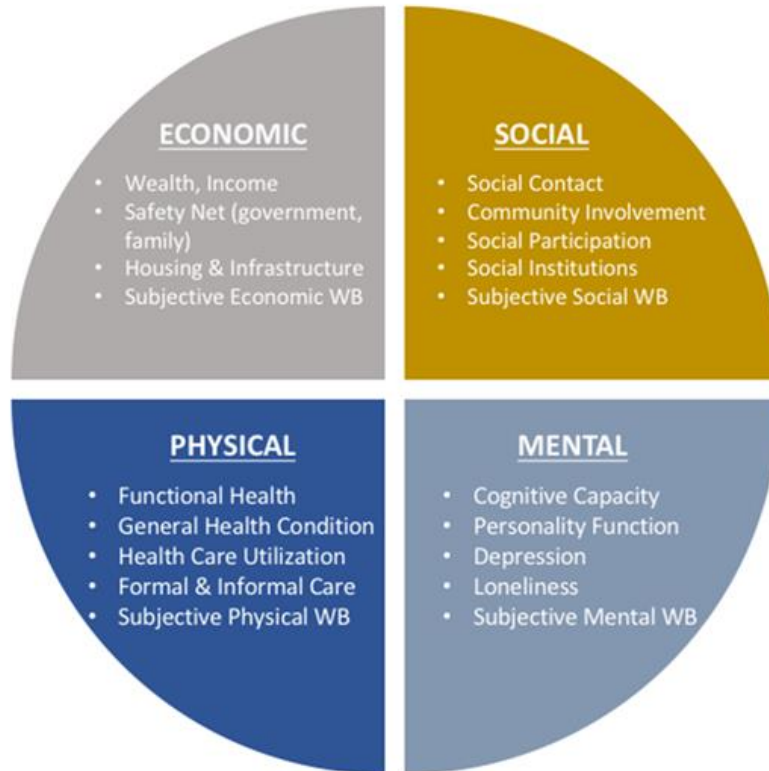




Annex A: Research Aspects of Holistic Well-being

HOLISTIC WELL-BEING



1. **Economic well-being:** Issues relating to the access to economic resources and their capacity to contribute to an individual's needs and aspirations, and their ability to cope with the financial implications of risks such as health-care costs and loss of income through unemployment.
2. **Physical well-being:** Issues relating to the functional and organic components of the physical well-being of individuals, as well as the incidence and management of chronic diseases in later life.
3. **Mental well-being:** Issues relating to individuals' cognitive capacity, self-regulation, personality makeup, subjective well-being and other aspects of mental well-being that enable an individual to function in daily life.
4. **Social well-being:** Issues relating to the quality of social support, social participation and integration, and the social contribution and acceptance individuals experience in the three layers of family, community and society.