



WELLNESS FOR A HEALTHY ASIA

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ASIAN DEVELOPMENT OUTLOOK UPDATE

Wellness in Worrying Times

Economic Research and Regional Cooperation Department

#ADO2020

[Asian Development Outlook \(ADO\) 2020 Update: Wellness in Worrying Times | Asian Development Bank \(adb.org\)](#)

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Editors



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WELLNESS FOR
A HEALTHY ASIA

Wellness is...



The **active** pursuit of activities, choices, and lifestyles that lead to a state of **holistic** health.





Structure of the book

PART 1 COVID-19 Brings Wellness to the Fore

1 Why Does Wellness Matter So Much in the Age of COVID-19? A Selective Literature Review

Donghyun Park and Pilipinas Quising

2 The Global Wellness Industry and Its Implications for Asia's Development

Ophelia Yeung and Katherine Johnston

PART 2 Contours of Wellness in Asia

3 Quantifying and Comparing Wellness Across Nations: A Cross-Country Empirical Analysis

Husnain Fateh Ahmad and Irfan Qureshi

4 Tracing the Production and Employment Linkages in Developing Asia's Wellness Economies

Rafael Martin Consing III, Michael John Barsabal, Julian Thomas Alvarez, and Mahinthan Mariasingham





Structure...

PART 3 Holistic Pathways to Physical Wellness

5 The Physical Activity Economy in Asia: Market Size, Participation, Barriers, and Options to Increase Movement

Ophelia Yeung and Katherine Johnston

6 Improving Workplace Wellness in Asia: A Business Case, Approaches, and Successful Practices

Ophelia Yeung and Katherine Johnston

7 Eating in Developing Asia: Trends, Consequences, and Policies

Anne Marie Thow, Penny Farrell, Matthias Helble, and Cut Novianti Rachmi

PART 4 Leveraging Asian Traditions for Mental Wellness

8 Mental Wellness

Gerard Bodeker

9 Asian Traditions of Wellness

Gerard Bodeker





Structure...

10 Aging and Wellness in Asia

Gerard Bodeker, Madhavi Pundit, Pilipinas Quising, and Shu Tian

11 Analysis of the Global and Asian Wellness Tourism Sector

Scott Wayne with Emma Russell

PART 5 Wellness for Happiness and Inclusion

12 Wellness for Happiness in Developing Asia

Shun Wang

13 Policy Options to Promote Wellness in Asia

Katherine Johnston, Ophelia Yeung, and Gerard Bodeker

14 Conclusion: Toward Wellness for All Asians

Donghyun Park





Main takeaways

- Given the pronounced impact of the pandemic on the physical and mental health of Asians, now is a most opportune time to examine the issue of wellness in Asia.
- Asia can leverage its rich wellness tradition for both the economy and well-being.
- Wellness polices, which cut across four domains and span a lifetime, should target wellness for all Asians.

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