05 SDG3 Good Health and Well-being

Speaker: Nicole Niederberger

Career/Experiment:

Pediatric nurse

Community health specialist

Public and Global health program manager

Terre des hommes Overview:

- Swiss NGO of Child Protection since 60 years ago
- Work in over 30 countries
- Implement projects for newborns and maternal health

Lecture Overview

1 Brief Description of the SDG 3: Importance and Summary of targets & indicators and links to other SDGs

2 Current State of implementation and progress

3 Key issues & challenges related to the achievement of this Goal

4 Good example in implementing SDG3

5 Suggested action areas for the youth to engage and contribute

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1   Brief Description of the SDG 3: Importance and Summary of targets & indicators and links to other SDGs

   1.1   Question 1a: What is SDG 3 and why does it matter

- Defined by WHO as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
- Closely related to the environment and social conditions
- Concentric Circles about Determinants of Health and well being (listed from inner to outer)
    - **Individual health condition** like age, gender
    - **Individual lifestyle factor** like exercise regularly
    - **Social and community network** like relationship with family and friends
    - **Living and working conditions** like education and access to proper water and sanitation
    - **General socio-economic, cultural and environmental conditions** like the type of your governance that have the political priority

1.2 links to other SDGs
- Example1: obesity is caused by Food consumption, social influence, etc.
- Example2: Non Communicable Disease (**NCD)** ,like chronic disease and diabetics, risk factors in tobacco use, harmful use of alcohol, etc.
- Example3: The levels of health services:
  - Equality(形式): access to the same services regardless of what people need
  - Equity(実質): access to the service to achieve their best health potential
  - Justice (no barriers/intervention): basic reason for inequality has disappeared, like physical barriers

1.3 Question1b: What does SDG3 entail in terms of targets & indicators.
- SDG 3 has 13 targets and 28 indicators to measure progress toward targets.
- The first nine targets are "outcome targets", Including
- Example1, **death under 5 years old**: 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.
- Example2, **NCD:** By 2030, reduce by one third premature mortality from noncommunicable diseases through prevention and treatment, and promote mental health and well-being
- Example3, **substance abuse:** Strengthen the prevention and treatment of substance abuse, including **narcotic drug** abuse and harmful use of **alcohol**.

2 Current State of implementation and progress(Q2)

Q2: concerning this particular SDG since the launching of the 2030 Agenda How much progress have we made for Sustainable Development in 2016?

2.1 **Positive example**: Maternal mortality ratio within 42 days after termination of pregnancy, particularly in low income countries, has dropped steadily since 20 years ago

2.2 **Negative example**: prevalence of obesity increasing in most of countries, especially in developed and developing countries.

2.3 **Mixed blessing Example:** Ratio of tobacco consumption in adults decrease dramatically in some Europe countries, while other countries' remain

stable. it shows that policy makes differences.

    2.4 **COVID-19**: it infected over 500 million of people and slowed down health service. decades of progress in global health get threatened by it.

3   Key issues & challenges related to the achievement of this Goal

Q3: What are the key challenges in implementing this particular SDG?

    3.1   Need for transversal action on many determinants of health, that is to say, all policy decisions have to consider the effect on health.

    3.2   **Health inequity and "Leave no one behind"**: Around the world, there are many people have no access to minimum conditions that allow good health

    3.3   Slowed down result caused by Covid

    3.4   Climate change: it effects next generation

4   Good example in implementing SDG3

    4.1   **Example of universal health coverage:**
- between 2010 to 2020, some countries' health coverage become better and better. For example, Morocco, a Northern Africa country, reformed their health system during the period.
- health coverage from public only to cover private sectors, social protection

5   Suggestion for young people to engage or participate SDG3

Q5: What actions do you suggest for young people to engage or participate in order to achieve this SDG Goal?

    5.1   Remember the determinants of health
- Support and develop initiatives in your community
- You do have impact on your own health (e.g. lifestyle choices)

    5.2   Be involved, participate (e.g. health promotion at school)