Health & well-being for all
Leaving no one behind
Karen van Ruiten
Target 3.1: Reduce maternal mortality
Target 3.2: End all preventable deaths under five years of age
Target 3.3: Fight communicable diseases
Target 3.4: Reduce mortality from non-communicable diseases and promote mental health
Target 3.5: Prevent and treat substance abuse
Target 3.6: Reduce road injuries and deaths
Target 3.7: Universal access to sexual and reproductive care, family planning and education
Target 3.8: Achieve universal health coverage
Target 3.9: Reduce illnesses and deaths from hazardous chemicals and pollution
Target 3.a: Implement the WHO framework convention on tobacco control
Target 3.b: Support research, development and universal access to affordable vaccines and medicines
Target 3.c: Increase health financing and support health workforce in developing countries
Target 3.d: Improve early warning systems for global health risks
LEARN DOING
Positive Health & Resilience

1. Insights from dr. Antonovsky after 2nd WW about ‘Sense of Coherence’
   • Comprehensibility - understand your situation
   • Manageability - the feeling you can choose
   • Meaningfulness - zingeving ervaren

2. Blue zones
   • Regions in the world where people are vitally ageing

3. An old but still used definiton of health (WHO, 1948)
   • ‘A state of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity.’
A new definition of Health

- ‘Health as the ability to adapt and to self manage, in the face of social, physical and emotional challenges’
- Published after research in British Medical Journal in 2011
Positive Health as a solution for the health challenges today

- It is a new **concept** with a **broad perspective on health**.
- It **empowers** people with **ability to adapt, self-management & resilience**.
- The spiderweb is a **practical tool** to implement Positive Health in daily practice.
- In the Netherlands it started with **inspiration, implementation** and **embedding** in healthcare and later in other policies.

→ supports movement from disease to health oriented care
→ can lead to reduced care consumption
→ care professionals and patients are satisfied
MY positive health

Bodily functions:
- Feeling healthy
- Feeling fit
- No physical complaints and/or pain
- Sleeping
- Eating
- Sexuality
- Physical condition
- Physical activity

Daily functioning:
- Taking care of yourself
- Knowing your limitations
- Knowledge of health
- Managing time
- Managing money
- Being able to work
- Being able to ask for help

Mental well-being:
- Being able to remember things
- Being able to concentrate
- Being able to communicate
- Being cheerful
- Accepting yourself
- Being able to handle change
- Feeling in control

Participation:
- Social contacts
- Being taken seriously
- Doing fun things together
- Having the support from others
- Sense of belonging
- Doing meaningful things
- Being interested in society

Meaningfulness:
- Enjoyment
- Being happy
- Feeling good
- Feeling well-balanced
- Feeling safe
- Intimacy
- Housing circumstances
- Having enough money

Quality of life:

Something that is important to me is missing:
Association between relative risk of developing any psychiatric disorder and childhood green space presence across urbanization levels. Source: Engemann et al., 2019
BLUE ZONES

LONGEVITY HOTSPOTS

BLUE ZONE LIFE LESSONS

- MOVE NATURALLY
- RIGHT TRIBE
- RIGHT OUTLOOK
- EAT WISELY

LOCATIONS:
- LOMA LINDA, CALIFORNIA
- NICOYA, COSTA RICA
- SARDINIA, ITALY
- ICARIA, GREECE
- OKINAWA, JAPAN