

152nd SESSION of the WHO EXECUTIVE BOARD

(Geneva, 30 January- 7th February 2023)

10:00 AM- 5:30 PM (CET)



**Ministry of Health & Family Welfare
Government of India**

Agenda 14: Well Being and Health Promotion

(word count:356)

Thank you Chair!

India supports WHO's initiatives for the well-being and health promotion.

India has always espoused well-being as a **way of life** in the form of right diet, intermittent fasting, yoga, meditation, physical activity, socially cohesive neighborhoods and by encouraging community members to engage in **wellness activities**.

Our Health & Wellness Centers, one of whom cater to a population of 5000 celebrate 42 annual health calendar days for engaging community members and promoting well-being.

Mental health is also critical component of overall health. **Capacity building** to ensure adequate mental healthcare human resources through use of digital

technologies needs to be prioritized besides focusing on **de-stigmatization of mental illness** and integration of **well-being curriculum in schools**.

There is a need to encourage early help-seeking for stress and common mental health problems, before they become seemingly insurmountable.

Chair,

Wellbeing interventions should focus on a **life-cycle and whole of society approach** as also **social protection and welfare systems** with focus on promotion of healthy diet, physical activity, addressing tobacco, alcohol and substance abuse, adolescent and sexual health and also reducing stress.

Interactive health communication is critical to well-being and health promotion. This would involve developing the appropriate IEC to encourage citizens to be aware of the importance of good-health and well-being and adopt practices that take responsibility for their own physical and mental health and well-being.

There is a need to create awareness on impacts of climate change on human health and to strengthen capacity of healthcare system to reduce illnesses/diseases due to variability in climate

Building a **healthy planet and societies requires** harmony with-in the human – animal ecosystem, underpins the foundation of a healthy planet.

Chair,

Well-being at large forms a new social contract and **provides a compass for public policy, including budgetary and regulatory decisions** to achieve better outcomes for individuals, communities and society.

Chair,

India would like to suggest that the vision needs to be **backed by sustained investments in health-care workers, health promotion, public health infrastructure and research globally.**

The global development landscape will change if the well-being of both people and the planet becomes central to the definition of success.

Thank You!