## **Act positive across the life course: how Salutogenesis promotes Sustainable Development Goals (SDGs) as resources for wellbeing and planetary health**

**Convener:** **IUHPE Working Group on Salutogenesis**

The WHO Shanghai Declaration recommends addressing all SDGs as key determinants of health. This session will be a hands-on showcase of how Salutogenesis can guide prioritizing and addressing SDGs across the life course. Salutogenesis suggests grouping the 17 SDGs into a comprehensible, manageable and meaningful mind-map – furthering the sense of coherence of the actors. It suggests participatory prioritization of the SDGs, as participation leads to meaningfulness and ownership. Salutogenesis frames SDGs in a positive way as key resources for both human well-being and planetary health – an attractive goal for stakeholders.

The session participants will

* Understand the concept of Salutogenesis and reflect SDGs as positive resources for equitable well-being and planetary health;
* Know how to prioritize and address SDGs over the life course within the Salutogenic framework.

The session will first introduce the concept of Salutogenesis and a coherent mind-map linking SDG to well-being and planetary health. This shared mind map will guide participants through a structured, participatory prioritisation and discussion of SDGs in five life-stage specific sub-groups of their choice: maternity/early life, children, youth, adults, elderly. Finally, we will share the results and draw conclusions how Salutogenesis can best promote well-being and planetary health in the future.