

## Exercise: What is health for me?

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Participants are divided into groups of four and with two persons on each side of a table.

1. Find individually four answers to the question: *What is health for you?* Write them down.
2. Discuss your answers with the partner sitting next to you and give priority to four answers. Write them down.
3. Compare your four answers with the other couples answers. Give priority to four answers. Write them on the board.

Discuss in you groups the 'what-is-health-answers' written on the board in relation to Bjarne Bruun Jensens model showed below. Which answers are connected to which health-concepts? Are there any answers that you cannot place in the model?

*From the document "The concept of health" by*

Bjarne Bruun Jensen ( 2003) uses the following model to illustrate which factors affect health, and to explain the components of the broad, positive definition of health. The first two components correspond to WHO's definition of health and include the absence of illness and a sense of well-being (the positive definition of health). The third and forth components are the factors of lifestyle and living conditions (the broader definition of health).

1 Negative definition of health (absence of illness)	2 Positive definition of health (sense of well- being)
3 Narrow definition of health (life style)	4 Broad definition of health (living conditions)

This means that we can look upon health as a human resource, a capacity – in other words, that health is more than an individual objective or state, but it is also a resource in terms of being visionary, choosing the good life and acting on this.