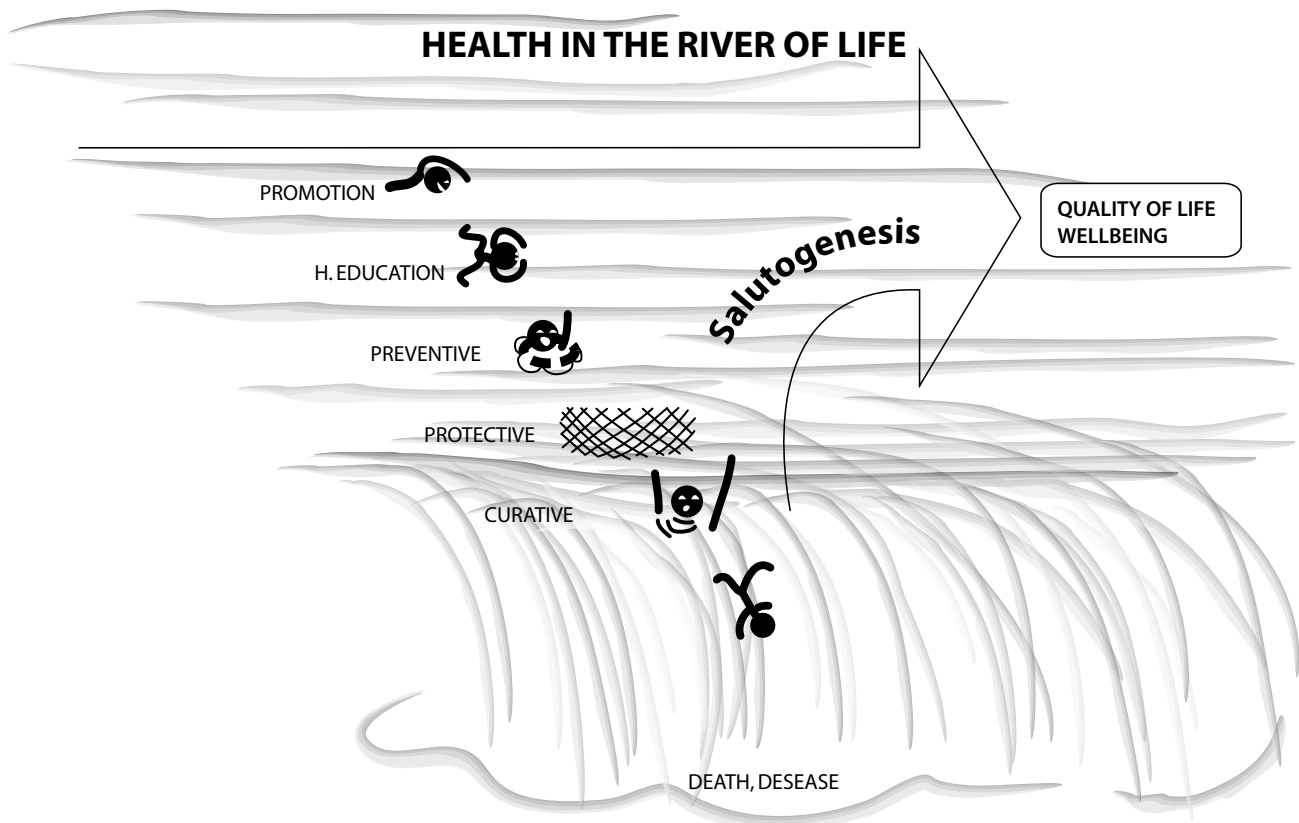


Join this research and development network in health promotion of the IUHPE by registering on www.salutogenesis.fi



Life promotion is the process enabling individuals, groups or societies to use and develop their resources for physical, mental, social and spiritual health whereby their overall quality of life is improved. This can be achieved by creating environments and societies characterized by clear structures and empowering environments where people see themselves as active participating subjects able to identify their internal and external resources for life, use and reuse them to realize aspirations, satisfy needs and perceive meaningfulness to change or cope with the environment promoting not only health but life as a whole. Adaption from J Epidemiol Community Health 2007;61(11):938-944

**Folkhälsan Health Promotion
Research Programme**
www.folkhalsan.fi

**Web Data Base
(open, under construction):**
www.salutogenesis.fi

KEY LITERATURE

(also see: [www.folkhalsan.fi/research/health promotion](http://www.folkhalsan.fi/research/health%20promotion))

Books:

Antonovsky A Health, Stress and Coping Jossey-Bass, San Francisco , 1979

Antonovsky A Unravelling the mystery of health Jossey-Bass, San Francisco, 1987

Eriksson M Unravelling the mystery of Salutogenesis, Folkhälsan, Turku, 2007

Lindstrom B The Essence of Existence on the Quality of Life of Children, NHV Report 3:1994

Papers:

Antonovsky A The salutogenic model as a theory guide to health promotion Health Promotion International 1996;11(1):11-18

Lindström B Eriksson M Contextualising salutogenesis and Antonovsky in public health. Health Promotion International 2006;21:238-244.

Eriksson M Lindström B A Salutogenic Interpretation of the Ottawa Charter. Health Promotion International, 2008: doi:10.1093/heapro/dan014

Lindström B Eriksson M The salutogenic approach to the making of HiAP/Healthy Public Policy: illustrated by a case study. Global Health Promotion 2009; 16(1):17-28.

Koelen M Lindström B Making healthy choices easy choices: the role of empowerment. European Journal of Clinical Nutrition 2005;59(suppl 1):10-16.

Eriksson M Lindström B Antonovsky's sense of coherence scale and the relation with health: a systematic review. J Epidemiol Community Health 2006;60:376-381.

Eriksson M Lindström B Antonovsky's Sense of Coherence Scale and Its Relation With Quality of Life - A Systematic Review. J Epidemiol Community Health, 2007;61:938-944.

COMING EVENTS:

In the IUHPE World Conference Geneva July 11- 16 2010 see www.iuhpe.org

1. Pre conference Seminar July 11th : Salutogenic Determinants of Health
2. Sub plenary: Change – Yes we Can: The Evidence base of the salutogenesis for Health Promotion
3. Workshop I: Building a salutogenic action model for Health Promotion (tentative)
4. Workshop II: Workplace and Salutogenesis (tentative)

COURSES:

PhD Course 2010 Salutogenesis in theory and practice, The Nordic School of Public health (see: www.nhv.se)

ETC- PHHP Training Course 2010 Building Civil Society for Health, Magdeburg (see: www.etc-summer-school.eu)

CHAIR: Professor Bengt Lindstrom
Health Promotion Research
Folkhälsan Research Centre
Paasikivgatan 4, 00250 Helsinki, FINLAND
email: bengt.lindstrom@folkhalsan.fi