Roda Sansão Nuvunga Luís

Username: a9UD75104

PROGRAM

PhD Food SCIENCE

COURSE NAME

UN's Sustainable Development Goal 3: Good Health & Well-Being

ATLANTIC INTERNATIONAL UNIVERSITY
FEBRUARY/2020

Table of Contents

1. Introduction

Health education should be prioritized for capacity building to a specific community on the principles for good health and wellbeing. In this context, when training a community about health issues, it is important to know the values and customs of the community and to not just provide scientific knowledge. Therefore, there is a need to always assess the specificity of each community involved in the process of community health education and wellbeing.

Various lifestyle changes can be adopted to generate perfect health and wellbeing on a daily basis. The example is the practice of physical exercise on a regular basis and a good diet, that is, a balanced diet. Organizing neighborhood cleanups, joint walks and sharing experience about healthy food consumption can avoid visits to the doctor's office.

1. Why is the UN's goal of Good Health & Well-Being important, in your opinion?

Before developing an opinion on objective 3, well-being and good health, it is relevant to remember that the Sustainable Development Goals are a global call to action to end poverty, protect the environment and climate and ensure that people, everywhere, may enjoy peace and prosperity.

Actions for the implementation of the SDGs clearly show the importance of these and the need to fulfill them so that inequalities in the world are reduced and peace and prosperity are achieved.

In my opinion, SDG 3 is very important because it presents actions to ensure a healthy life and to promote well-being.

2. How extensive are health problems in the world?

The health problems in the world are very worrying and reach a dimension that poses enormous social challenges to all. Starting with the challenge of ending the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases, psychosocial illnesses (depression and suicides), obesity, alcoholism, waterborne diseases, and other communicable diseases, just to name a few, it seems to be difficult to achieve universal health coverage.

With the recent COVID 19 pandemic, it became evident that world was not prepared, in a short period of time the disease spread to all corners of the world, and it became evident that investment in health was not enough to face this pandemic.

3. What changes need to happen to end disease and high mortality rates?

In the health sector, there is a need for progressive reforms to help communities to access health services at an dynamic way, i.e. health infrastructure must grow and be modernized, but also communities must be motivated to use the health services.

Another reform necessary to introduce changes with the aim of ending diseases and high mortality rates (HIV-AIDS, tuberculosis and malaria) is the implementation of health policies that

guarantee greater access to health services, and care with high quality and personalized standards.

One of the strategies to reduce the mortality rate from diseases, such as HIV- AIDS, tuberculosis and malaria, can be to support research and development of vaccines and medicines for communicable and non-communicable diseases, which mainly affect developing countries and provide access to affordable essential medicines and vaccines.

4. Do you think it is possible to achieve Good health and low mortality rates around the world? Why or Why not?

To achieve the goal of good health and low mortality rates, a lot of work is still needed in terms of expanding the health network, especially in less developed countries. Health policies should privilege the construction of more health units as well as the training of human resources, such as doctors, nurses and public health personnel.

Global health policies do not seem comprehensive because countries do not have the same social and economic level to face health problems that are often different in their social, economic and even technological dimensions. In this context, in my opinion, I have great reservations about saying that it is possible to achieve the goal of good health and low mortality rates.

For instance in Mozambique, despite the country's efforts to improve the accessibility of public services for people with disabilities, such as the placement of ramps, specific changing rooms and elevators, the challenges of improving national health services with a view to being more comprehensive and inclusive still persist, especially for people with disabilities, with regard to accessibility and allocation of specialized personnel to serve this specific group (MISAU, 2020).

With this brief discussion, the conclusion is that, in order to achieve good health and a low mortality rate in the world, a significant investment is needed in training human resources for the management of the health sector and to improve the technical resources and care facilities for patients. Improve health infrastructure, that is, buildings, laboratories and equipment, are also a vital issue to reduce the mortality rate and providing adequate and quality healthy services, thus providing good quality health.

5. How can education lead to a world with better health and well-being?

Education is essential and indispensable for any transformation in society. Behavior improvement for change, whatever the purpose, is always achieved with a well-structured and well-directed education.

Therefore, education plays a fundamental role in the community, bringing information and knowledge to the population about how we can take better care of our health, especially in a preventive way. By focusing on information and prevention, it is possible to avoid diseases, enjoying a healthier and better quality life.

According to the presenter, one of the premises of health education is to seek to improve people's quality of life and health. This education process involves training people and health professionals to enable them to have greater control over health factors and behaviors at all stages of life.

For example in Mozambique the Ministry of Health developed and implemented its National Health Policy, trained more than 4,500 health professionals and developed a comprehensive package of health services targeting mothers and children under five years of age. Services include child health, nutrition, immunization, family planning, water, sanitation and hygiene, as well as breast and cervical cancer prevention and control, resulting in improved health for more than 6.5 million people.

This example illustrates how education is important for the transformation of community health situation to a considerably better situation and that contributes to the implementation of one of the actions of Sustainable objective 3, which is to reduce the global maternal mortality rate to less than 70 deaths per 100,000 live births.

Education in health and well-being goes beyond health care and involves other care such as food, physical exercise and care for the environment. Therefore, it can be concluded that education can lead to a world with better health and well-being if it has a broader approach encompassing aspects of physical and mental, environmental, social, personal and emotional health.

6. How can education improve in your community so that the next generation has the tools and mindset to improve its health and healthcare?

As stated earlier, education is essential and indispensable for any transformation in society. First of all, to use education as an essential tool to improve my community so that the next generation has the tools and mindset to improve its health and healthcare, it is crucial to work with communities and health authorities to support the development and implementation of locally programs to promote social behavior change.

The implementation of community educational programs, with activities to strengthen community knowledge of health issues and activities to improve understanding and awareness of diseases and disease prevention, which is, good health and wellbeing is one strategy that can be adopted.

Behavior change is a very efficient strategy to change any situation from failure to a situation that is useful for community development. Often we do not need formal education to transform society, but an education based on civic and moral principles and training people to serve the community.

2. Bibliography

Desmond-Hellmann, S. R. (n.d.). *TED.com*. Retrieved February 26, 2022,

from yotube.com: https://www.yotube.com/watch?V=BRqD6bUOsqk

MISAU. (2020). *Report of the Voluntary National Review 2030 Agenda for*

Sustainable Development. Ministry of Health (MISAU). Maputo: CINEGROUP