

Resolution

**REGIONAL COMMITTEE FOR THE
EASTERN MEDITERRANEAN**

**EM/RC69/R.4
October 2022**

**Sixty-ninth session
Agenda item 3(c)**

**Promoting health and well-being in the Eastern Mediterranean Region:
moving from theory to action to achieve the health-related Sustainable
Development Goals**

The Regional Committee,

Having reviewed the technical paper on promoting health and well-being in the Eastern Mediterranean Region: moving from theory to action to achieve the health-related Sustainable Development Goals;¹

Reaffirming that health, which is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity, is a fundamental human right, and that the attainment of the highest possible level of health is a critically important social goal worldwide, the realization of which requires action by other social and economic sectors in addition to the health sector;

Recognizing that in order to reach a state of complete physical, mental and social well-being, an individual, group or community must be able to identify and realize aspirations, satisfy needs and play an active role in adapting to their environment;

Mindful of the vast implications that the current health, environmental, political and humanitarian crises have on people's ability to take control over and improve their health;

Noting the outcomes of the 10th Global Conference on Health Promotion in 2021, contained in the Geneva Charter for Well-being;

Underlining that governments have a responsibility for the health of their people through a whole-of-government approach, which can be fulfilled only by the provision of adequate health and social measures through multisectoral action, and that national efforts need to be supported by an enabling international environment;

Reaffirming that health inequities within and between countries are unacceptable and largely avoidable, and that the promotion of health equity is essential for sustainable development and a better quality of life and well-being for all, which in turn can contribute to peace and security;

¹ EM/RC69/6.

Recalling that multisectoral action on social, environmental and political determinants of health, both for the general population and for vulnerable groups, is essential to create inclusive, equitable, economically productive and healthy societies;

Building on the Report of the Commission on Social Determinants of Health in the Eastern Mediterranean Region and its recommendations on building back fairer, as well as the priorities outlined by WHO's Director-General in his address to the Seventy-fifth World Health Assembly in May 2022;²

1. URGES Member States to:

- 1.1. Strengthen health promotion and disease prevention through good governance and health system strengthening;
- 1.2. Identify national priorities for health and well-being, based on local context and mandates to ensure healthy lives and promote well-being for all throughout the life course hand in hand with achieving universal health coverage by 2030;
- 1.3. Support research and studies for evidence creation to inform effective planning and assessment of different interventions related to promoting health and well-being;
- 1.4. Promote community empowerment and engagement to improve health-seeking behaviours;
- 1.5. Establish mechanisms to share evidence on developing high-impact policies to promote and protect people's physical, mental and social well-being;
- 1.6. Leverage multisectoral mechanisms to foster healthy environments and promote healthy settings for healthy lifestyles;
- 1.7. Ensure that national plans of action aim to achieve the highest attainable standard of physical and mental health, and advance action across sectors at all levels;
- 1.8. Monitor progress in promoting health and well-being, including establishing or adapting mechanisms as appropriate.

2. REQUESTS the Regional Director to:

- 2.1 Support interdisciplinary research and develop measurement frameworks to monitor progress in the field of health and well-being promotion, building on the measurement systems for the Sustainable Development Goals;
- 2.2 Propose a regional roadmap to guide Member States in implementing the well-being agenda in the Region;
- 2.3 Report on progress in promoting health and well-being to the 71st and 73rd sessions of the Regional Committee and present a final report to the 75th session in 2028.

² Director-General's report to Member States at the 75th World Health Assembly, 23 May 2022; <https://www.who.int/director-general/speeches/detail/who-director-general-s-opening-address-at-the-75th-world-health-assembly---23-may-2022>.