



Eightieth session

Agenda item 127

Global health and foreign policy**Resolution adopted by the General Assembly
on 10 March 2026***[without reference to a Main Committee (A/80/L.45)]***80/249. International Wellness Day***The General Assembly,*

Reaffirming its steadfast commitment to the purposes and principles enshrined in the Charter of the United Nations, and underscoring the central role of effective multilateralism with the United Nations at its core to strengthen international cooperation for peace, the promotion of human rights, and sustainable development,

Reaffirming its resolution [70/1](#) of 25 September 2015, entitled “Transforming our world: the 2030 Agenda for Sustainable Development”, including Sustainable Development Goal 3 on ensuring healthy lives and promoting well-being for all at all ages, and its specific and interlinked targets, in particular target 3.4 on reducing by one third premature mortality from noncommunicable diseases through prevention and treatment and promoting mental health and well-being,

Welcoming the political declaration of the fourth high-level meeting of the General Assembly on the prevention and control of noncommunicable diseases and the promotion of mental health and well-being,¹ as appropriate,

Underscoring that the maintenance of wellness through preventive, lifestyle-based and people-centred approaches contributes significantly to saving lives, reducing financial burdens on healthcare and promoting cost-effective solutions to preventable diseases and delivering health for all across the international community,

Recognizing the value and diversity of the culture and traditional knowledge of Indigenous Peoples and local communities, including evidence-based traditional medicine, in strengthening health systems,

Recalling its resolutions [53/199](#) of 15 December 1998 and [61/185](#) of 20 December 2006 on the proclamation of international years, and Economic and

¹ Resolution [80/117](#), annex.



Social Council resolution [1980/67](#) of 25 July 1980 on international years and anniversaries,

Recalling also its resolutions [66/281](#) of 28 June 2012 on the International Day of Happiness, [69/131](#) of 11 December 2014 on the International Day of Yoga and [79/137](#) of 6 December 2024 on World Meditation Day, which are complementary and mutually reinforcing for overall well-being, including good health, happiness and harmony of human beings,

Recalling further its resolutions [77/300](#) of 26 June 2023 on mental health and psychosocial support and [79/287](#) of 29 April 2025 on global health and foreign policy,

Taking into account the potential opportunities and benefits of the wellness sector in achieving the Sustainable Development Goals, including supporting job creation, poverty eradication and inclusive economic growth,

Acknowledging that wellness serves as a vital pathway for enhancing quality of life, safeguarding human dignity and enabling every human being to realize his or her full potential by encouraging individual and community action for sustainable lifestyles and to safeguard resources for future generations,

Stressing the importance of promoting affordable, inclusive and accessible practices of wellness,

Trusting that the observance of an international day will create a platform to promote awareness about holistic wellness through education, cultural exchanges and knowledge-sharing,

1. *Decides* to proclaim 15 April of each year as International Wellness Day;
2. *Invites* all States Members of the United Nations, members of the specialized agencies and observers of the General Assembly, as well as the organizations of the United Nations system and other relevant stakeholders, to observe International Wellness Day, in an appropriate manner, with a view to promoting awareness of the benefits of practising wellness;
3. *Stresses* that the costs of all the activities that may arise from the implementation of the present resolution should be met through voluntary contributions, including from the private sector;
4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member and observer States, members of the specialized agencies and observers of the General Assembly, as well as the organizations of the United Nations system and other relevant stakeholders, for appropriate observance.

*73rd plenary meeting
10 March 2026*