



SDG 03: GOOD HEALTH



End extreme poverty. Fight inequality and injustice. Fix climate change. Whoa. The Global Goals are important, world-changing objectives that will require cooperation among governments, international organizations and world leaders. It seems impossible that the average person can make an impact. Should you just give up?

No! Change starts with you!

On 1 January 2016, the 17 Sustainable Development Goals (SDGs) of the 2030 Agenda for Sustainable Development — adopted by world leaders in September 2015 at an historic UN Summit — officially came into force.



Sustainable Development Goals
COLLABORATION PLATFORM

1 NO POVERTY 	2 ZERO HUNGER 	3 GOOD HEALTH AND WELL-BEING 	4 QUALITY EDUCATION 	5 GENDER EQUALITY 
6 CLEAN WATER AND SANITATION 	7 AFFORDABLE AND CLEAN ENERGY 	8 DECENT WORK AND ECONOMIC GROWTH 	9 INDUSTRY, INNOVATION AND INFRASTRUCTURE 	10 REDUCED INEQUALITIES 
11 SUSTAINABLE CITIES AND COMMUNITIES 	 THE GLOBAL GOALS For Sustainable Development			12 RESPONSIBLE CONSUMPTION AND PRODUCTION 
13 CLIMATE ACTION 	14 LIFE BELOW WATER 	15 LIFE ON LAND 	16 PEACE AND JUSTICE STRONG INSTITUTIONS 	17 PARTNERSHIPS FOR THE GOALS 

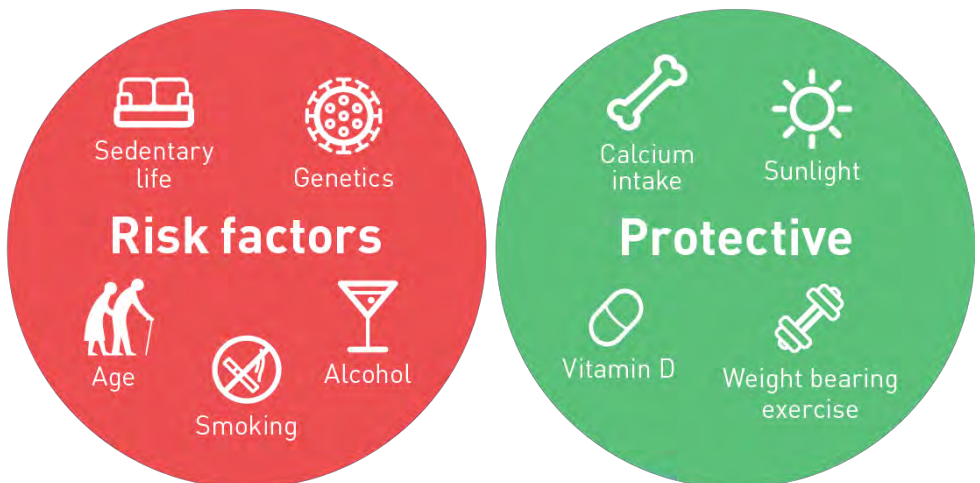
Goal 03: Facts and figures

- **Child health**
- 17,000 fewer children die each day than in 1990, but more than six million children still die before their fifth birthday each year
- Since 2000, measles vaccines have averted nearly 15.6 million deaths
- Despite determined global progress, an increasing proportion of child deaths are in sub-Saharan Africa and Southern Asia. Four out of every five deaths of children under age five occur in these regions.
- Children born into poverty are almost twice as likely to die before the age of five as those from wealthier families.
- Children of educated mothers—even mothers with only primary schooling—are more likely to survive than children of mothers



GOAL 03: Targets

- By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births;
- By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births;
- By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases;
- By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being;
- Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol;
- By 2020, halve the number of global deaths and injuries from road traffic accidents;



GOAL 03: Targets

- By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes;
- Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all;
- By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination;
- Strengthen the implementation of the World Health Organization Framework Convention on Tobacco Control in all countries, as appropriate;
- Support the research and development of vaccines and medicines for the communicable and noncommunicable diseases that primarily affect developing countries, provide access to affordable essential medicines and vaccines, in accordance with the Doha Declaration on the TRIPS Agreement and Public Health, which affirms the right of developing countries to use to the full the provisions in the Agreement on Trade Related Aspects of Intellectual Property Rights regarding flexibilities to protect public health, and, in particular, provide access to medicines for all;
- Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing States, and
- Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks.



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

BEFORE COVID-19

PROGRESS IN MANY HEALTH AREAS CONTINUED, BUT NEEDS ACCELERATION



CHILD HEALTH



MATERNAL HEALTH



HIV



TUBERCULOSIS



IMMUNIZATIONS

THE PANDEMIC HAS

INTERRUPTED CHILDHOOD IMMUNIZATION PROGRAMMES IN AROUND 70 COUNTRIES



COVID-19 IMPLICATIONS

HEALTHCARE DISRUPTIONS COULD REVERSE DECADES OF IMPROVEMENTS



HUNDREDS OF THOUSANDS OF ADDITIONAL UNDER-5 DEATHS MAY BE EXPECTED IN 2020

ILLNESS AND DEATHS FROM COMMUNICABLE DISEASES

— WILL SPIKE —



SERVICE CANCELLATIONS WILL LEAD TO 100% INCREASE IN MALARIA DEATHS IN SUB-SAHARAN AFRICA

LESS THAN HALF OF THE GLOBAL POPULATION



— IS COVERED BY — ESSENTIAL HEALTH SERVICES

[2017]



“To keep the
body in **good**
health is
a duty... otherwise
we shall
not be able
to keep our
mind **strong**
and **clear.**”

Buddha

INVEST IN MATERNAL AND NEWBORN HEALTH

289,000+

WOMEN DIE FROM PREGNANCY AND CHILDBIRTH-RELATED COMPLICATIONS EACH YEAR.

- ⇒ That's 800 women a day.
- ⇒ 99% of these deaths occur in developing countries.

{ Nearly **ALL** are preventable. }

NEARLY **THREE MILLION** NEWBORN BABIES DIE EVERY YEAR.

THE 3 DELAYS

When a woman seeks care, she faces:

1. Delay in **seeking** help
2. Delay in **reaching** a health care facility
3. Delay in **receiving** appropriate care upon arrival

STRATEGIES TO IMPROVE MATERNAL & NEWBORN HEALTH



Increase access to family planning



Increase access to quality care for pregnancy and childbirth



Increase access to safe abortion services

THE CONNECTION

Motherless children are up to **10 TIMES** more likely to die within 2 years of their mother's death.



INVESTING IN MATERNAL AND NEWBORN HEALTH:

Saves women's & children's lives

Strengthens health systems

Improves economies

WHO WINS? **EVERYBODY.**



Co-funded by the
Erasmus+ Programme
of the European Union



MORE THAN SIX MILLION CHILDREN STILL DIE


before their fifth birthday!

SDG 03: GOOD HEALTH

YouABLE


7 HEALTH FACTS WOMEN NEED TO KNOW

Women have significantly higher risk for developing arthritis, particularly osteoarthritis.


 In addition, experts believe **women** tend to get more severe osteoarthritis than men.

Women are far more likely to ignore their symptoms than men.


MIGRAINES & HEADACHES

 Women are **3** times more likely to suffer from migraines as men. Not all migraines are hormonal.


PREGNANCY

 For many pregnant women, aches and pains in the lower back and hips are part of the experience. In fact, approximately 50 percent of pregnant women will experience back pain at some point before they deliver.


FIBROMYALGIA

 Fibromyalgia is a chronic condition that causes fatigue & widespread pain. Between 80 & 90% of people who get diagnosed are women.

ACTIVITY

 Resistance training is extremely important in preventing osteoporosis and protecting bone health

NUTRITION

 Getting the correct serving of fruit, green leafy veggies, dairy or dairy alternative such as almond or soy milk is key to supporting bone health

BE HEALTHY

7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics



70% is controllable through lifestyle

Men live 9 years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS

Inactive men are **60%** more likely to suffer from depression than those who are active.



DRINKING

Those who consume 4 to 10 drinks per week at the most have a **lower** risk of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes

7-8 HOURS



SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

NUTRITION

Getting the correct serving of fruit and veggies a day is as easy as; for example one glass of orange juice, a large carrot, half an avocado, one potato and an apple



BE HEALTHY

355 MILLION PEOPLE

are affected by depression,
making it

**one of the most common
disorders in the world**



43.8 MILLION ADULTS

**experience mental illness
in a given year**



**Co-occurring
disorders**

10.2 MILLION

adults have co-occurring mental health
and substance abuse disorders



2.2 MILLION ADULTS

have obsessive compulsive disorder



The median age of onset is 19 but

**25% develop the illness
by age 14**

Women are

50%

more likely than men to
experience a mood disorder
over their lifetime



Mothers

21%

say they were diagnosed with
postpartum depression



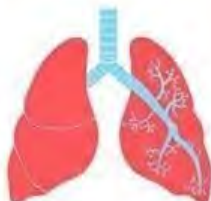
How Emotions harm your Body?



Anger weakens your liver.



Grief weakens your lungs.



Worry weakens your stomach.



Stress weakens your heart and brain.



Fear weakens your kidney.



MYTHS & FACTS

about **MENTAL HEALTH**



Myth

Children don't experience mental health problems



Fact

Even very young children may show warning signs of mental health concerns. Early support can help a child before mental problems interfere with other developmental needs

Myth

People with mental health problems are violent and unpredictable



Fact

The majority of people with mental health problems are no more likely to be violent than anyone else. In fact, many people with mental health problems are highly active and productive members of their communities

Myth

Personality weakness or character flaws cause mental health problems



Fact

Mental health problems have nothing to do with being lazy or weak. Many factors may contribute, including:

- Physical illness, injury, or brain chemistry
- Life experiences (trauma or abuse)
- Family history of mental health problems

Myth

I can't do anything for a person with a mental health problem



Fact

Friends and loved ones can help by:

- Learning and sharing the facts about mental health
- Reaching out and helping them access mental health services
- Treating them with respect
- Refusing to define them by their diagnosis or using labels like "crazy"

Skin Is the Largest Organ in the Body and It Defends Against Disease and Infection



IT IS HEALTH
THAT IS
REAL WEALTH
AND NOT
PIECES OF GOLD
AND SILVER.

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YOU  **ABLE**