



University of
Zurich ^{UZH}

Center of Salutogenesis – about the origin of positive health

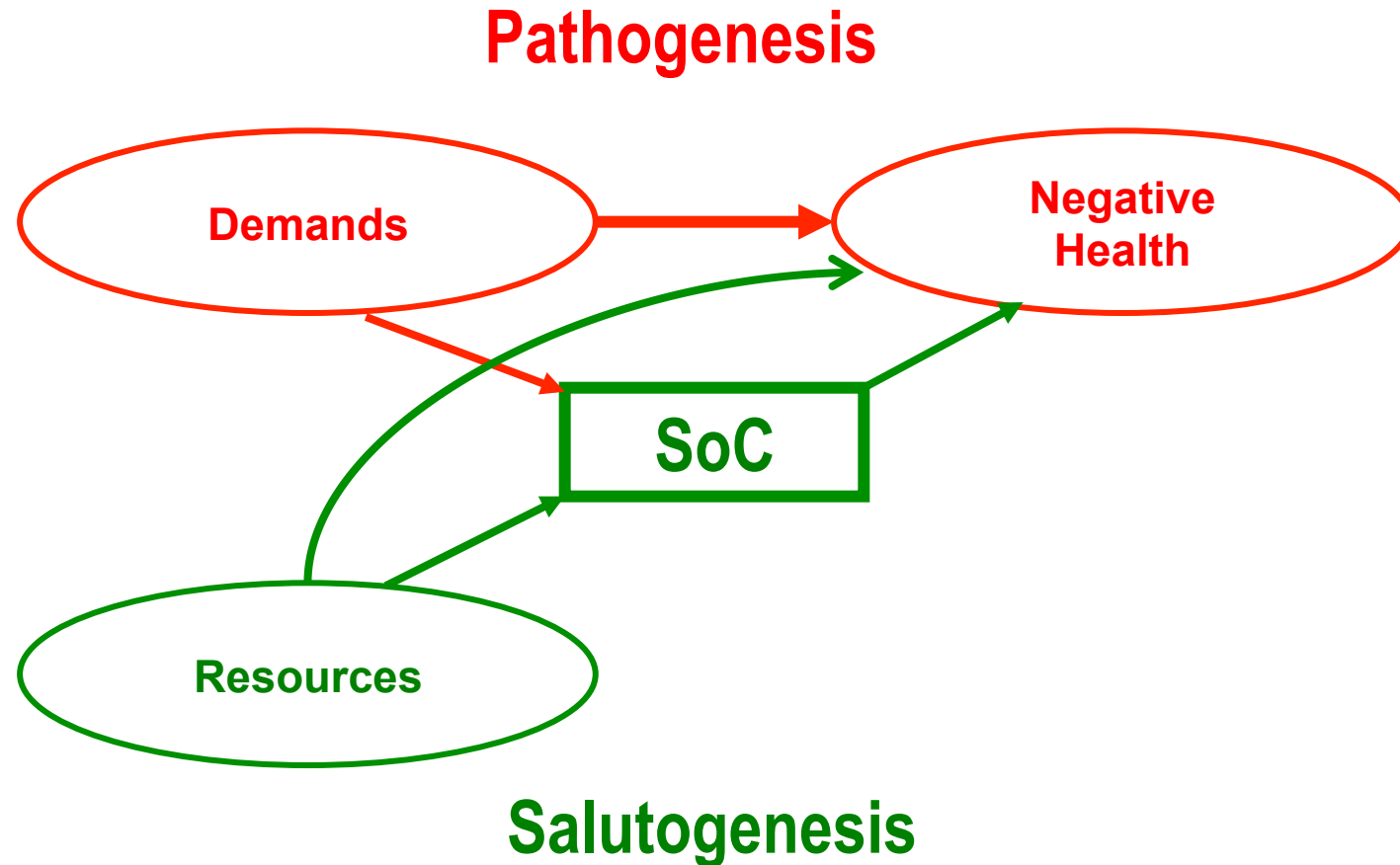
Symposium and launch at UZH, September 8th 2017

In collaboration with the Global Working Group of Salutogenesis

Overview of Salutogenesis – Georg F. Bauer



- **Developed by Aaron Antonovsky (1923-1994)**
- **Key question:** origin (“genesis”) of health (“salus”)
- **Key books by Antonovsky – Salutogenesis as stress related concept**
 - Health, stress & coping 1979
 - Unraveling the mystery of health – How people manage stress and stay well 1987
- **Focus:** Instead of risk factors and single disease outcomes
 - Life stressors – general resistance resources -> ease / dis-ease continuum (negative health)



- Cultural
- Social
- Personal
- Material

Key answer: Sense of Coherence – global orientation to life

- Comprehensibility (cognitive)
- Manageability (behavioral)
- Meaningfulness (emotional)

Measurement: Orientation to life questionnaire – SOC scale

(29 or 13 items; translated in 49 languages)

Strong empirical evidence: SOC → health

- E.g. strong SOC associated with 30% reduced all-cause mortality (Surtees 2003)

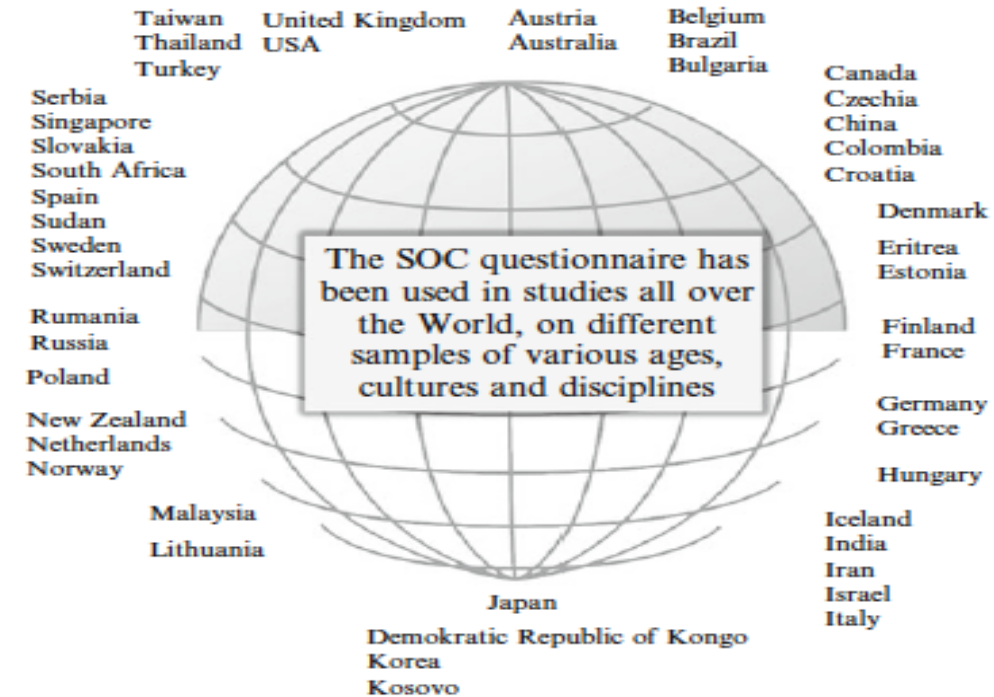


Fig. 12.2 The distribution of studies using the sense of coherence scale 1992–2015 in a global context

- Sense of Coherence SOC
- Salutogenic orientation (resources & positive health)
- *Salutogenic model*

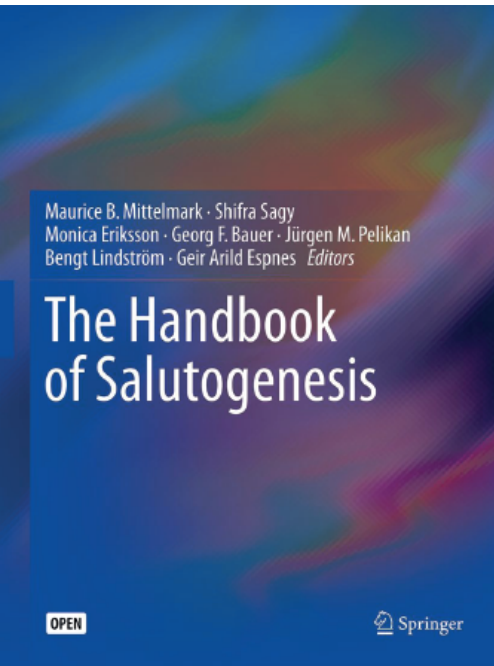
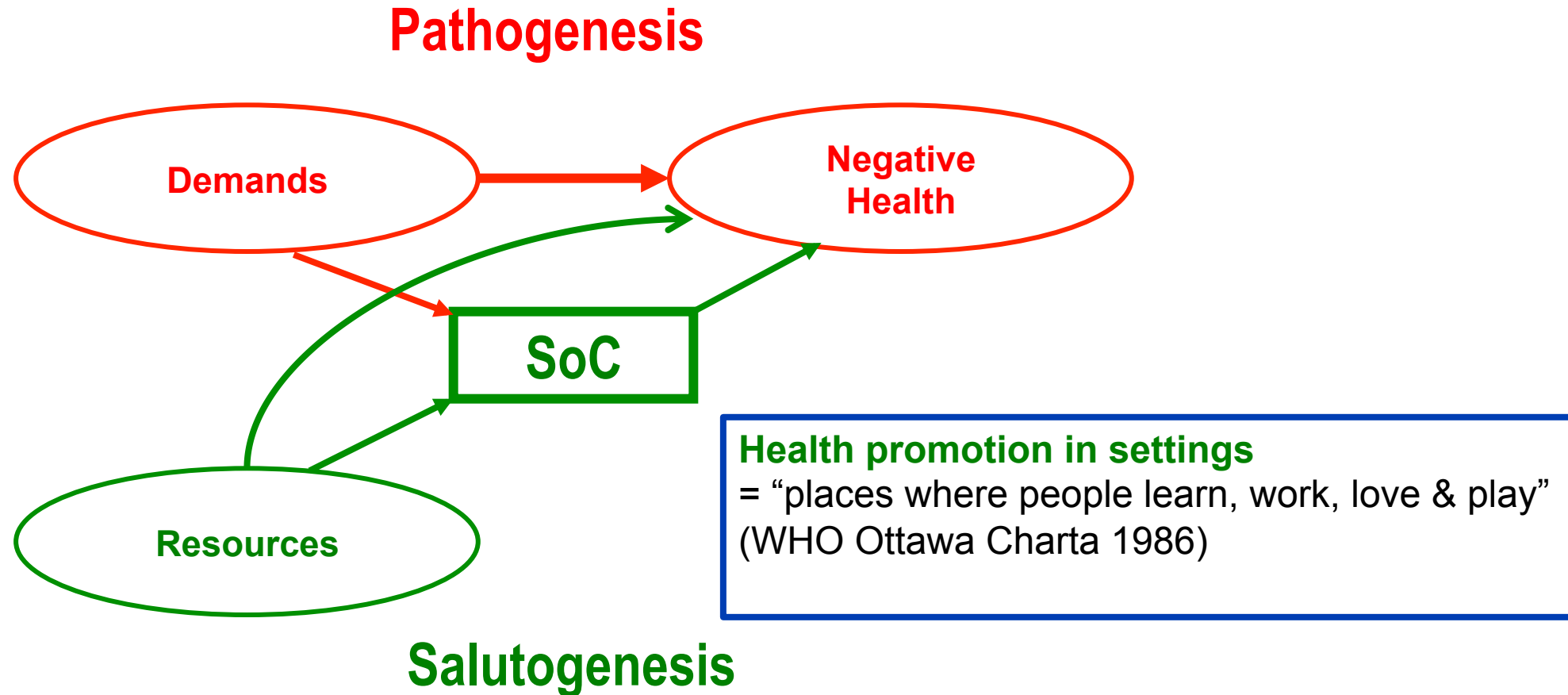


Figure 1. The Salutogenic Umbrella
(© Bengt Lindström, Monica Eriksson, Peter Wikström – With permission)



Towards a complete theory of salutogenesis

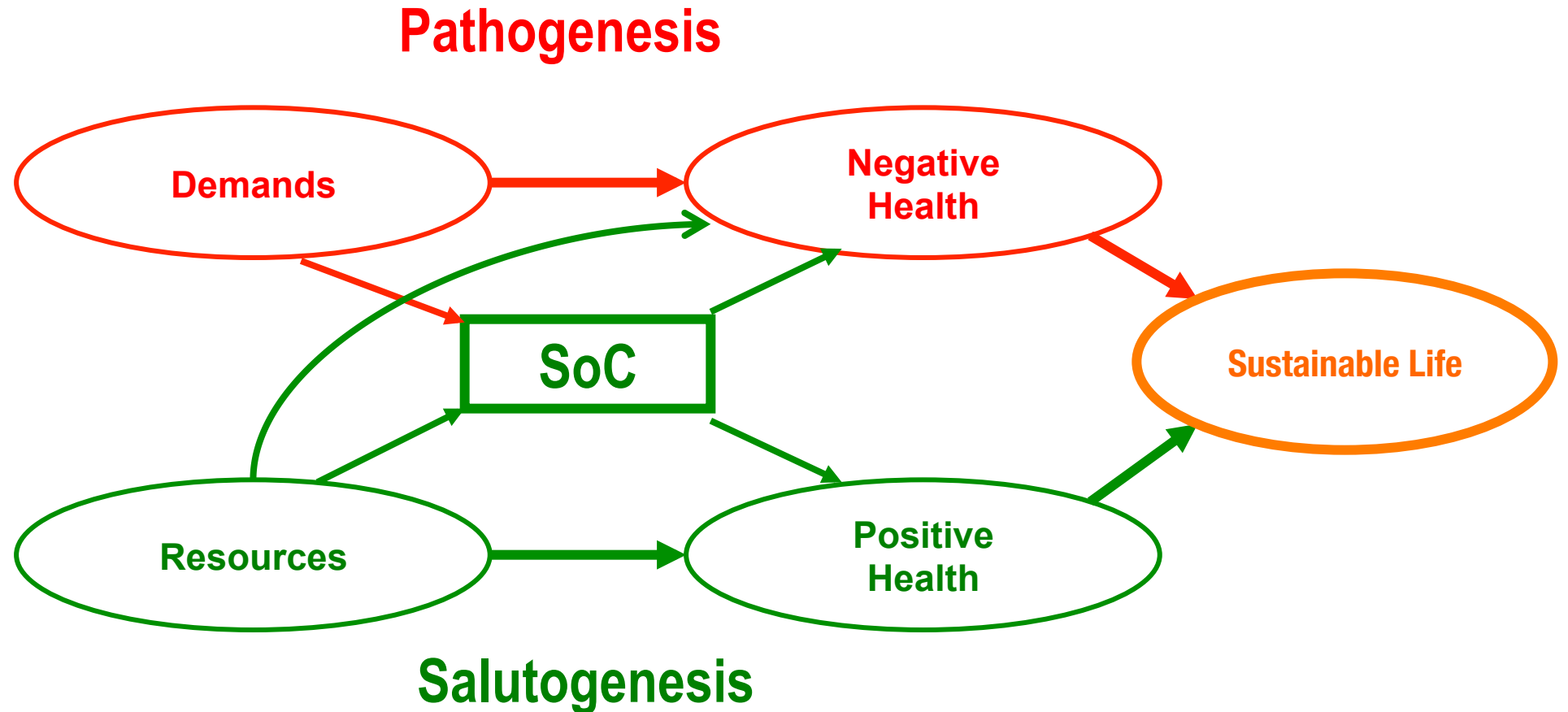
(Bauer 2013/2016) (based on Antonovsky 1979, 1987; Bauer, Davies, Pelikan 2006)





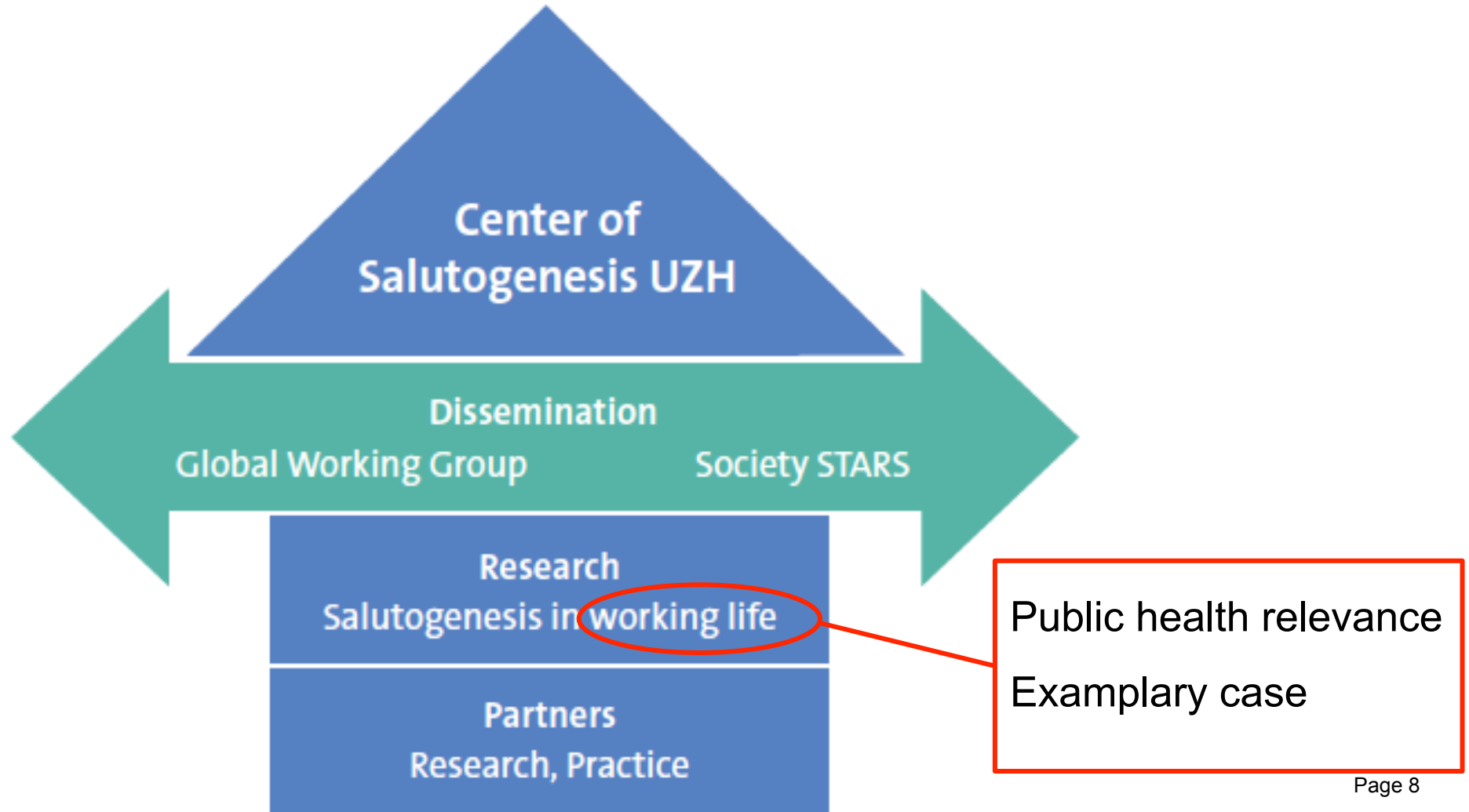
Towards a complete theory of salutogenesis

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***Aim: Theory driven advancement & dissemination of Salutogenesis
as part of an international network***





- Origin of Salutogenesis by Aaron Antonovsky (Shifra Sagy)
- Developments of Salutogenesis after Antonovsky (Maurice Mittelmark)

Chair: Lenneke Vandraager, Wageningen University

- Salutogenesis in the context of health care (Jürgen Pelikan)
- Salutogenesis beyond health: SOC and intergroup relations (Adi Mana)

Chair: Pauline Bakibinga, African Population and Health Research Center

- Contribution of the Center to the future of Salutogenesis (Rebecca Brauchli & Gregor Jenny)
- Launch of the Center (Michael Hengartner, Milo Puhon)