the overall salutogenic model of health*
  - 2) *Trough the application of the SOC*
  - 3) *Through the exploration of a salutogenic orientation*

## Process

- During the creation of the Handbook on Salutogenesis and the meetings of the GWG-Sal, authors and members identified issues to be advanced for the future study of salutogenesis.
- Such issues were regrouped under 4 areas
  - 1) *advance the overall salutogenic model of health,*
  - 2) *advance the concept of SOC,*
  - 3) *define and design salutogenic interventions & processes,*
  - 4) *apply salutogenesis beyond health.*

# Advancing the salutogenic model

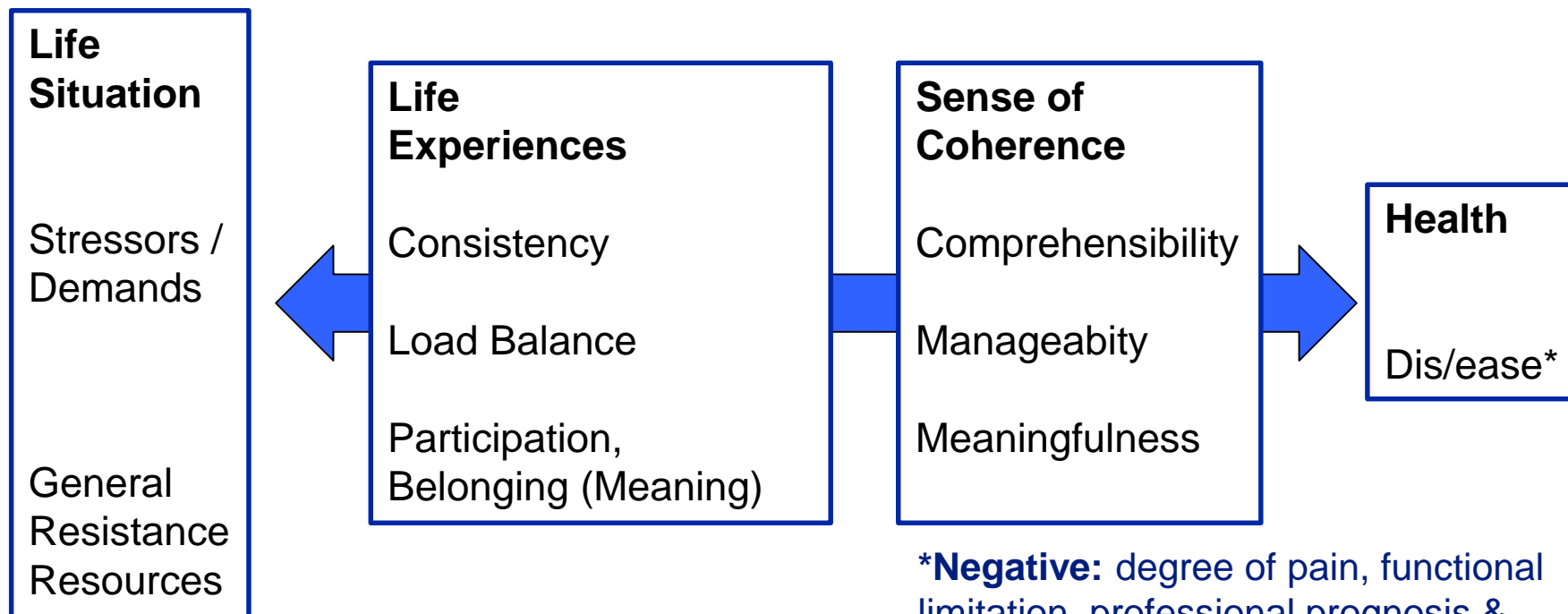
Georg Bauer



# Simplified salutogenic model of health

(based on: Antonovsky 1979, 1996; Bull et al. 2013, Benz et al. 2014)

Global Working Group on Salutogenesis



**\*Negative:** degree of pain, functional limitation, professional prognosis & need for treatment

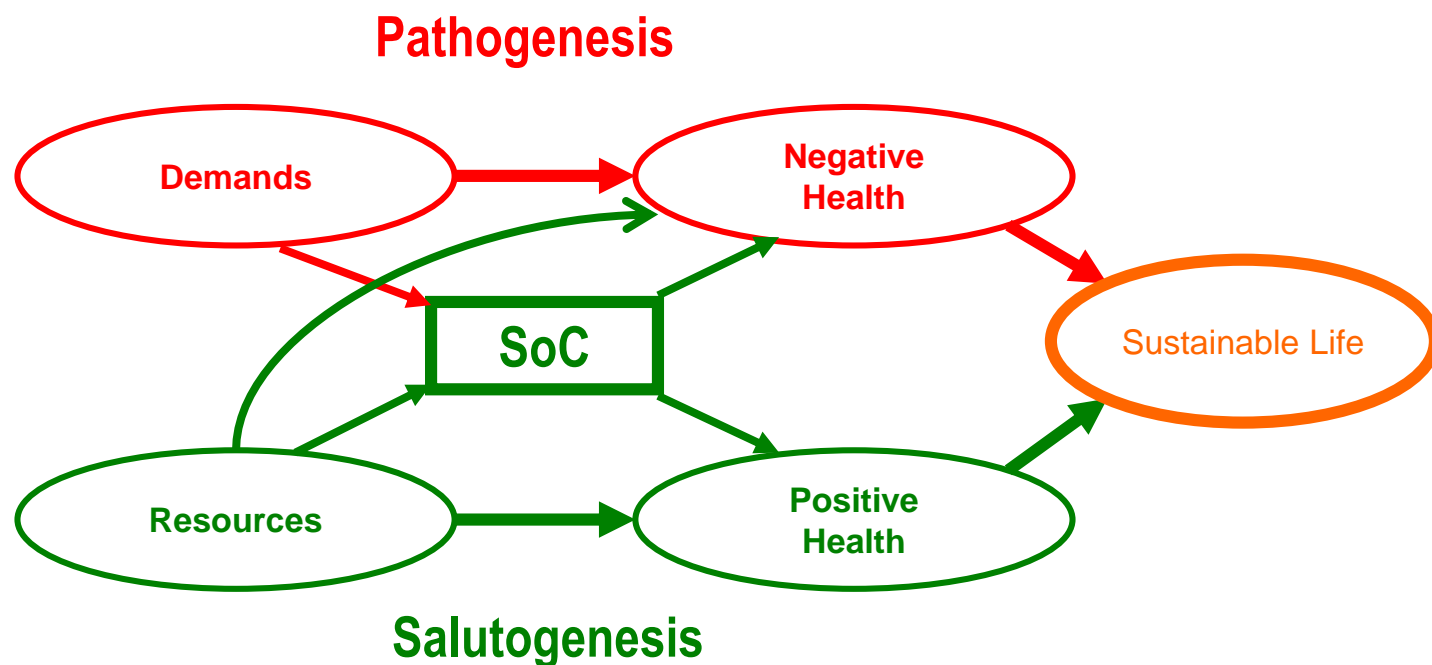
A GRR is a  $\left\{ \begin{array}{l} 1. \text{ physical} \\ 2. \text{ biochemical} \\ 3. \text{ artifactual-material} \\ 4. \text{ cognitive} \\ 5. \text{ emotional} \\ 6. \text{ valuative-attitudinal} \\ 7. \text{ interpersonal-relational} \\ 8. \text{ macrosociocultural} \end{array} \right\}$  characteristic of an

$\left\{ \begin{array}{l} 1. \text{ individual} \\ 2. \text{ primary group} \\ 3. \text{ subculture} \\ 4. \text{ society} \end{array} \right\}$  that is effective in  $\left\{ \begin{array}{l} 1. \text{ avoiding} \\ 2. \text{ combating} \end{array} \right\}$  a wide variety of stressors

and thus preventing tension from being transformed into stress.

# Towards a complete theory of salutogenesis

(Bauer 2013/2016) (based on Antonovsky 1979, 1987; Bauer, Davies, Pelikan 2006)



*„From surviving to thriving“*

## Bengt Lindstrom

Advancing the sense of coherence

## Paolo Contu

Defining salutogenic interventions & processes

Some intervention strategies could represent powerful triggers to shift the system equilibrium in the direction of health and good-life		Ottawa Charter Action
Literacy and Life Skills	Competent citizens able to take control over their health and good life and to play their role as active participants in the exercise of citizenship	Develop Personal Skills
Professional Competencies	Professional leadership oriented to salutogenesis, empowerment, participation, and incorporation of new knowledge and ideas to improve practice and respond to emerging challenges	Reorient Health Services
Social Cohesion	Strong cohesion of the communities enabling citizens, professionals and policy makers to hang together and to define shared visions	Strengthen Community Action
Participative Action Research	Participative action research as main tool of assessment, planning and intervention	Create Supportive Environments
Advocacy	Effective advocacy to enable citizens, including vulnerable groups, and health professionals to influence political decision making	Build Healthy Public Policy





## Shifra Sagy

Application of salutogenesis beyond health promotion



## Global Working Group on Salutogenesis

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## **Key issues for the future (Plenary discussion)**

Improve conditions in all setting (not just the targeted populations)

Social relations/Social support as key GRR

Spirituality as a GRR

General vs. setting-specific SOC

What happens, if your SOC is too strong?

Increase the relevance of the SOC by using a human-right approach

How is ethics related to salutogenesis?

Being explicit about values?

How can we use Salutogenesis for better practice?

How can salutogenesis promote healthy aging?

Salutogenic criteria for interventions?

Salutogenic Leadership

How can we better communicate about SOC/salutogenesis?

Operationalize different meanings of health