

*SUPPLEMENTARY FILE 1*

**QUESTIONNAIRE, USED IN THE STUDY ABOUT THE NEW DYNAMIC CONCEPT OF HEALTH**

Dear Madam, Sir,

The presented questionnaire is part of a study into the prevailing opinions about the concept of 'health'.

The questionnaire asks about your opinion on a new concept of health and the possible aspects of health. The document is presented to patients, physicians, policymakers, representatives from insurance companies, public health professionals, 'healthy' citizens, and researchers.

Perhaps you belong to several of these groups, but we ask that you fill out this questionnaire from your position as <name stateholder group>.

The questionnaire will take around 20 minutes to complete. To go back to a previous question, simply click on 'back to previous question', in the red square. All data are handled anonymously and confidentially.

We would greatly appreciate your participation.

On behalf of the project team,

Machteld Huber, MD, project leader  
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## 'What is health?'

1. Date of birth? (day-month-year, e.g. 23-09-1967)

2. Gender?

Male

Female

3. What is your highest level of education?

Primary or secondary education (no vocational education)

Lower vocational education (LBO)

Secondary vocational education (MBO)

Higher vocational education (HBO)

University education

4. What is your current employment situation? (multiple responses possible)

Self-employed

Employment contract

Temporary employment contract (set number of hours per week, full-time or part-time)

Flexible employment contract (via temp agency, 'on call', or substitute position)

Employed under the framework of the Dutch Sheltered Employment Act

Other:

5. Are you suffering from an illness? If so, which one and since what year? (multiple responses possible)

No

Cardiovascular disease

Since what year?

Diabetes

Since what year?

Metabolic and nutrition related diseases

Since what year?

Gastrointestinal disease

Since what year?

Respiratory disease

Since what year?

Neuromuscular disease

Since what year?

Chronic rheumatic disorder

Since what year?

Neck and back pain

Since what year?

Cancer

Since what year?

Neurological and/or sensory disorder

- Since what year?
- Psychological disorder
  - Since what year?
- Fertility problems
  - Since what year?
- Skin disease
  - Since what year?
- Other:
  - Since what year?

6. How would you describe your general health?

- Excellent
- Good
- Reasonable
- Not very good
- Bad

7. Description of health by the World Health Organization (WHO) of 1948: 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'. This definition is increasingly criticised because of its static character. A new concept of health could read: 'Health as the ability to adapt and self manage in the face of social, physical and emotional challenges of life', or in other words 'Health as the ability to deal with change in a flexible way and to self-manage (physically, mentally and socially)'. In the following questions, please indicate what you consider positive and negative about the provided description.

8. What I consider positive about the new description (multiple responses possible)

- It emphasises that a person is more than his or her disease.
- It emphasises a person's strength rather than his or her weakness.
- It emphasises self management.
- It emphasises a person's own responsibility.
- It considers health as a dynamic rather than static situation.
- It places patient and doctor on an equal footing.
- Other:

9. What I consider negative about the new description (multiple responses possible)

- It is too broad, about life as a whole, instead of only about health.
- To me, health is mainly the absence of disease.
- It requires substantial personal input – would everybody be capable of self-management?
- It requires substantial personal input – would everybody be willing to take his or her own responsibility?
- The description seems to trivialise actual disease.
- It may discourage people from consulting a physician in time.
- Should people resign themselves to a bad living condition?
- Other:

10. Aspects of health. How do you determine the level of healthiness of your own health or that of someone else (aged 18 or over)? In other words, which aspects do you consider to belong to 'health'? Below, a number of aspects are presented and you are asked to indicate how important or unimportant you consider these to be. Please note that this is not about whether any of these aspects *promote* health, but only if you consider them to be contained in health, and if so to what degree.

11. Category Bodily functions: how important do you consider the aspects below to be in relation to someone's health ?

When someone aged 18 or over:

... shows no deviating results at a medical check.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... impresses as 'healthy' (good colour, bright eyed, good posture).

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... functions well, in accordance with his or her age.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... experiences no complaints or pain.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... feels energetic.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

12. Category Mental functions and perception: how important do you consider the aspects below to be in relation to someone's health ?

When someone aged 18 or over:

... is mentally competent and able to think clearly.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... has a positive mood.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is self-confident.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... considers to having a grip on of his/her life.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is able to manage the own life situation. Directing it him/herself.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

13. Category Spiritual/existential dimension: how important do you consider the aspects below to be in relation to someone's health ?

When someone aged 18 or over:

... is able to extract meaning out of his/her life.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is able to do his or her own 'thing'.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... has ideals and lives for them.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... feels confident about the future.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is able to accept life as it is and feel satisfied about it.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

14. Category Quality of life: how important do you consider the aspects below to be in relation to someone's health ?

When someone aged 18 or over:

... experiences a good quality of life.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... feels happy most of the time.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is able to enjoy life.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... feel healthy.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... feels flourishing.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... experiences to be well-balanced.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

15. Category Social & societal participation: how important do you consider the aspects below to be in relation to someone's health ?

When someone aged 18 or over:

... is able to maintain social contacts.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... has a sufficient number of supportive relationships.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... does not experience loneliness.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... feels accepted by his or her environment.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... feels engaged in his or her community

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is working (paid or unpaid) in a job that he or she considers meaningful.

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

16. Category Daily functioning: how important do you consider the aspects below to be in relation to someone's health ?

When someone aged 18 or over:

... is able to wash and dress oneself (basis ADL).

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is able to manage their own household (e.g. prepare food, clean, manage money).

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is able to work (paid or unpaid).

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

... is able to understand and follow instructions for the use of medication (health literacy).

Very unimportant 1 2 3 4 5 6 7 8 9 Very important Don't know

17. Below, the categories of aspects mentioned above are listed. Please place them in order of importance, in your opinion. The top one being the most important and the bottom one the least important aspect.

Aspects can be moved by shifting them, one by one, from the upper field (using the big arrow between the fields) to the lower field. You first need to select a category and then click on the arrow to move it downward. The arrows next to the lower field can be used to further adjust the order in which you have placed the categories.

answers in random order:

- Bodily functions
- Mental functions and perception
- Spiritual/existential dimension
- Quality of life
- Social & societal participation
- Daily functioning

18. If you would like to comment on this questionnaire you may do so by using the field below.