

Trócaire
Working for a just world.

 **Irish Aid**
Department of Foreign Affairs
An Roinn Gnóthai Eachtracha

development
dp
perspectives

Goal 3: Good Health and Wellbeing

3 GOOD HEALTH
AND WELL-BEING



THE GLOBAL GOALS
For Sustainable Development

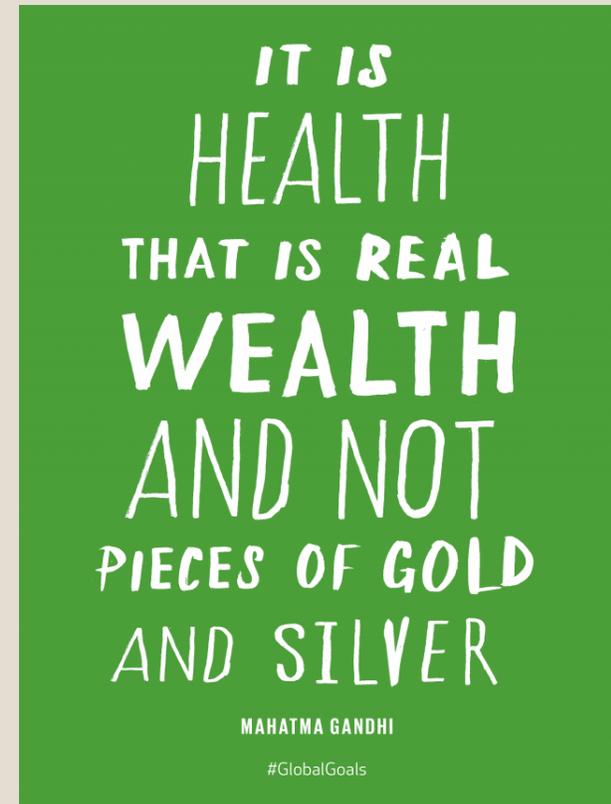
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Who is Development Perspectives?



Development Perspectives is a Development Education NGO and registered charity (No. 18555) based in Drogheda, County Louth, Ireland. Our vision of the world is one where people live in peace with each other, in harmony with nature, free from the shackles of hunger and poverty and who are willing to work and co-operate with each other to bring about an equitable, just and sustainable world.



Our mission is to contribute to lessening poverty, inequality and climate change through transformative education and active global citizenship.



Goal #3: Good Health and Wellbeing

Improve health care access, reduce mortality rates and the number of preventable deaths.

What does global health mean? <https://www.youtube.com/watch?v=PRyj6htVvUI>

By 2030, the UN wants to achieve...

- Reduction in global maternal mortality to less than 70 per 100,000 births
- Decrease the number of preventable deaths of new-borns and under-5.
- End epidemics of AIDS, tuberculosis, malaria and other communicable and water related diseases. Also reduce by a third the pre-mature mortality from non-communicable diseases through prevention and treatment.
- Reduce risk factors to health such as narcotic and alcohol abuse, road traffic accidents, hazardous chemicals and environmental contamination.
- Promote mental health and wellbeing, improve global health coverage including access to sexual and reproductive health care services.

Goal #3: Good Health and Wellbeing

How is the UN going to make all this happen by 2030?

- 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 non-communicable diseases. In addition, provide access to affordable essential medicines and vaccines.
- Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries.
- Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks.

More on: <http://www.un.org/sustainabledevelopment/health/>



Facts and Figures

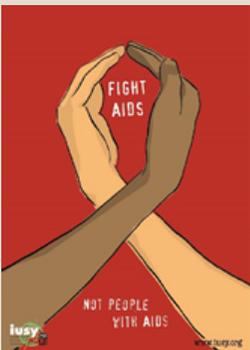


Child health

- 17,000 fewer children die each day than in 1990, but more than six million children still die before their fifth birthday each year.
- Despite 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.

Maternal health

- Globally, maternal mortality has fallen by almost 50% since 1990.
- Only half of women in developing regions receive the recommended amount of health care.



HIV/AIDS

- At the end of 2013, there were an estimated 35 million people living with HIV.
- At the end of 2013, 240,000 children were newly infected with HIV.

Understand

HIV:

HIV stands for human immunodeficiency virus, which can lead to the disease called AIDS (acquired immunodeficiency syndrome). Even though it is incurable, with the help of antiretroviral therapy (ART) it is possible to live with AIDS.

Singer Annie Lennox talks about her HIV/AIDS campaign and why she is an activist in this TedTalk:

https://www.ted.com/talks/annie_lennox_why_i_am_an_hiv_aids_activist

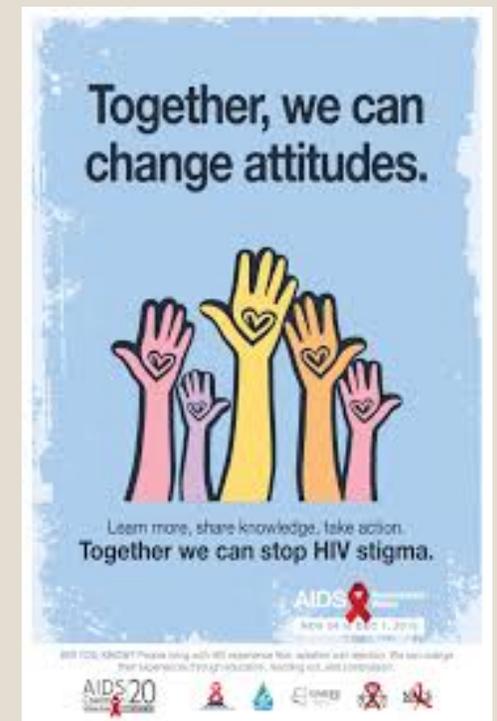
Hans Rosling challenges our perception of HIV/AIDS and offers another way of viewing this issue:

https://www.ted.com/talks/hans_rosling_the_truth_about_hiv

Reducing the stigma around AIDS is an important step to reach more marginalised groups and decrease the threat that AIDS presents.

Here are some of the most common myths about AIDS. Check it out at:

<http://www.avert.org/hiv-transmission-prevention/myths>



Understand

Maternal Health:



Maternal health refers to the health of women during pregnancy, childbirth and the postpartum period. While motherhood is often a positive and fulfilling experience, for too many women it is associated with suffering, ill-health and even death.

In Ethiopia an organized community movement led by 3 million women – the health development army – identify local health challenges and develop innovative solutions to address them including constructing short-term accommodation within rural health centres where pregnant mothers from remote areas can stay during the last days of their pregnancy.

<http://www.who.int/bulletin/volumes/93/11/15-164483/en/>

Read how access to clean water affects women giving birth in Tanzania in this Guardian article.

<https://www.theguardian.com/global-development/2017/oct/02/no-pain-relief-no-running-water-tanzania-maternal-health-perils-of-childbirth>

‘Oftentimes, the act of giving birth can be a death sentence.’ This video by  highlights the lives of women in sub-Saharan Africa.

<https://www.youtube.com/watch?v=Wzs67I0cUcg>

Understand

Substance Abuse:

Substance abuse, also known as drug abuse, is a patterned use of a drug (including alcohol and tobacco) in which the user consumes the substance in amounts or with methods which are harmful to themselves or others, and is a form of substance-related disorder.

For real life stories from young people about their drug/alcohol addictions and recovery, free booklets and statistics click:

<http://www.drugfreeworld.ie/home.html>

An original, award-winning documentary telling the story of heroin addict Rachael Keogh from Dublin and her fight to beat her addiction:

http://www.drugs.ie/multimedia/video/my_heroin_hell

Irish people talk about their alcoholism and their recovery in Ireland:

<https://www.youtube.com/watch?v=1GA0RCPeBXs>

'In 2014 Irish drinkers consumed on average 11 litres of pure alcohol, with 50% of drinkers consuming alcohol in a harmful manner. Among 36 OECD countries, Ireland has the fourth highest alcohol consumption.' Read the full report at:

www.irisheconomy.ie/index.php/2016/07/06/alcohol-in-ireland-a-sobering-report/

What's Excluded from SDG 3?

Mental Health and **Obesity** are not included in the UN SDGs. Both of these issues are difficult to talk about within families, communities and cultures globally. We have included them here because they affect our health and wellbeing.

#littlethings is a campaign tackling overall **mental health** and the ability to cope with everyday life. For more information have a look at:

<http://www.yourmentalhealth.ie/Get-involved/LittleThings-campaign/>

This inspiring TEDtalk about how much we can help mentally ill people by just listening to them and by being open. <https://www.youtube.com/watch?v=U8Nhk7ovzlw>

Ireland has the fifth highest **obesity** levels of all EU countries. It is ranked third highest in teenage obesity. The Healthy Ireland report has a lot of useful information and gives a good idea of how the Irish Government plan to improve public health and wellbeing by 2025. <http://health.gov.ie/wpcontent/uploads/2014/03/HealthyIrelandBrochureWA2.pdf>

Obesity is closely related to wellbeing and self-perception. For more information and facts click on: <http://www.bodywhys.ie/>

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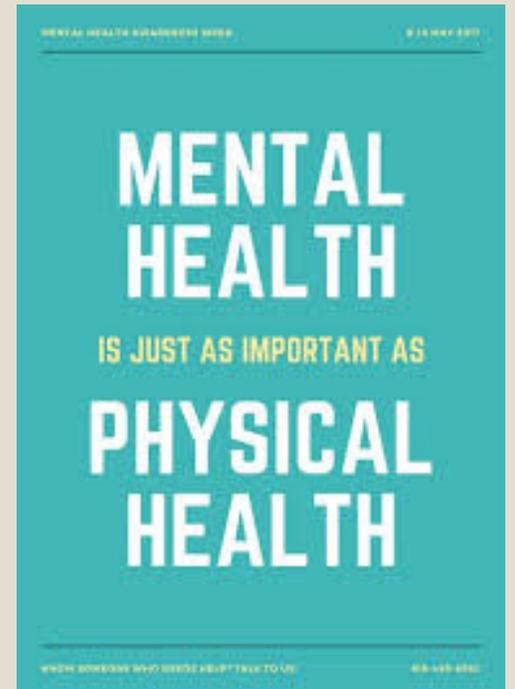
The inspiring TEDtalk about how much we can help mentally ill people by just listening to them and by being open.

<https://www.youtube.com/watch?v=U8Nhk7ovzlw>

Have you heard about Mental Health Wellness? This is a series of online workshops that help you to understand priorities and reach a better internal balance.

Check it out at:

<http://www.wellnessworkshop.ie/en/start-2/>



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Depression because of
Obesity?

Obesity because of
Depression?

Act

Action is a key component to achieving good health and wellbeing. Take one or more of the challenges below this December to make your contribution to the #SDGchallenge:

Get Informed- Engage with articles, blogs, videos and campaigns.

Be Political- Write to the Minister for Health, Simon Harris.

Educate- Host a workshop, talk or discussion about global health issues.

Health Olympics - Fulfil eight challenges and spread the word about your achievements.



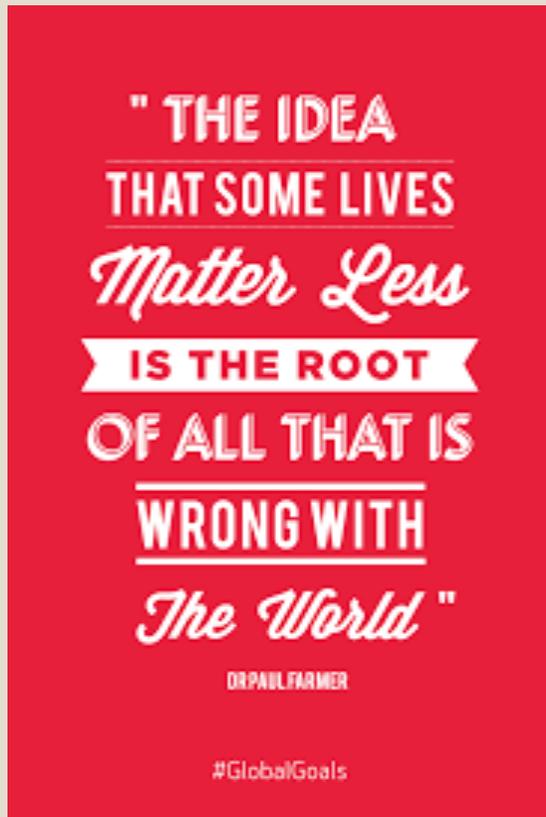
Act

- Challenge #1 – Get informed

We are asking you to read up about Goal #3 and to learn about the efforts being made around the world to achieve 'Good Health and Wellbeing'. You can begin this journey of learning by reading the articles or watching the videos in the 'understand' section of this info pack.

- Challenge #2 – Be Political

Write to Minister for Health; Simon Harris, highlighting the need to improve nutrition and levels of physical activity at Primary school level. With 25% of children under 3 years of age classified as obese or overweight this is an issue that needs to be tackled before it's too late. Contact details: Minister Simon Harris, Department of Health, Hawkins House, Hawkins Street, Dublin 2. Email: info@health.gov.ie



Act

- **Challenge #3 – Educate**

This challenge invites you to discuss Good Health and Wellbeing with your friends, family or colleagues. It can be an informal chat with a cuppa or an organised workshop where you can tackle the issues head on with a group. Be sure to share any educational activities with us using #SDGchallenge.

- **Challenge #4 – Health Olympics**

This challenge is looking at different dimensions that have an impact on our health and wellbeing. Print the Health Olympics list of challenges. Tick the box as you fulfil each challenge. Share online your achievements and experiences. And most of all, enjoy and have fun while fulfilling different tasks!

- **Health Olympics list of challenges:** <http://bit.ly/2A0ej1A>

- **Health Olympics Impact Sheet:** <http://bit.ly/2B61q2Y>

Irish organisations that are making a difference

The GAA Community & Health Department aims to ensure that the health and wellbeing of members, clubs, and communities is at the core of all GAA activity. This is achieved by providing all units and members of the Association with access to appropriate support and information and enabling them to develop and maintain their optimum health. The delivery of this objective is done through the areas of work outlined above and spanning four strategic action areas: Foundations; Partnerships; Activity; The Club.

<http://www.gaa.ie/my-gaa/community-and-health/>



**"If access to health care is considered a human right, who is considered human enough to have that right?"
Paul Farmer (Physician and Anthropologist)**



To learn more about Paul Farmer and his work to improve health and fight poverty:
<http://www.achievement.org/autodoc/page/far1bio-1>

Share

Sharing our actions on Facebook, Twitter and Instagram allows us to raise awareness about Good Health and Wellbeing in Ireland and across the world.



No matter which challenge you take, be sure to share it!

Check out our Facebook Group #SDGchallenge. You can share your actions here and inspire other SDG advocates!



Or you can Tweet us @SDGchallenge. Follow us for daily updates and interesting reads on Good Health and Wellbeing for the month of December!



Follow us on Instagram @SDGchallenge and make sure to tag #SDGs and #globalgoals in your posts