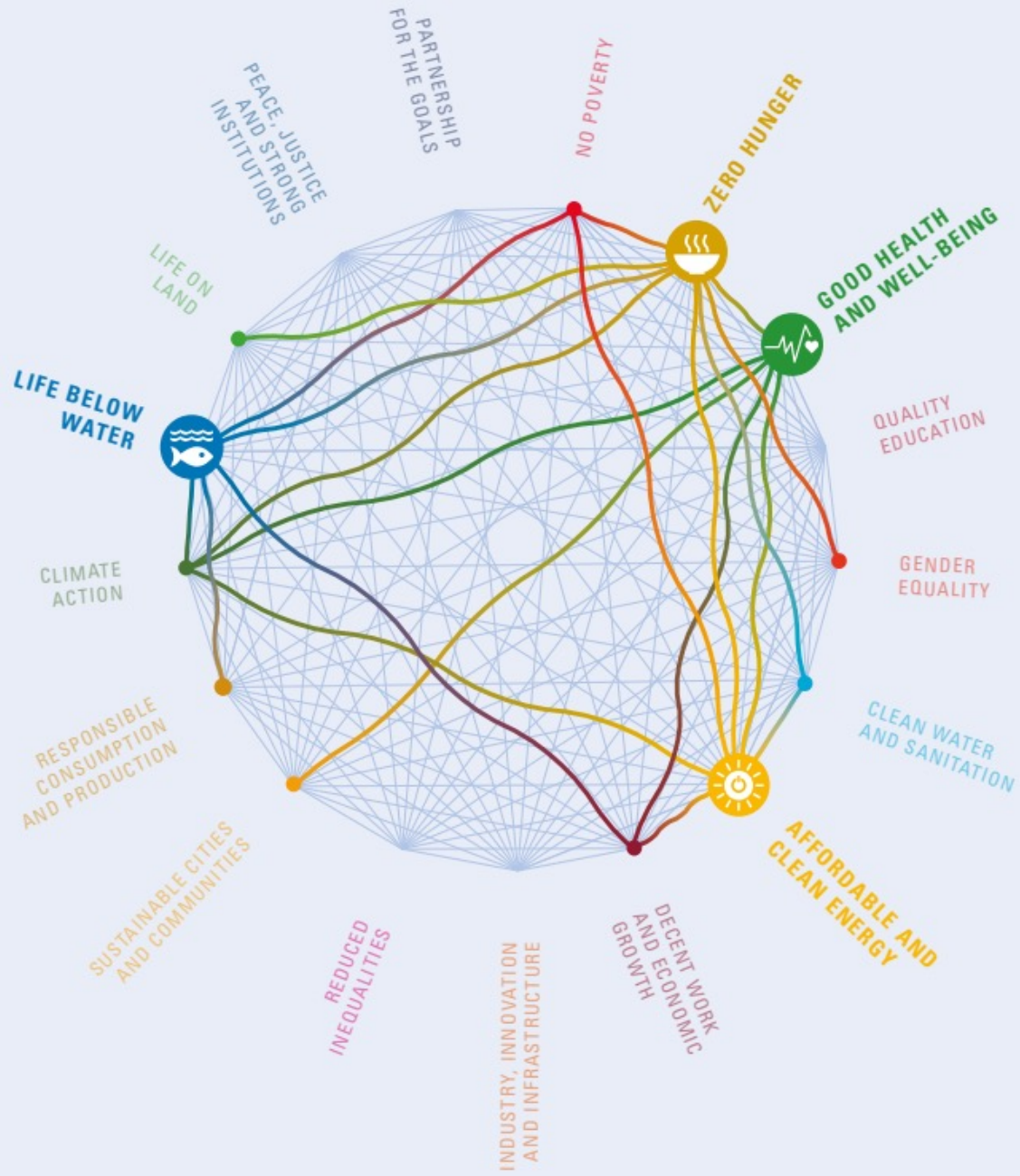


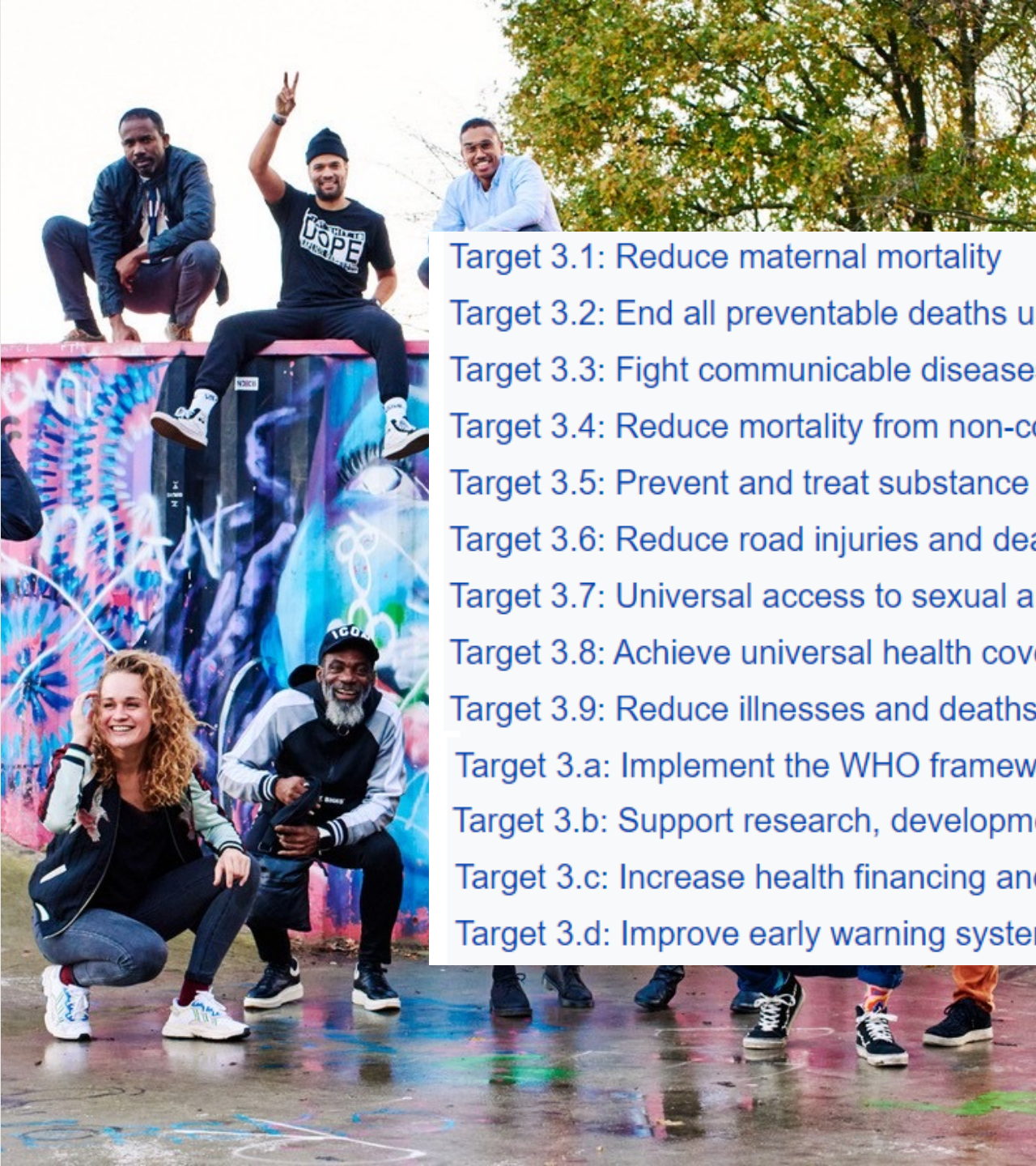


3 GOOD HEALTH
AND WELL-BEING



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

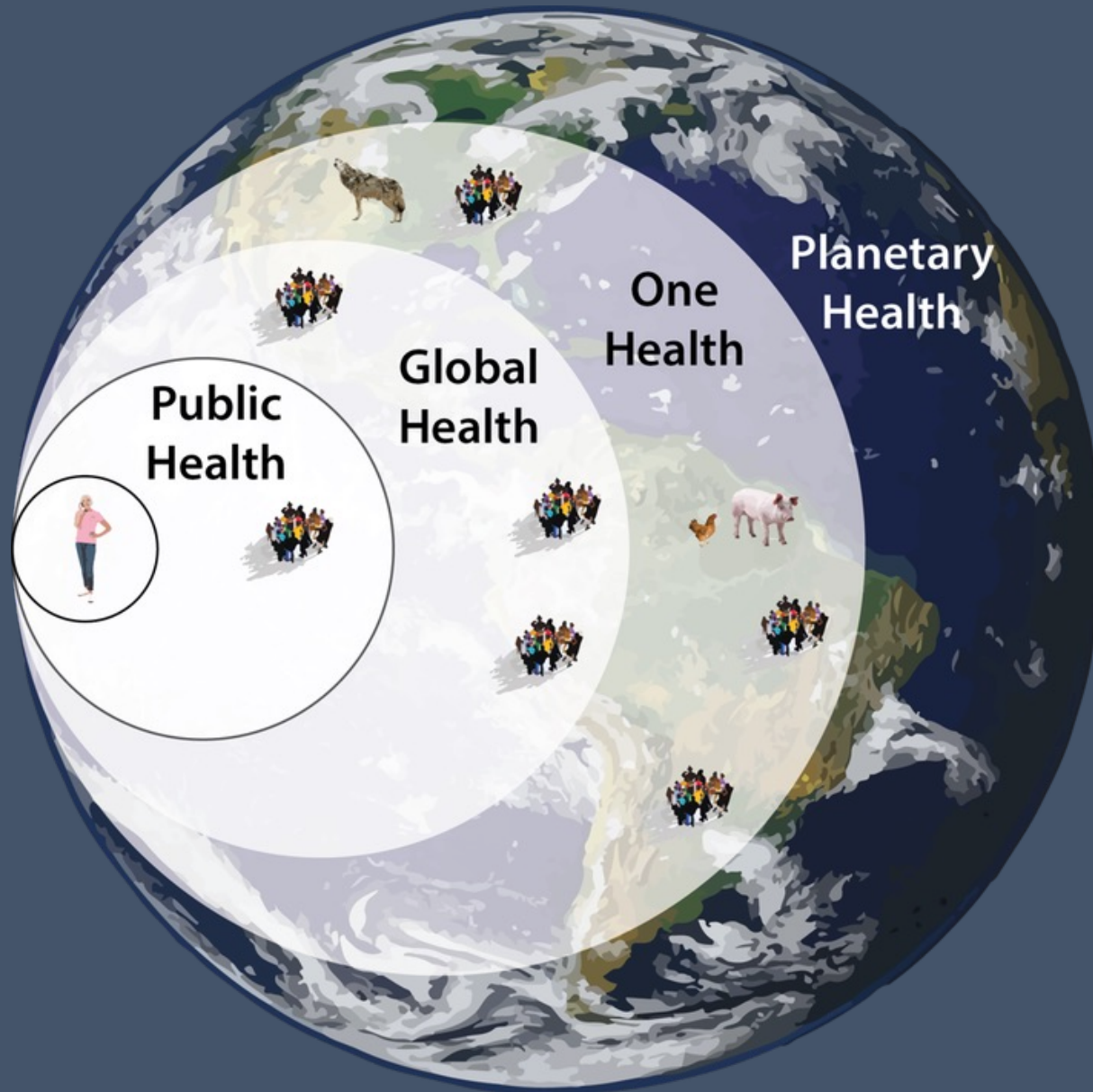
Target 3.9: Reduce illnesses and deaths from hazardous chemicals and pollution

Target 3.a: Implement the WHO framework convention on tobacco control

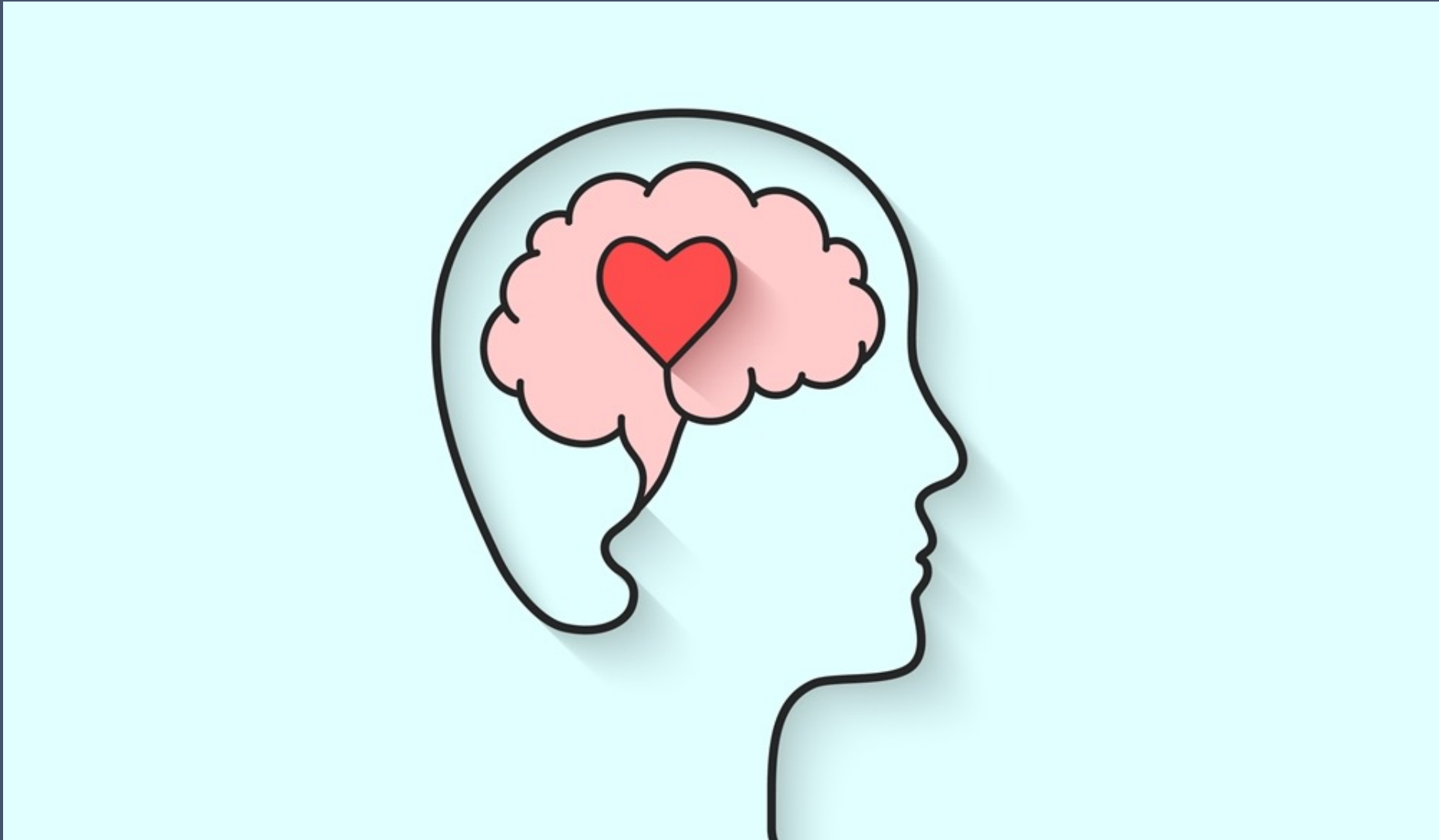
Target 3.b: Support research, development and universal access to affordable vaccines and medicines

Target 3.c: Increase health financing and support health workforce in developing countries

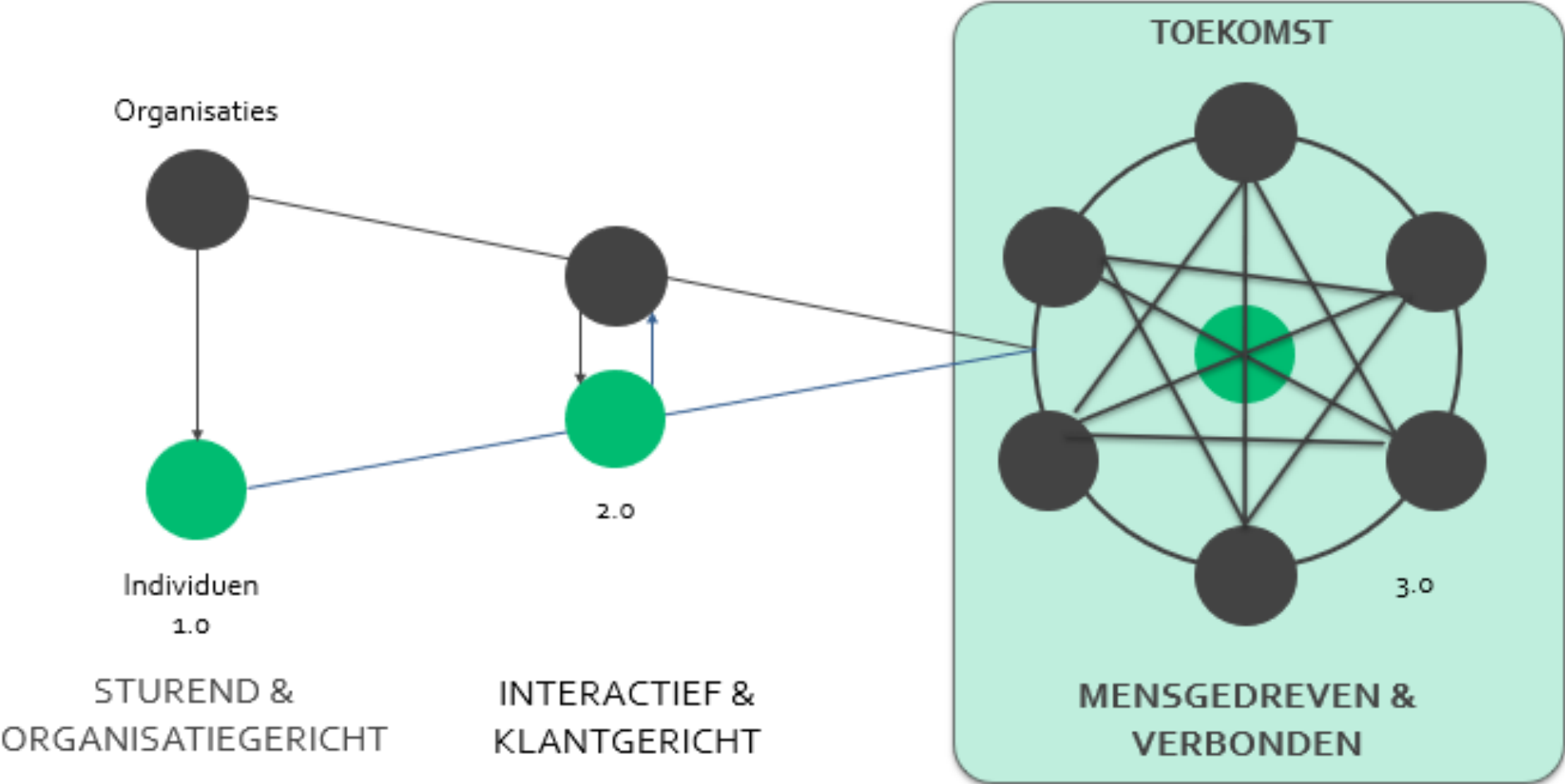
Target 3.d: Improve early warning systems for global health risks







PUBLIC & PRIVATE CO PRODUCTION



A close-up photograph of a hand's index finger pointing towards a row of four white dice on a reflective surface. The dice are arranged to spell out the word 'LEARNING DO'. The first die shows 'LEARN' on top and 'DO' on the bottom. The second die shows 'I', the third shows 'N', and the fourth shows 'G'. The background is a soft, out-of-focus green.

LEARN

DO

I

N

G



Positive Health & Resillience

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 **embedment** 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



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



DAILY
FUNCTIONING

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

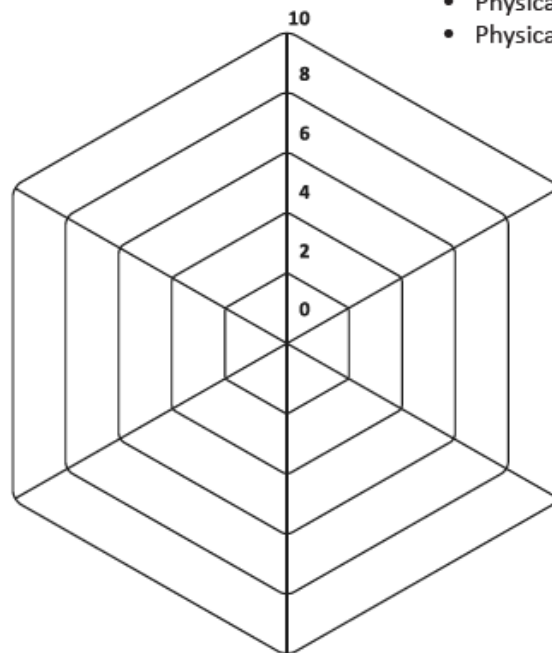


PARTICIPATION



BODILY FUNCTIONS

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



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



MEANINGFULNESS

- Having a meaningful life
- Having a zest for life
- Pursuing ideals
- Feeling confident
- Accepting life
- Being grateful
- Lifelong learning



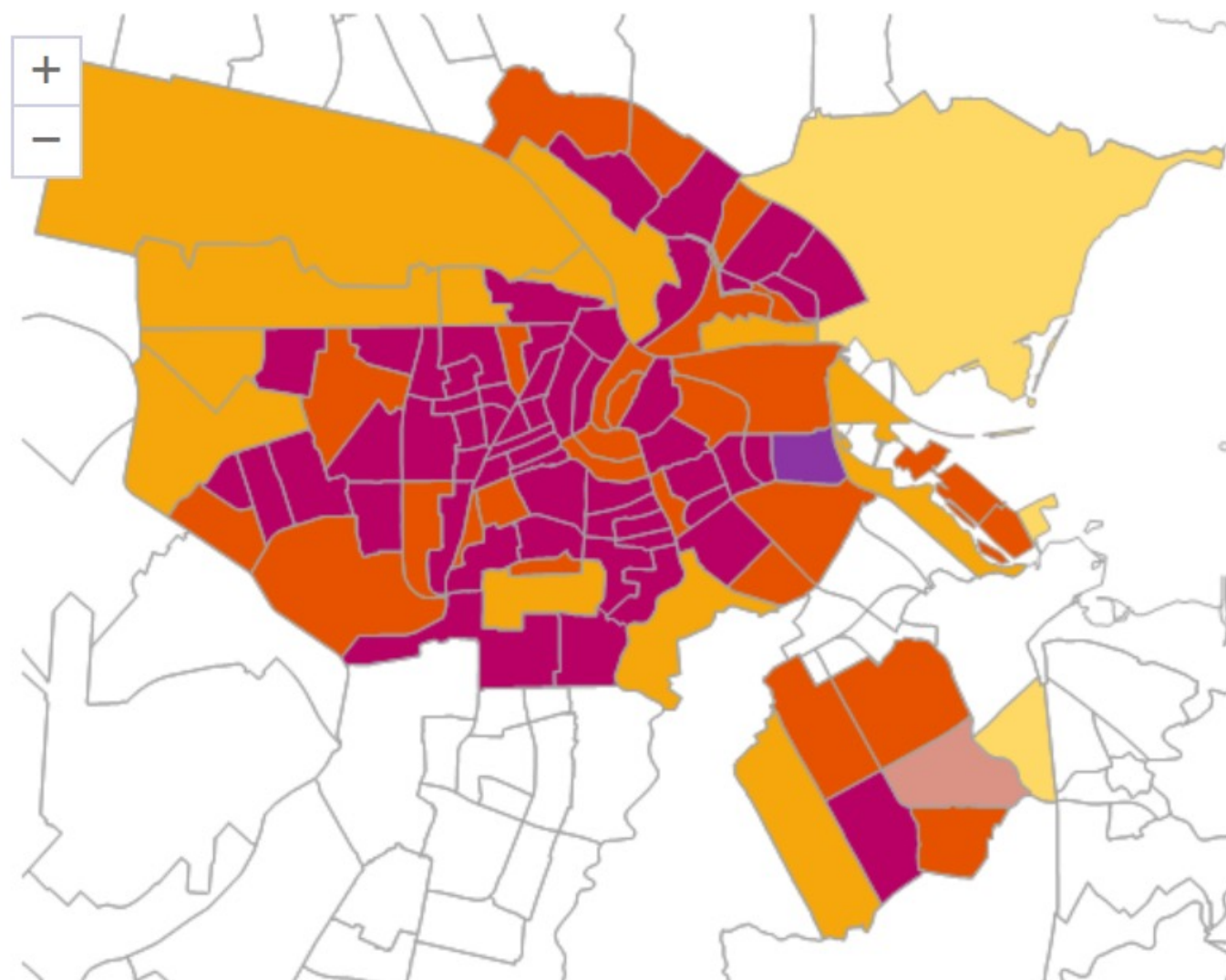
QUALITY OF LIFE

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

Something that is important to me is missing: _____

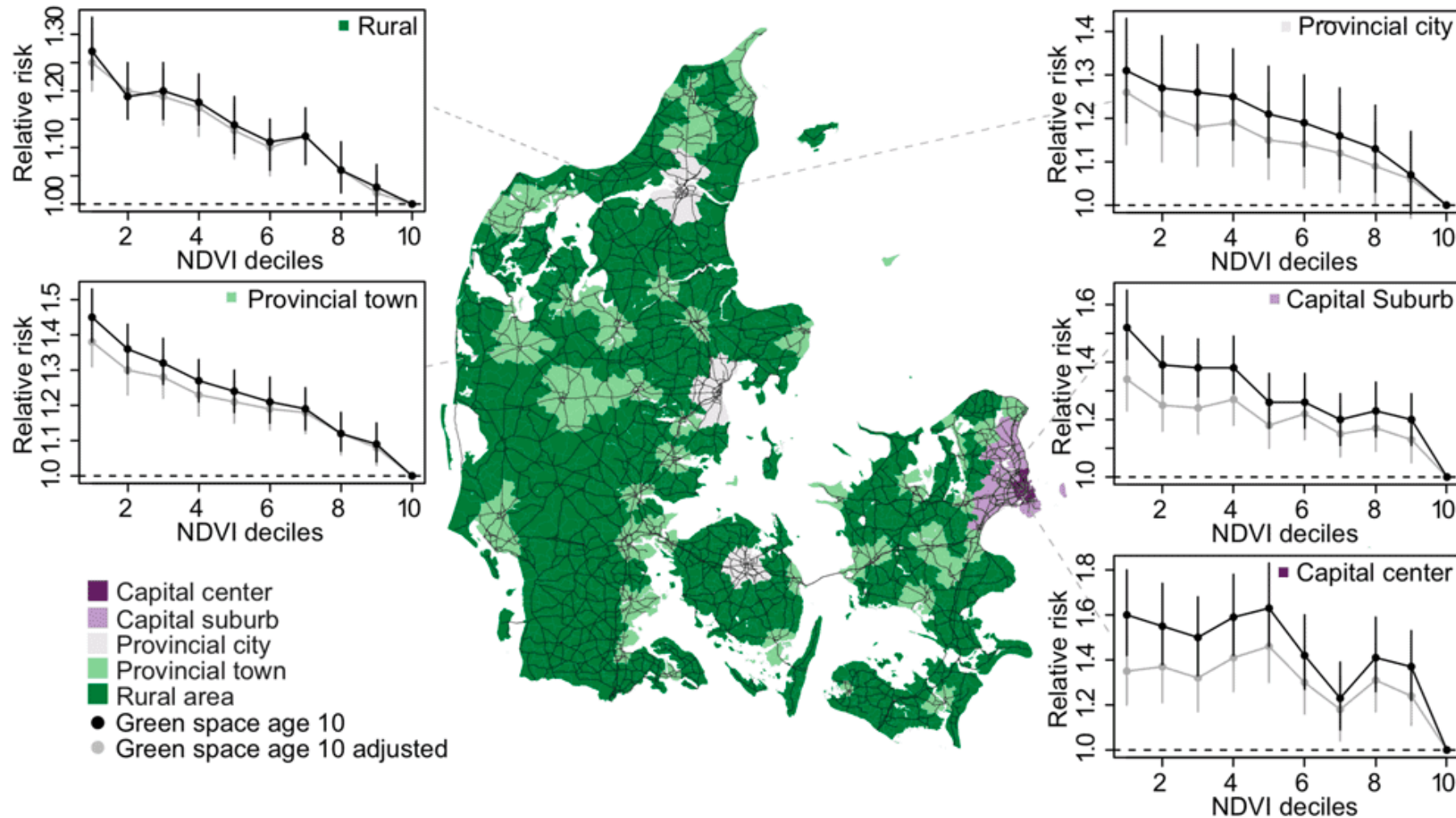


Hitte-eenzaamheidskaart



Eenheid: Ernstig eenzame 75-plussers - Hittestress (UHI)

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

LOMA LINDA
CALIFORNIA

NICOYA
COSTA RICA

SARDINIA
ITALY

ICARIA
GREECE

OKINAWA
JAPAN

BLUE ZONE LIFE LESSONS



MOVE NATURALLY



RIGHT TRIBE



RIGHT OUTLOOK



EAT WISELY