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Date: 20th November 2023

To,
Dr Tedros Adhanom Ghebreyesus
Director General
World Health Organization

Subject: Redefining 'Health' in the Digital Age

Dear Dr. Tedros,
Greetings

I trust this message finds you well. As the global health challenges and conflicts increase, we see that the World Health Organization (WHO) is actively addressing the challenges under your exemplary leadership. I recognize the demanding nature of the current global health landscape and the tireless efforts of the WHO team. Against this backdrop, I would like to bring to your attention and that of the international community towards the evolving perspective on health, particularly in light of technological advancements. The influence of technology and digital devices on mental health and overall well-being cannot be overstated, even in our highly interconnected society, where a paradoxical sense of disconnection persists.

With this consideration, I propose a revision to the current definition of health provided by the World Health Organization. I suggest the inclusion of 'Digital Well-being' as an important determinant of health. My proposed definition is as follows:

*'Health is a state of complete physical, mental, social, and **digital well-being** and not merely the absence of disease or infirmity.'*

Technology is integral to our daily routine and though we remain the most digitally connected generation, and yet, loneliest generation ever! So, it is high time we examine 'Digital Well-Being' and its effects on our health within the current definition and give it the importance it deserves by including it in the definition of health. If we do not decide on it sooner, it will have significant repercussions on our health and overall well-being. To guide present and future leaders in formulating inclusive and scientifically driven health policies and actions, we must reassess our present and future perspectives on health.

I share this idea with you on behalf of the Health Parliament and the International Patients' Union. My team and I remain at your disposal to gather momentum around it.

Health Parliament is the world's leading think-tank on health policy issues, and International Patients' Union is a patient's platform founded to address the challenges related to accessibility, affordability, and quality of healthcare faced by patients across India.

With best regards


Dr. Rajendra Pratap Gupta, Ph.D

Founder

**Health Parliament & International Patients' Union
Former Advisor to the Union Health Minister of India**

