

SDG3: GOOD HEALTH AND WELLBEING

"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and wellbeing. And we, in turn, are affected not only emotionally but also physically and spiritually."

- Greg Anderson, retired NBA Basketball forward

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

Health is then Good Living, or vice versa, as the satisfaction of the needs of the body (healthy nutrition, sexuality, and work), of cultural subjectivity (knowledge, affections, freedom, identity, protection, creation, recreation) and the obligations of the State, including general services (water, electricity, means of communication and roads) and social services (health, education, housing, social welfare). All of them understood as rights.

Moreover, Mental and physical health are fundamentally linked. There are multiple associations between mental health and chronic physical conditions that significantly impact people's quality of life, demands on health care and other publicly funded services, and generate consequences to society.

The World Health Organization (WHO) defines: health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The WHO states that "there is no health without mental health."

SDG 3 of Sustainable Development Goals seeks to ensure health and wellbeing for everyone of all ages, including access to safe, affordable, and effective health care, where the universities, being the favorite place for the construction and reproduction of knowledge, they play an important role in achieving health and good living. For this, it is necessary for Princes Nourah Bint Abdulrahman University – PNU to promote from his context access to health services, disease prevention, and treatments. In addition, to provide programs and guidelines that

allow the good health and wellbeing of its students, employees and of society to be achieved.

The following document shows how PNU works from different perspectives to achieve SDG 3 compliance.

