Health for All – All for Health

A common frame of reference for the public health effort in the municipal of Ikast-Brande, Denmark

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A Salutogenetic Approach
Fasten your seat belts, please…
With the Danish municipality reform in 2007, the municipalities' responsibilities in public health increased significantly...
The Goal →

Health for All
All for Health

The Remedy →

Different sectors
- Government
- Regions
- Municipalities

Different domains in the municipality

Different professionals

Different citizens
E.g.
- Boards of school
- Boards of day care center
- Athletic associations
- The Scouts
- Volunteers in cultural life
  ...
  ...
  ...

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The concept of health and the individual mental silver screen

A common frame of reference that gives meaning for different people is needed!

It’s about communication, but how?
Factors that may promote or inhibit health

Own and others:
- Expectations
- Attitude
- Social norms
- Norms of behaviour
- Moral values
- Common practise
- Etc....

- Education
- Working environment
- Connection to the labour market
- Health services
- Housing conditioning
- Sanitary conditionings
- Water quality/supply
- Etc...

Socioeconomic, environment ect.
Cultural factors
Life and work conditions
Social network
Life style (food, smoking, alcohol, exercising, stress etc.)
Age, Sex, Genes

Thybo P (2010). Inspired by Peter Hjort, 1994
Mechanisms behind health
- a salutogenetic approach -

Participation in life events creates meaningfullness
To be positive, motivated to act and increase hope

Sense of coherence

Predictability creates comprehensibility
To understand...

Balanced challenges and strengths (personal/network) creates manageability
To cope...
The purpose of health policy
- a salutogenetic approach -

UNHEALTHY
Weak sense of coherence
weak sense of comprehensibility manageability meaningfullness

HEALTH POLICY

HEALTHY
Strong sense of coherence
strong sense of comprehensibility manageability meaningfullness

BEING SICK
(physical condition)
(chronic) Disease Illness

Disease Prevention

BEING WELL
(physical condition)
"in a good shape"

Quality of life

Health is not bought with a chemist’s pills
Nor saved by the surgeon’s knife
Health is not only the absence of ills
But the fight for the fullness of life.

“Health Poem” by the Danish poet Piet Hein that he wrote to celebrate WHO’s 40th Anniversary.

Piet Hein
(1905 – 1996)
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What is the most healthy for the spine: Vitamin D or self appreciation?
A Christmas card…

…and I hope that you are healthy and wellbeing.

I wish you all a merry Christmas and a happy, prosperous new year.

Love from Grandma
A dialectic approach for Public Health

**Health Promotion**

**UNHEALTHY**
- Weak sense of coherence
- Weak sense of comprehensibility
- Manageability
- Meaningfullness

**HEALTHY**
- Strong sense of coherence
- Strong sense of comprehensibility
- Manageability
- Meaningfullness

**BEING SICK**
- (physical condition)
- (chronic) Disease
- Illness

**BEING WELL**
- (physical condition)
- "in a good shape"

**Disease Prevention**
- Searches for biological malfunctions and physical imperfektion
- (Keywords: diagnosis; treatment...)

**e.g.:** Competencies
- Robustness
- Appreciation
- Coping

**e.g.:** Diet
- Smoking
- Alcohol
- Exercising

Stress occurs when you meet something in life for which you don’t have an automatic answer.

Stress challenges the balance of demands and resources.

**UNHEALTHY**
- Weak sense of coherence
- Weak sense of comprehensibility
- Manageability
- Meaningfullness

**HEALTHY**
- Strong sense of coherence
- Strong sense of comprehensibility
- Manageability
- Meaningfullness

**Being sick**
- (physical condition)
- Illness
- (chronic) disease

**Being well**
- (physical condition)