



THE WELLNESS CONCEPT

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ON BEHALF OF THE VIS WORKING GROUP

THE RELATIONSHIP BETWEEN HEALTH EFFECTS AND ECONOMICAL EFFORTS

PREVENTION OF HEALTH PROBLEMS & PROMOTION OF GOOD HEALTH (LALONDE1974)

Biological factors

25/7.0

Environment

20/1.5

HUMAN HEALTH

Health & Medical Care

10/90

Lifestyle

45/1.0



- NO OBESITY (WIN APPR 3-10 YRS) (WHITLOCK ET AL 2009)
- NO SMOKE (WIN APPR 5-10 YRS) (TAYLOR ET AL 2002)
- EXERCISE (WIN APPR 5 YRS) (PAFFENBARGER ET AL 1986)
- PLAY GOLF (WIN APPR 5 YRS) (FARAHMAND ET AL 2009)
- HAVE 6 REGULARLY & SAFE (WIN APPR 3-8 YRS) (STIBICH 2008)
- SLEEP REGULARLY & 6-8 H (WIN APPR 5-8 YRS) (FERRIE ET AL 2011)
- MAINTAIN THE SOCIAL NETWORK (WIN APPR 5-10 YRS) (HOLT-LUNSTAD ET AL 2010)

LIFE TO YEARS OR YEARS TO THE LIVES

**— LIFE PROMOTION TO INCREASE CONTROL OVER AND
IMPROVE HEALTH**

- **R**ELATIONS (HONEST & MEANINGFUL)
- **E**XERCISE (4-5 TIMES/W) & MOVEMENTS
- **C**UISINE & BEVERAGES (BALANCED & VARYING)
- **E**MPLOYMENT & WORK (MEANINGFUL & STIMULATING)
- **I**NFLUENCE (IMPACT, IMPORTANCE, AUTHORITY, DWELLING)
- **P**AUSE (OWN & FREE TIME) & SLEEP (6-8H/D)
- **T**OGETHERNESS (LAUGH, SMILE, HUG, CUDDLE, **6**)

7 HEALTHY FACTORS – RECEIPT (FRIDLUND ET AL 2014)

WELLNESS IS A MULTIDIMENSIONAL STATE AND **ATTITUDE** OF BEING DESCRIBING THE EXISTENCE OF **POSITIVE HEALTH** IN A HUMAN AS EXEMPLIFIED BY QUALITY OF LIFE AND **A SENSE OF COHERENCE**
(CORBIN 2001)

WELLNESS (AND WHOLESOME) ATTITUDE



• THE SOUND AND POSITIVE HEALTH ATTITUDE COMPRISES (ANTONOVSKY 1970)

- WHAT HAPPENS IN AND OUTSIDE OF THE INDIVIDUAL IS PREDICTABLE, UNDERSTANDABLE AND STRUCTURED (**COMPREHENSIBILITY**)
- THAT THE RESOURCES OF THESE PROCESSES REQUIRED ARE AVAILABLE (**MANAGEABILITY**)
- THAT THOSE LIFE CHALLENGES ARE WORTH INVESTING INVOLVEMENT IN (**MEANINGFULNESS**)

ENROLL, ENGAGE & EMPOWER

SALUTOGENES: “FEELING WELL ATTITUDE”, I.E. THE 3 SENSE OF COHERENCE **PIECES**



SOCIAL RELATIONSHIPS (BERSCHIED 1999)

- AN INTERPERSONAL RELATIONSHIP
- A CONCERN FOR SOCIAL IMPACT
- A BASIS FOR THE MEANING OF LIFE
- HOW THE INDIVIDUAL FEELS, EXPERIENCES AND SHOWS THE LIFE (S)HE LIVES – HOW /WHAT HIS/HER WORLD LOOKS LIKE
- CREATES AND REVEALS THE INDIVIDUAL'S CHARACTERISTICS AND COMPETENCIES
- DEVELOPS AN INDIVIDUAL'S ATTITUDE





Necessity of interdisciplinary team work (Hall & Weaver 2001)

- (1) an aging population with frail older people and larger numbers of patients with more complex needs associated with chronic diseases
- (2) the increasing complexity of skills and knowledge required to provide comprehensive care to patients
- (3) increasing specialization within health professions and a corresponding fragmentation of disciplinary knowledge resulting in no-one health care professional being able to meet all the complex needs of their patients
- (4) the current emphasis in many countries' policy documents on multi-professional team work and development of shared learning; and,
- (5) the pursuit of continuity of care within the move towards continuous quality improvement