

Salutogenic research indicators



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Session aims

To engage in conversations on...

- Salutogenic perspective for health promotion practice and evaluation
- What successes are we are looking for?
- How can we measure them?

Salutogenic interpretation of the Ottawa Charter

- Societies should empower people to participate in decision making processes (**empowerment**)
- Such societies promote health and strengthen peoples competencies (**enable**)
- Promote resources for life and living (**resources**)
- Help people achieve Active and Productive Life (**APL**)

(Erikson & Lindstrom, 2008, 2010; Koelen & Lindstrom 2005)

Pathogenic research & evaluation

Epidemiological/ demographic analysis

Goal is health outcome

Organised around disease categories

Focus on weakness

Asks 'how we can motivate people to do...?'

Salutogenic research & evaluation

Social analysis

Goal is health outcome AND increased community competence

Organised around people

Focus on strengths

Asks 'what are peoples motives?'

Salutogenic health promotion research:

- The problem may not be one of lack of evidence but ***conceptualisation of health*** and where we look for ***evidence***

Salutogenic concept as a framework

- Salus (health, invincibility, well being, happiness) geneese (origin)
- River of Life (Lindstrom & Erickson, 2010)
- Positive Life Orientation (SOC)
- Resources (GRR)



Salutogenic - Resources - Framework: The river of life



“The river, like life, is full of risks and **resources**.
Our outcome (in the river of life) is based on our orientation
and learning through life experiences thus acquiring an ability
to identify and use the resources necessary to improve our
options for a better life”

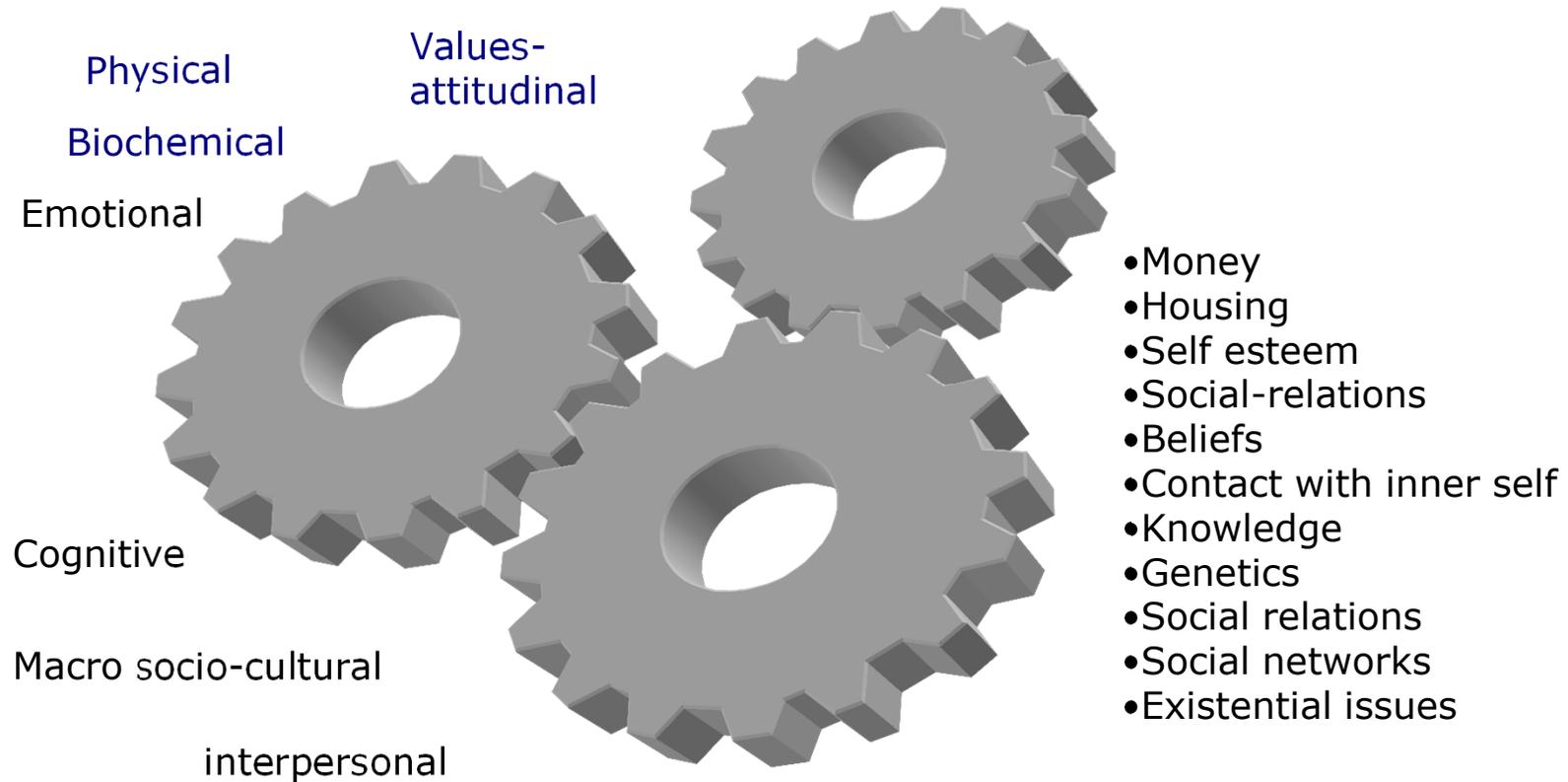
(Lindström & Erickson, 2010)

WHO 'assets-based' framework

- Redress balance between evidence for health promotion practice derived from deficit (problems) and asset (*capability*) model
- Asset: Any factor or resource which enhances the ability of individuals, communities, populations, social systems or institutions to maintain and sustain health and wellbeing

(Morgan & Ziglio, 2006)

Resources for life



Possible questions:

- What are the key **resources** for health and development (APL) at each key stage of the life course?
- What are the links between these **resources** and health outcomes?
- How do these **resources** work together to bring about the best outcomes for Active Productive Life (APL)?



Indicators: Resources at Individual level

- Social competence
- Resistance skills
- Commitment to learning
- Positive values
- Self esteem
- Sense of purpose

Indicators: Resources at the community level

- Family and friendship (supportive) networks
- Inter-generational solidarity
- Community cohesion
- Affinity groups (mutual aid)
- Religious tolerance and harmony

Indicators: Resources at organisational level

- Environmental resources necessary for promoting physical, mental and social health
- Employment security
- Safe and pleasant housing and neighbourhoods
- Political democracy
- Participation opportunities
- Social justice
- Equity enhancing policies

...yes but what do we *measure*?
...and how do we *measure*?

- Example 1 – Homelessness in the UK
- Example 2 – City Gardens Project, Netherlands

Lay beliefs of wellbeing in adverse social contexts... health enhancing resources amongst the homeless (Dunleavy, Kennedy & Vaandrager)

- Qualitative study, homeless adults living in temporary accommodation and their accounts of 'health' in the context of their homelessness
- Resources and coping strategies



Health enhancing resources amongst the homeless: *Recovery and renewal of self confidence*

"So I mean, I've gone from being redundant, separated, homeless ... I'm starting a brand new job and hopefully in the next couple of months or so I'll be out of here as well! It's gone totally round you know"



Health enhancing resources amongst the homeless: *Resources and resourcefulness*

- *"... she [ex-girlfriend] still kept coming round, every day, so I couldn't get away from it all, drugs, alcohol, trouble, cause I had no control over who came into the house ... so when I came in here the things they give me was privacy, you know 'that was the door'...so only who I wanted in my life can...I was like that (strong hand gesture – stop!); so to come here's been really good for me - really good, been nothing but good, nothing but good!"*



Health enhancing resources amongst the homeless: *Continuous personal participation & Doing things for others*

- *"I get a lot of joy knowing I can have a positive effect on younger people... cause they are very open to influence whilst they are in here, so if you can get some good influence into them... it makes me feel good anyway it makes me feel better about myself it gives you a goal as well, the things I do give me a reason to get out of bed really otherwise you know I could just stop in bed and fester but you know you find yourself things to do, positive things to do..."*



...health enhancing resources amongst the homeless

- Participants sense movement towards health and recovery... linked with a perceived sense of resourcefulness, coherence, and self-esteem...
- Meaningfulness, comprehensibility and manageability



Natural Playing fields in cities

- Alternative for traditional playing grounds with a swing and a see saw
- Range of people involved: children, parents, designers, gardeners, local politicians
- Many different natural elements: water, trees, sand, bushes
- Supervision & small fee for entrance
- Developed with children and parents
- Collaborative maintenance



Indicators at individual level

- All senses are stimulated
- Fantasy and creativity
- Brain development
- Decision-making skills
- Self esteem
- Meaningfulness
- Pleasure of playing
- etc



Indicators at Community level

- Social contacts
- Quality Parent-Child relationship
- Trust between professionals
- Collective Sense of Coherence
- etc



Indicators at organisational level

- Safety
- Pleasant and friendly neighbourhood
- Celebration of success
- Level of Participation-involvement
- Finding each other for other themes (Spin-off)



Salutogenic health promotion research:

- The problem may not be one of lack of evidence but ***conceptualisation of health*** and where we look for ***evidence***

We need a framework that

- helps understand combined factors (*resources*) required to effect and strengthen population health and wellbeing
- employs participatory approach
- acknowledges interaction between individual, community and society
- Aspires towards Active and Productive Life

THANK YOU FOR LISTENING

QUESTIONS?