**SDG 3 Good Health and Well-being**

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**Introduction**

Welcome to the introductory lectures for youth engagement the focus of the lectures series will be on 2030 Development Agenda and Sustainable Development Goals.

**Speaker**

We have the honor and the pleasure to invite Nicole Niederberger to be with us and to walk us through the SDG 3. My name is Lichia Yiu and I would be the host of this lecture.

Let me say a few words about Nicole she is a pediatric nurse and also a community health specialist. She has been working for many years in the public and global health program and in the managerial functions.

**【Name of A Key Organization that you worked for】**

Let me say a few words in detail about the places that she has worked. First of all she has worked on primary health care management in low resource settings and unstable context that means either underdeveloped countries or least developed countries and countries with conflicts.

She has also worked on social pediatrics looking at conditions that determine the health of mother and children and also did a lot of work about health promotion and interventional social determinants of health. This we know it's very crucial in a way to deal with the budget short force and to reduce the health care costs.

I'd like to also invite her to say a few words about the places that she has worked. She has worked in the University Hospitals in Canton of Switzerland, International Committee for Red Cross and public health National that's the public administration and policy making unit. But most importantly she has also worked with one of the major NGO in the health sector in delivering humanitarian assistance and that's tear the Zone in Lausanne and I will ask her Nicole to say a few words to realize what is the zone.

My pleasure to be with you here today and yes so “Terre des hommes” is a Swiss NGO active since over 60 years now in the area of Child Protection, for example health programs can be modern child health and in particular they have expertise in newborn and maternal health. They are also proficient in other areas such as for example youth in justice system and many others. They work in over 30 countries now in those various type of programs that are always there to support existing structure can be in emergency settings or can be in more developmental settings.

Well thank you for telling us a little bit about your organization that you worked until 2022.

I'd like to switch our attention to today's topic: SDG 3 Good Health and Well-being **what is it all about and why it is so important?**

**Lecture Overview**

So the lecture of today will be a brief description of what is Sustainable Development Goal 3, what are the targets the indicators, why is it important how does it link to others SDG. We will address a little bit as well the current state of implementation and progress that were made in different countries and we will as well address some key challenges that are related to achievement of this goal. And we will discuss as well a little bit about how you as youth of and adults of tomorrow can contribute to Sustainable Development Goal number 3.

**Q1a**

Really looking forward to this. So let me recap. So **what is SDG 3 and why does it matter?** And of course good health is essential but nevertheless I think it will be helpful to break it down a little bit to see the link between Health and Well-being.

**Health and well being**

Okay we will go through that together. So Health has been defined many years ago by the World Health Organization as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. But Health can also be defined in a much broader way, for example it is not seen as a fixed state but something that is evolving continuously; it's as well the ability to adapt to changes; and health is as well very much linked to the way the environment is capable to adapt to the health condition of individual.

Probably there are as many definitions of Health that as individuals I would invite you to think a little bit about what is help to you and how do you see that and you will see or you will be surprised to see that there can be quite a lot of different things that will emerge. I would like now to review some key concepts related to health that are very important.

**Determinants of Health and well being**

The first one is determinants of health and well-being, one very often preconceived thinking is that health is linked to the health system and we will see here that health is linked to very different things that are very much broader than merely the health system.

The first one is the red spot in the middle are your individual condition, is your age, your gender, your constitutional factor, your heredity, regarding health, etc.

The second one is the individual lifestyle factor: are you eating healthy, are you exercising regularly, do you manage stress in a way that protects your mental health, etc.

Then we have the yellow one that are the social and community network that do you have friends, do you have a family that you can rely on and how do you interact with them on a daily basis.

Next one is a little bit more complex these are the living and working condition in which we all live can be your work and environment can be your education, can be agricultural product and food product. In contrast to work conditions, you also have the unemployment that is a very important; determinant of health of course issues like access to proper water and sanitation; and here you have the healthcare services that are as well one of those factors; and finally housing conditions that are important as well.

And then you have that last blue arrow that are the basic general socio-economic cultural and environmental conditions in which you live is the type of governance that you have the political priority; the climate as well is it very dry or in contrary very hot or very cold; air pollution here is as well a very important determinant. And all these determinants together build up your potential to health.

So if we now want to link them to the sustainable development goal you will realize that they are very much linked to all the other goals. I can propose that you try and make the exercise together see which of these Sustainable Development Goal can be linked to which determinants of Health and you will be so surprised that they are very much interlinked.

**Example: obesity**

Let’s take a few brief examples this spaghetti noodle plate is the example of a determinants of obesity, you see that we have multiple links in all direction: psychological factors, activity environment, food production, business condition, political issues, social influence, biology of course and all this makes the determinant of obesity in a population.

**Example: NCD risk factors**

Second example here we have the risk factors of non-communicable disease. Here you will find as well a lot of factors that have nothing to do with health system, for example your diet is very important if you use tobacco, if you are exposed to air pollution, if you have a harmful use of alcohol and if you have the level of physical activity you have.

**Example: health equity**

And then I would like to point out a last very important example is the link between determinants of health and health equity. So here we have a very good image that shows you what is the difference between equity, equality and justice.

In equality, everyone has access to the same thing regardless and to the same services regardless of what people actually need.

The second one you have equity meaning everyone has access to the service they need to be capable to achieve their best possible potential and here we talk about health potential. So this means not everyone needs the same thing / the same kind of services to overcome health barriers.

And in the third you go even a step further, there is no more need for interventions for

equity because the basic reason for inequality has **disappeared** that can be for example discrimination, physical barriers, poverty, etc. And so in that context specific support is not needed anymore so that was I wanted to tell you a little bit about global definition of Health.

**Q1b**

Well that's really very helpful, thank you very much.

So let me just a sort of going to the more technical side of SDG 3.

so **how do we measure progress made in this field when look at it it's almost implicating all the 17 Goals themselves?** So I have to be very curious to see what the world has come together and agree on that.

**SDG Targets and Indicators**

Let's have a look at Sustainable Development Goal number 3 and it's 13 targets and 28 indicators.

The first nine targets are called outcome targets and they include a various range of topics, for example we have here maternal mortality; we have preventable death in newborn and children under five; we have the end of epidemics, for example of AIDS tuberculosis malaria and combat a number of other communicable disease; we also want to stop premature dead from a non-communicable disease; we want to prevent and treat substance abuse such as drugs or alcohol or medicine abuse; we want to prevent death and injuries for road traffic accidents; we want to ensure access to sexual and reproductive Health including family planning and education for everyone.

A very important one we want to achieve universal health coverage including financial protection and access to quality, essential care, medicines and we finally want to reduce death illness from chemical and air water and soil pollution and contamination.

And then for each of these target quantitative and qualitative indicators have been defined to be able to measure what is the progress that was done. We will not go through all of them but we will take some examples.

**Example: death under 5**

For example, we want to end preventable death of newborn and children under five in all countries and reduce neonatal mortality to at least as low as 12 per thousand live birth and under five mortalities to at least as low as 25 per thousand live birth.

And here I just want to point you one example of intervention that is validated evidence-based and that works, is promotion of breast support of breastfeeding until exclusive breastfeeding until six months and continued breastfeeding until two years. So again, here we have an intervention that will have a direct solid impact on health and that is more nutrition based.

**Example: NCD**

Another example we want to reduce by one-third premature mortality from non-communicable disease through prevention and treatment. We also want to promote mental health and well-being so just one word about what are these so-called communicable disease.

**NCD**

So we have four and one was added more recently first of all we have the whole family of cardiovascular diseases that is a very important one. Then we have the chronic respiratory diseases, we have all forms of cancer, we have diabetes and finally we have mental health conditions. So all these are the non-communicable disease and they share common risk factors that we saw earlier in this presentation.

**Example: substance abuse**

Another one is the example of substance abuse we want to strengthen prevention of and treatment of substance abuse, including narcotic drugs abuse of unharmful use of alcohol so that's for each and every or one of these targets you have those indicators that will guide all countries that will have them to translate this into activities, into policies, into commitment, etc.

**Q2**

Well, I'm very much astounded by the fact that we added the mental health into the non-communicable disease although I understand the logic and I think this is probably is one of the direct consequences of the Covid of the last two or three years. But also I think it's also posed another question which you talked about before and saying dependency on public health systems. And I think today the public health systems probably around the world are not fully equipped to deal with this non-communicable disease and then our families, the communities, schools are all somehow not able won't be able to sort of meet this particular demand and perhaps this another opportunity we can talk about this knowing your expertise and the work experience.

So let me move to the next question is **how much progress have we made concerning this SDG 3 since 2015 when it was first launched of course it was becoming effect in 2016?**

**Example: maternal mortality ratio**

Exactly and the good news is there has been progress made in some areas.

Maternal mortality ratio that has declined steadily since over 20 years and that is continuing to decline now, you can see in particular in low-income country the rate of women who die from pregnancy related causes while pregnant or within 42 days after termination of pregnancy is really getting lower and lower every year so that's a big success.

**Example of obesity prevalence**

On the other hands we have what we already mentioned before the prevalence of obesity that is a massive risk factor for many diseases such as diabetes and cardiovascular diseases and some lung diseases as well that is really increasing in most of the country and in particular in some developed country or developing a country so that's a big issue that policy makers have to tackle.

**Example of tobacco consumption in adults**

Next example is the consumption of tobacco in adults here. I just took you some examples from Europe and you can see that there are some countries where you can see as a real decrease in a number of adults who use tobacco on a regular basis, whereas in other countries it is very stable. That's a typical example of area where policy can make a big difference when there is political commitment including advertising rules on advertising, including taxes, including individual services that are provided there can be really a lot done regarding this target.

And then we had Covid and of course since 2020 a lot of issues slowed down all this good willingness that was seen in many countries. Covid infected over 500 million people led to 15 million death that's of course an estimation, disrupted essential health service in many countries so meaning people who had suffered from other illnesses than Covid could not access healthcare anymore because they were all redirected or disrupted by Covid. So it also really slowed down the efforts for universal health coverage because the emergency was more important than the continuous developing.

Unfortunately, global life expectancy decreased for this first time in many years, immunization coverage decreased as well, and mental health issues increased as well.

As we saw earlier access to basic healthcare was as well much more difficult and death from tuberculosis and malaria increased the gain.

**Q3**

Yeah of course now we are in sort of moving slowly into the post called Covid-19 pandemic phase although many developing countries are still having their ongoing challenges.

I was wondering to in these circumstances, **what will be the challenge in implementing these particular SDGs knowing that even in regular times it has not been easy?**

Yeah you're completely right on that. So the main challenges I can see as you saw the health needs a multi-disciplinary approach in order to be efficient. So it's a really proper approach of health in all policies meaning in every decision that is taken for a population, is it a work regulation, is it air pollution, is it a minimum wage, is it etc. We always have to look at the health side, which decision affects health and take that into account. This can be a real big challenge for the coordination at the state level, of course you will as well have a contradictory sometimes motivation, some people want to protect more economic values whereas others struggle to put health issues higher on the Agenda so that's a one of the big deal.

The other issue we have a big number / a big amount of the world population do have access to a good health standard and a good living condition that allow them to have that good health standard. But on the other hands we also have many people that do not and yet have access to those minimum conditions that allow good health so a very important step will be that **leave no one behind approach** and that's where equity that we mentioned earlier is a very important one.

Some people will need more support, poor people will need to be supported in many ways that they can access the same level of health than more wealthy people so that's an important one.

Of course, what we already saw is Covid slowdown results and stopped even a number of things and we now have to again put things into move so that we can progress.

And last but not least and it will affect we already know it will affect the next generation, it already does affect many populations around the world. Now is the climate change, it is a severe threat to health and solid massive intervention on those specific Sustainable Development Goals are important to take as well in order to protect health.

**Q4**

Well with this mixed good news and bad news. **Is there good examples in implementing SDG so all individuals all persons regardless differences can enjoy better health and better well-being?**

**Examples of universal health coverage**

I'll give you at least one good example, there are many more but one is an important one for me.

On this world map you have the progress in universal health coverage between 2010 and 2019, and you can see the more darker the area become and better is the coverage.

So there is still a lot of progress to be made but you can see that in many countries where in 2010 the coverage was not that good that it's becoming better and better.

As an example of Morocco is now doing a big reform of its health system extending the insurance health coverage to the informal sector which is very important because in many countries, big number of the population are working in that informal work area and therefore do often not have access to adequate health coverage.

**Q5**

Yeah or other forms of social protection indeed that's very exciting especially knowing Morocco and its historical background and development. So lastly I would like to ask you **what actions that young people today and adults as you said tomorrow can do in order to promote actions that's so that SDG 3 could be achieved?**

Well, the future of the planet is of course in the hands of Youth and they have everything to do but what they can do now I think is remember all the determinants of help that we spoke about and how it is locally; how do people have access to clean water; how is the equitable access to education; what are the main issues regarding mental health in your school, you don't need to go or in your family; and what is it that you can do locally and support and develop initiatives at the small level in your communities.

The multiplication of those initiatives is a very important driver of health and health is first and foremost build locally with people that are living in a given community.

And of course you do have impact on your own health for example when you make a healthy lifestyle choices when you go to school walking instead of taking a taxi, when you make sure you eat enough vegetables, etc. So that's as well something very important.

And the last thing I wanted to mention here is be involved participate. Not only will you then be able to support and develop the initiatives in your community that we already mentioned but the social cohesion and the sense of being part of a community and the solar solidarity and the self-esteem that comes out of this is a massive very important driver of good health for you and for all the people near you.

And that something that you can do at your school level, you can work on health promotion at school, what are the issues in our school; the learning conditions okay; is everyone integrated; what are the difference are they difference that we should mitigate, for example between boys and girls other people that do not have a lunch and how can we address this all these issues are really things that will have their impact on health.

Well thank you Nicole for a very excellent lecture on what can we do about SDG 3 and what SDG 3 is all about.

And I'm also impressed with the positive energy that you put into to your recommendation and suggestion to the young people and I'm sure they will pick it up and that and take actions.

Accordingly, or along that line of thinking and by promoting health equity for everyone and by doing everyday things differently that would contribute to the health outcome. So, I want to thank you again for being with us and look forward to our next conversation.

Thank you very much, Lichia.