



WORLD DIGESTIVE HEALTH DAY: WDHD 2025



Each year, the World Gastroenterology Organisation (WGO) celebrates World Digestive Health Day (WDHD) with a global public health campaign to raise awareness about the prevention, prevalence, diagnosis, management, and treatment of digestive diseases and disorders. This year's campaign, *Your Digestive Health: Nourish to Flourish*, is celebrated on Thursday, 29 May 2025.

Digestive health forms the foundation of overall wellness, influencing not only physical vitality but also mental and emotional balance. The digestive system absorbs essential nutrients that fuel the body's functions and supports long-term health. By prioritising nourishing foods and making informed lifestyle choices, individuals can proactively maintain their digestive health, reduce the risk of gastrointestinal disorders, and improve their overall quality of life.

This year's theme emphasises the importance of nourishment in every sense—through balanced diets, hydration, and mindful eating habits. It also invites people from all walks of life to engage in conversations about digestive health and share their unique perspectives. Together, we can promote early detection,

preventive care, and innovative solutions to digestive health challenges, creating a healthier future for everyone.

For more info

<https://wdhd.worldgastroenterology.org/ongoing-wdhd-campaigns/wdhd-2025>

