

## 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 health.

This new DMU-wide Lifelong Wellbeing research theme aims to further promote innovative interdisciplinary research across the university, bringing together our strengths, diversities and knowledge creation capacity. Our vision is to facilitate and develop transformative interdisciplinary research on lifelong health and wellbeing by building on our research expertise, and regional, 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, creativity, wellbeing and resilience
- Ethnicity, race and health
- Digital technologies and health
- Pharmaceutical innovations in practice
- Healthy active ageing
- Gender and health
- Addressing health inequalities
- Global health challenges
- Post-Covid recovery