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| **Added value of Positive health concept to WHO health definition in peoples perception of health** |
| **Background/Objectives**  With the introduction of the positive health (PH) concept by Machteld Huber et al. (2011) it has been debated whether this new concept added value to the existing WHO definition of health and the way ‘quality of life’ is related to health. While it matches patients’ perception of health and their increasing need for self-reliance and autonomy, this does not match the opinion of health care professionals.  The present study was performed to add to this discussion by addressing the questions:   * What is the familiarity of the Dutch population with the PH concept? * What is the added value of the PH concept to the WHO health definition? * Is quality of life determining health or a determinant of health?   **Methods**  An online questionnaire on health perceptions was performed amongst 1000 respondents in the Netherlands as a representative sample of the average population. The questionnaire (slightly adapted from the questionnaire developed by Huber et al. (2011)) consisted of 32 items related to the 3 health domains of the WHO definition (bodily functions, mental wellbeing and societal participation) and the 3 added domains by Huber (Quality of health, meaningfulness and daily activities). Data were analyzed using multiple linear regression analysis and Pearson’s partial correlation of SPSS statistics.  **Results**  Data analysis showed that 75% of all respondents is unfamiliar with the PH concept, but 50% relates more to this than the WHO-definition. This more with increasing age. On average respondents rate their health as ‘fair’ to ‘good’ and perceive ‘daily activities’, ‘quality of life’, ‘bodily functions’, and ‘societal participation’ as more important dimensions in health than ‘meaningfulness’ and ‘mental functions’. Furthermore, health was better defined by the six dimensions of the PH concept compared to the three WHO dimensions. Finally, ‘quality of life’ appears to determine ‘general perceived health’ instead of health determining quality of life.  **Discussion**  The PH concept has added value to the WHO definition in the perception of the average Dutch population, familiarity increasing with age. This is especially determined by being able to perform daily activities and the perception of quality of life rather than physical and social dimensions. In this, quality of life was clearly a determinant of health and not the other way around determined by health.  **Keywords**  Positive health · Self-reliance · Quality of life · Health perceptions |