WELLNESS FOR A HEALTHY ASIA

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ASIAN DEVELOPMENT OUTLOOK UPDATE
Wellness in Worrying Times

Economic Research and Regional Cooperation Department

Editors

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

Source: Global Wellness Institute
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
   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
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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

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   Gerard Bodeker

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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
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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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