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**Title**

Positive Health - Towards a 'patient-centred' operationalisation of the new dynamic concept of health

**Abstract**

Machteld Huber, MD PhD, former GP, became a researcher after her own experience as a patient. She formulated a new dynamic concept of health to replace the static WHO definition. In elaborating this concept she discovered the broad perception of health, as perceived by patients. She followed the patients' view and to avoid confusion she named this broad perception 'Positive Health', which is visualized in six dimensions of a spider web. This approach meets broad recognition among professionals and patients. In 2015 she initiated the Institute for Positive Health (iPH) to support the implementation of this concept in healthcare and public health. Machteld Huber was rewarded with the ZonMw Pearl in 2012 and elected as most influential person in public health in 2015. During the presentation Machteld Huber will explain the origin and application of Positive Health.

**Key references**

1. Huber M, Knottnerus JA, Green L, Horst H van der, Jadad AJ, Kromhout D, et al. How should we define health? *BMJ*. 2011;343(4163):235–7.
2. Huber M. Towards a new, dynamic concept of Health. Its operationalisation and use in public health and healthcare, and in evaluating health effects of food. Proefschrift. Maastricht: Universiteit Maastricht; 2014.

**Key messages**

A dynamic concept of health; connecting to a patient's strength; focus on personal meaningfulness