

Good health and well-being



Ensure healthy lives and promote well-being for all at all ages

Good health and well-being a person's quality of life throughout every stage of development. Many contribute to healthy living, as health is not just the absence of It's a state of , and well-being. To ensure good health, basic must be met, such as access to , sanitation, and nutritious foods as well as quality , medicines and Well-being integrates both physical and mental It measures positive , positive functioning and with life. Access to basic and positive social relationships lead to higher levels of well-being. A person's well-being can many of their from the way they perform at work to the of their family and social life. Good health and well-being personal and development. People who healthy and have a outlook on their life can live more contribute more to their , and