

What is health?

The Health Promotion Agency strongly supports the view of the World Health Organization (WHO) that health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity. It agrees that health is a fundamental human right and that the attainment of the highest possible level of health is a most important world-wide social goal whose realisation requires the action of many other social and economic sectors in addition to the health sector. Those working to promote health generally see it as a resource for everyday life, not the object of living. It is a positive concept emphasising social and personal resources as well as physical capabilities.

Reference: [Ottawa charter for health promotion. WHO, Geneva, 1986.](#)