

# **A social humanistic approach to health:**

- an integral part of ourselves
- possibilities of action
- feeling of well-being

## **Some features on gender and health within a Norwegian context**

- Norwegian women live longer than Norwegian men, but are more frequent ill.
- More men tend to die of accidents and suicide than women.
- The health system faces challenges in providing good services to for women of immigrant backgrounds, lesbian women and gay men, disabled women, single mothers (and fathers), and older women.

# Gender equality, health and well-being



# Gender Equality and Quality of life in a Norwegian Context

- Symmetric gender relations at work significant influence on health and well-being
- Gender equality in domestic work provides for strong sense of health and well-being
- Profound participation in child care – also after divorce - improves mens quality of life

- Using qualitative methods to sensitize and contextualize current models and perspectives on GEQ
- Focus Group Interviews including daily life questions to explore  
*attitudes, practices and gender power relations within education, work and family*