



## Lifelong Wellbeing

The World Health Organization (WHO, 2020) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Wellbeing is about feeling good and functioning well and comprises an individual's experience of their life; and a comparison of life circumstances with social, cultural norms and values. Lifelong wellness is achieved by a healthy balance of physical, mental, and social well-being. Our vision is to facilitate and develop transformative interdisciplinary research on national and international collaborations. Our research programmes will intersect with all 17 UNSDGs but will primarily address SDGs 1-6, 10, 11 and 16.

The subthemes of research areas under Lifelong Wellbeing will include:

- Mental health, digital innovations in practice
- Healthy active ageing
- Gender and health
- Addressing health inequalities
- Global health challenges
- Post-Covid recovery