



Living Well North Tyneside

Supporting Health and Wellbeing

Celebrating global health and highlighting key health priorities

What is World Health Day?

World Health Day is celebrated annually on **7 April**, marking the anniversary of the founding of the World Health Organization (WHO) in 1948. Each year, the WHO selects a theme that focuses on a pressing global health issue, aiming to raise awareness and inspire action across communities, governments, and individuals.

History of World Health Day

Since its first celebration in 1950, World Health Day has been used as an opportunity to spotlight critical health challenges — from mental health and universal healthcare to climate change and health equity. Over the decades, World Health Day has become a key global platform for public education and the promotion of healthier living.

Why celebrate World Health Day?

- **Raise Awareness**
World Health Day helps draw attention to important health issues that affect people globally, encouraging both large-scale and personal change.
- **Inspire Action**
Whether it's supporting access to healthcare, promoting healthy eating, or highlighting climate impacts on health, the day inspires collaborative action from individuals, health professionals, and policy makers.
- **Promote Prevention and Wellbeing**
The day is also an opportunity to encourage simple lifestyle changes that contribute to better health and disease prevention.

How to Celebrate World Health Day

1. Learn about the annual theme

The WHO announces a new theme each year. Follow the WHO website or trusted health sources to learn more and join global discussions.

2. Raise awareness

Share facts, resources, and useful information with family, friends, colleagues, or on social media.

3. Organise or attend a local event

Many communities hold health fairs, talks, and wellbeing events to promote the theme of the year.

4. Check in on your own health

Book a health check-up, review your diet and activity levels, or take steps to improve your mental health.

5. Support health charities and local organisations

Donations or volunteering can help organisations working to make healthcare more accessible.

Looking Ahead

World Health Day is a reminder that health is a shared responsibility — one that connects individuals, communities, and countries. Whether you're making small changes in your lifestyle, supporting local services, or learning more about this year's theme, your actions matter.

Let's take this opportunity to reflect, engage, and move forward together in building healthier lives and stronger communities — in North Tyneside and around the world.

Related Links

- [World Health Day: WHO World Health Day](#)
- [NHS: Live Well health advice: NHS Live Well](#)
- [Public Health England resources: Better Health](#)
- [Healthwatch North Tyneside: Visit Healthwatch](#)
- [From sleep to anxiety: 40+ surprising facts about the impact of gut health](#)

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