

The (biopsychosocioecological) models of lifestyle related diseases

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Outline of the lecture

Health and Disease

Pathogenesis - from monocausality to
bio-psycho-socio-ecological models

Salutogenesis

WHO Definition of Health

- **Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.**
- *Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 states (Official Records of the World Health Organization, no. 2, p 100) and entered into force on 7 April 1948.*
- *The Definition has not been amended since 1948.*

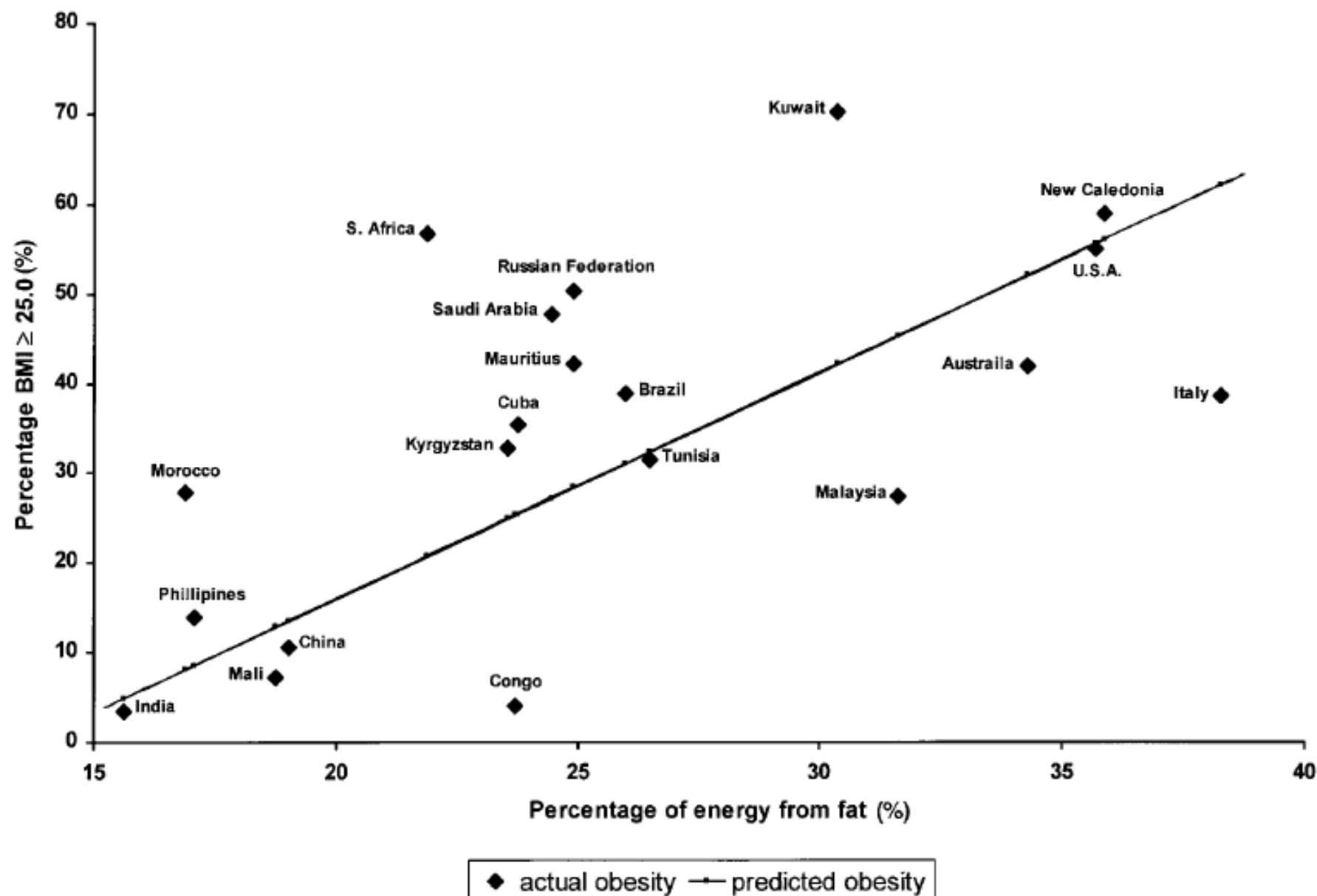
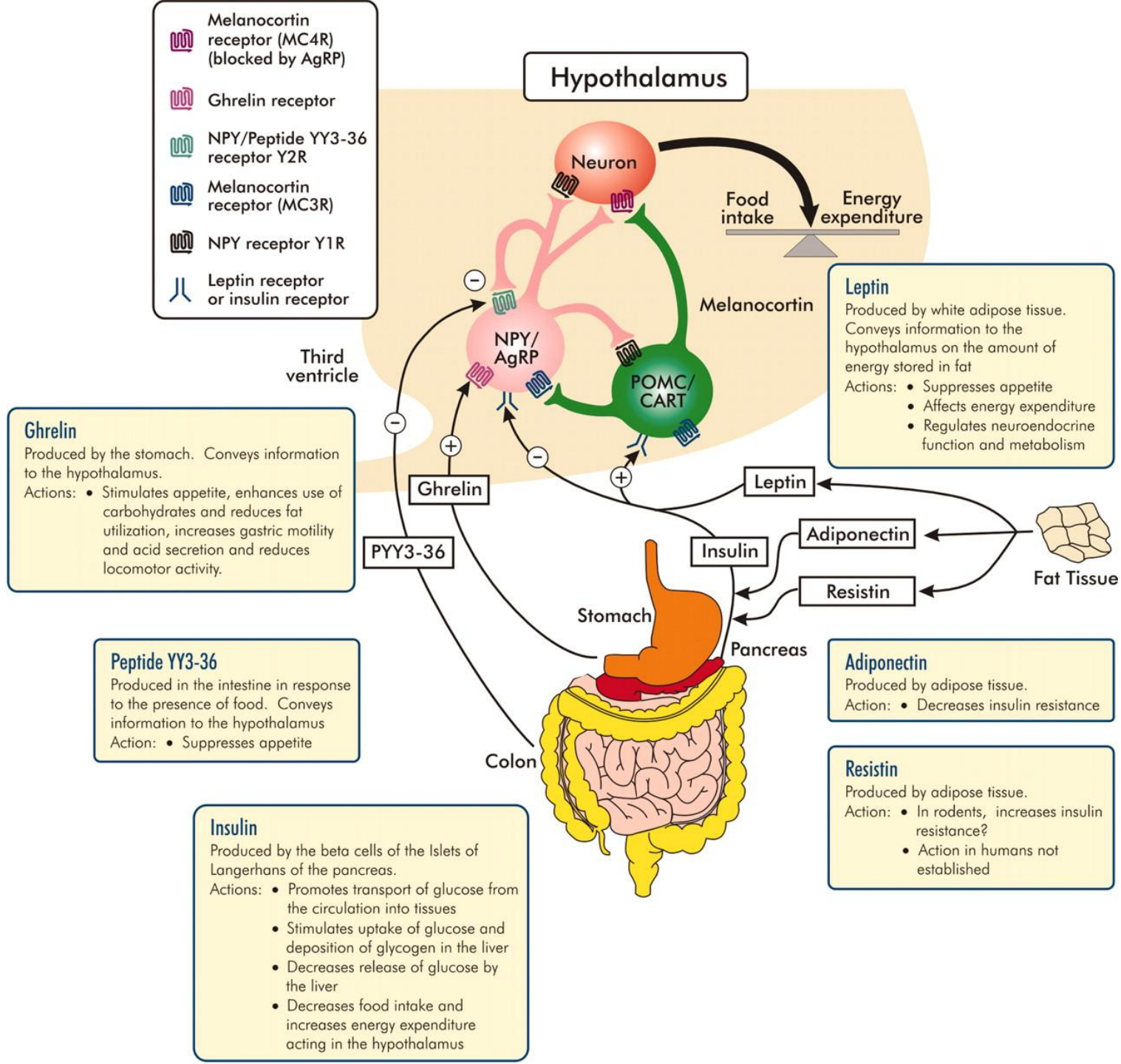


FIGURE 1. Relation between the percentage of the population that is obese and the proportion of energy intake from fat.

Numerous Environmental Factors Contribute to Obesity and Metabolic Disorders



Biological – physiological – regulations



Psychological Regulation –

Sociological Frames

e.g. Marketing -



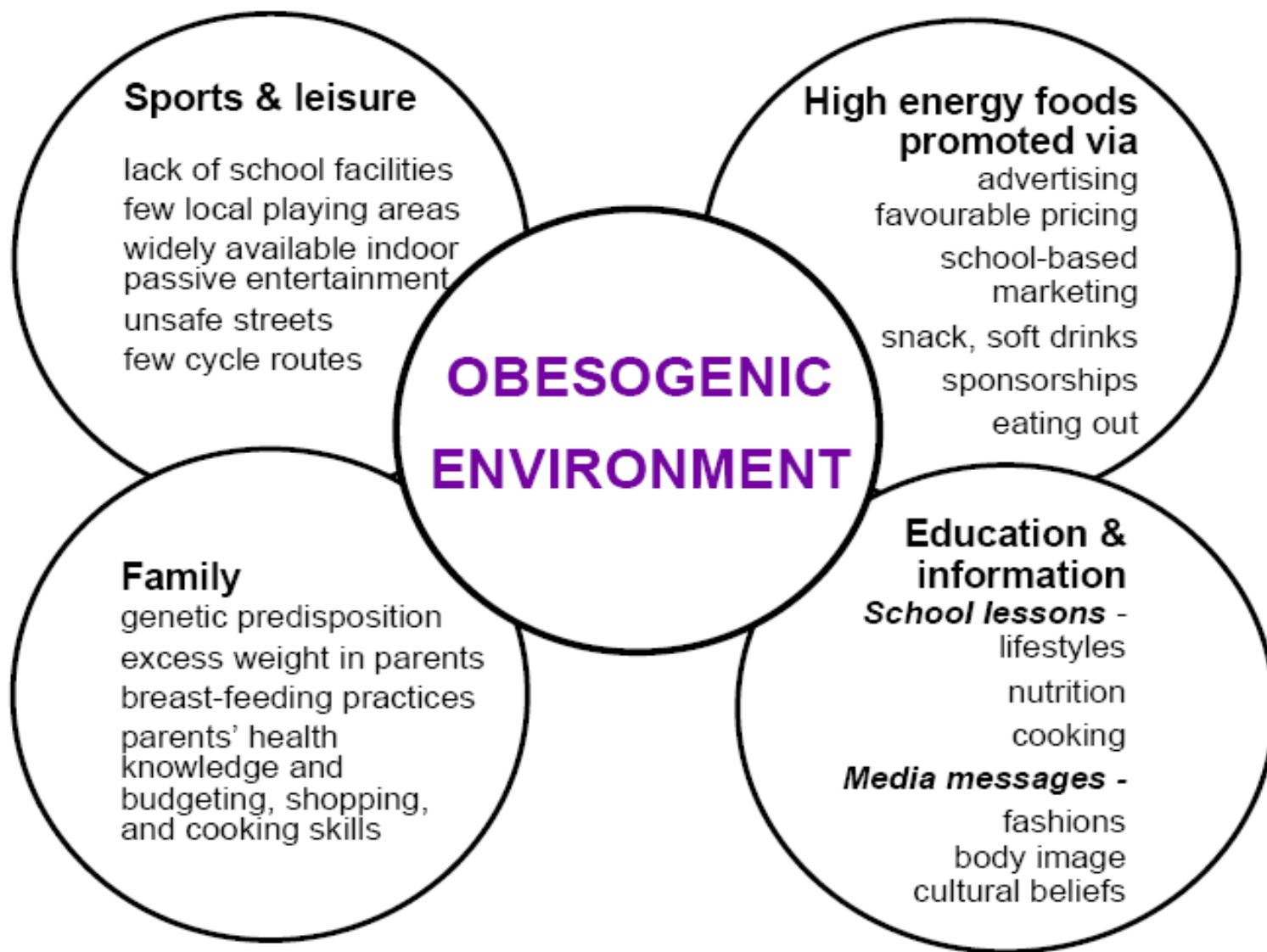
European

How to make satisfied markets hungry again?

Food Trends



GREYWORLDWIDE
Food Trends (CD) 010918-1-Stand 03/03-24



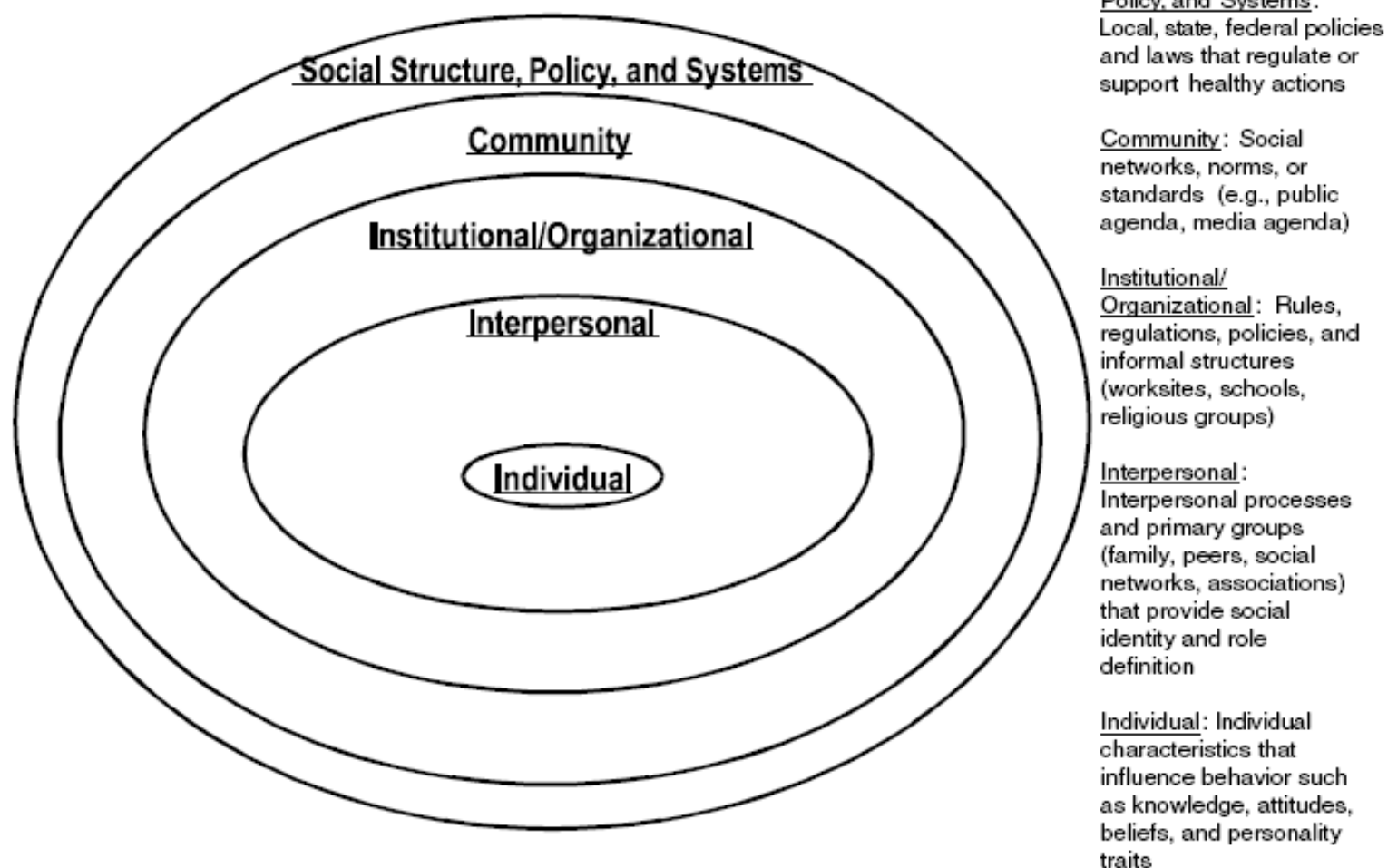
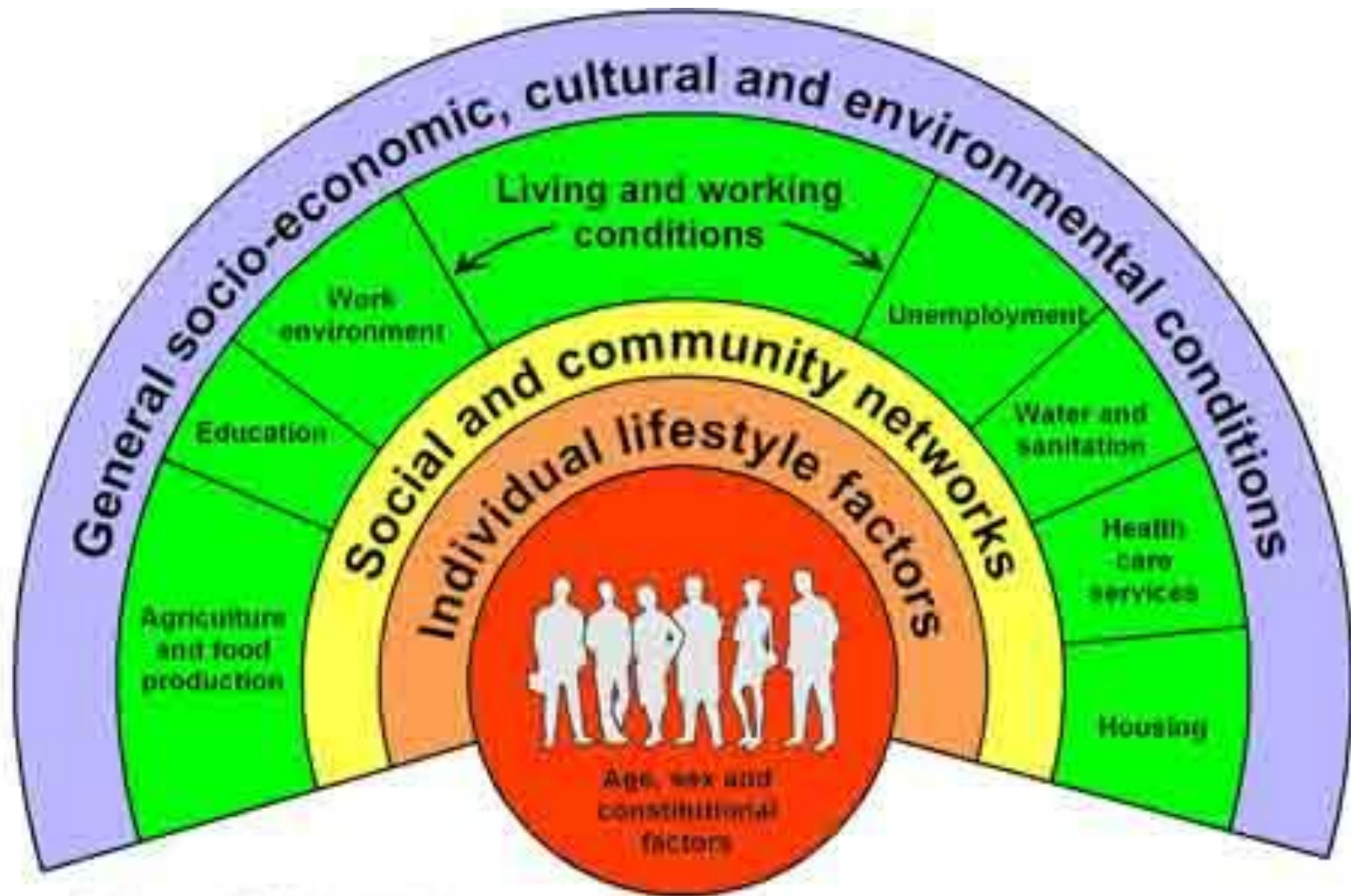


Figure 1. A Social-Ecological Model for nutrition evaluation: spheres of influence. From McLeroy KR, Bibeau D, Steckler A, Glanz K. An ecological perspective on health promotion programs. *Health Educ Q* 1988;15:351–377.

The main determinants of health



Source: Dahlgren and Whitehead, 1991

WHO - Ottawa Declaration on Health Promotion

Health promotion is the **process** of **enabling people** to increase control over, and to improve, their health. To reach a state of complete physical mental and social wellbeing, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. **Health is, therefore, seen as a resource fo everyday life, not the objective of living.** Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is **not just the responsibility of the health sector**, but goes beyond healthy lifestyles to wellbeing.

Salutogenesis (*Aaron Antonovsky*)

Sense of Coherence – SOC

which has as main parts

- **comprehensibility**
- **manageability**
- **meaningfulness**

“Jeder Mensch erfindet sich
früher oder später eine Geschichte,
die er für sein Leben hält”

(Max FRISCH: Mein Name sei Gantenbein)

**“Each person makes up a story
earlier or later and will believe
that is my life.”**

Make the Most of Bad Situations



The salutogenetic model

Central to salutogenesis is to regard the whole person in its social and biographical context. The main assumptions of the pathogenetic and salutogenetic model can be summarized as follows:

	Pathogenetic model	Salutogenetic model
Conception of health and disease	Dichotomy	Continuum
Applicability of the disease conception	Pathology of an illness Reductionistic	History of the ill person and his being ill, holistic
Health- and Illness factors	Risk factors, negative stressors	“Healing” resources, sense of coherence
Intervention	Use of healing devices	Active adaptation, risk reduction and development of resources

(with reference to BzgA 2001: 35)

