

Global Wellness Insights

Made by: Aryan Prajapati



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What is SDG 3?

SDG 3: Good Health and Well-Being

- Ensuring healthy lives and promoting well-being for all ages.
- Achieving universal health coverage and access to essential healthcare by 2030
- Reducing maternal, neonatal, and under-5 mortality rates.
- Ending epidemics like AIDS, tuberculosis, and malaria.
- Strengthening health systems and emergency preparedness.



Why SDG 3?

Should be a priority because

- Healthier lives lead to stronger communities and societal progress.
- Productive workforce reduces healthcare costs and fuels development.
- Ensures access to healthcare for all, promoting equity.
- Prepares nations for health crises, minimizing disruptions.
- Better health accelerates progress in education, and poverty.



About data

Dataset consists of data of all the countries from 2000 to 2022 on various health indicators.

Health indicators are:

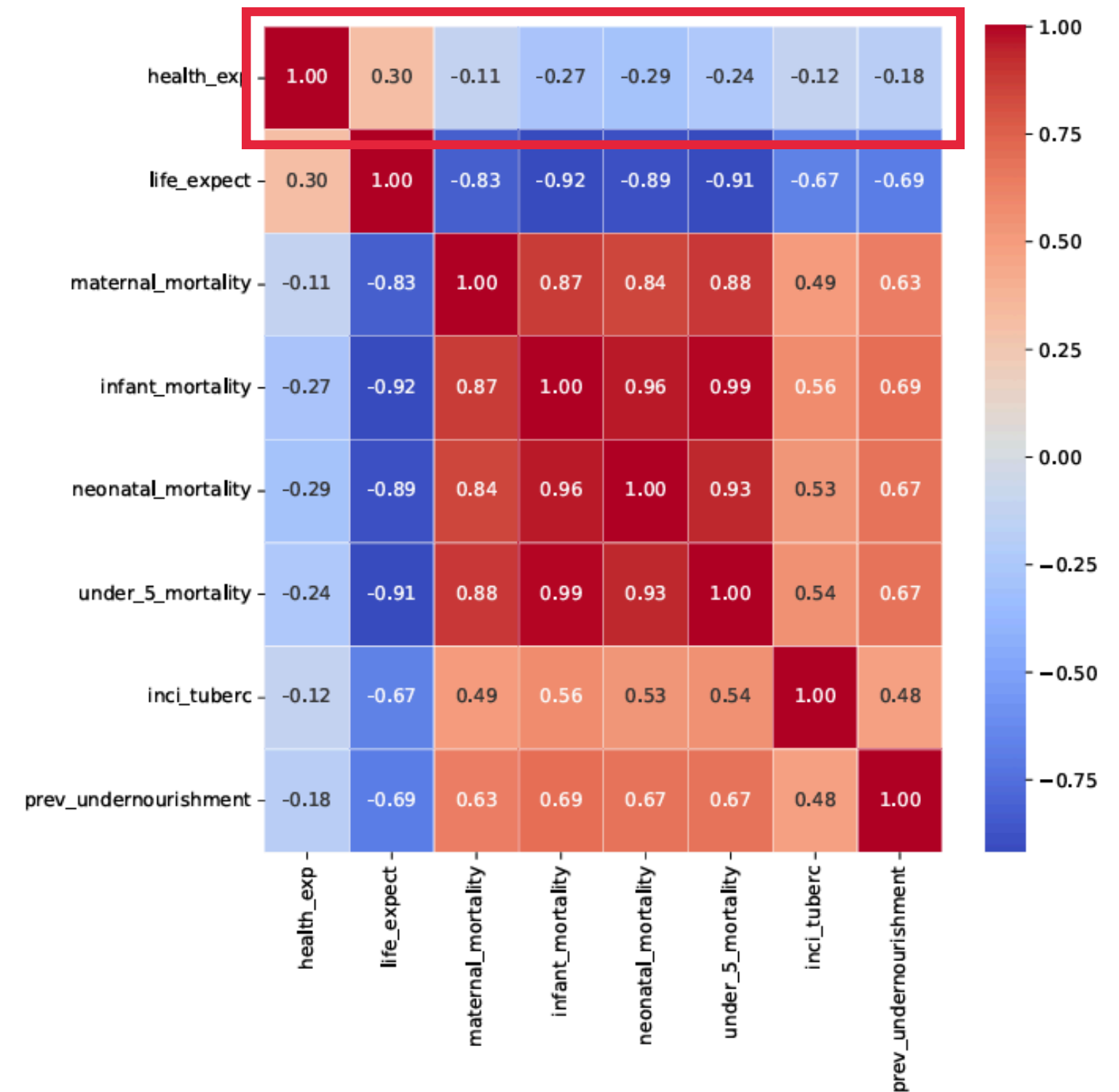
- Health Expenditure (% of GDP)
- Life Expectancy
- Infant Mortality Rate (per 1000 births)
- Neonatal Mortality Rate (per 1000 births)
- Under 5 Mortality Rate (per 1000 births)
- Maternal Mortality Rate (per 100000 births)
- Tuberculosis incidents (per 100000 people)
- Undernourishment (% of population)

Insights

- For health expenditure, we are not seeing any stronger associations with any of the indicator.

This explains varying outcomes of health expenditure on these indicators. Mere spending more does not guarantee success in tackling these indicators. Various other factors like existing infrastructure, distribution of health expenditure, corruption levels, and control over spending process.

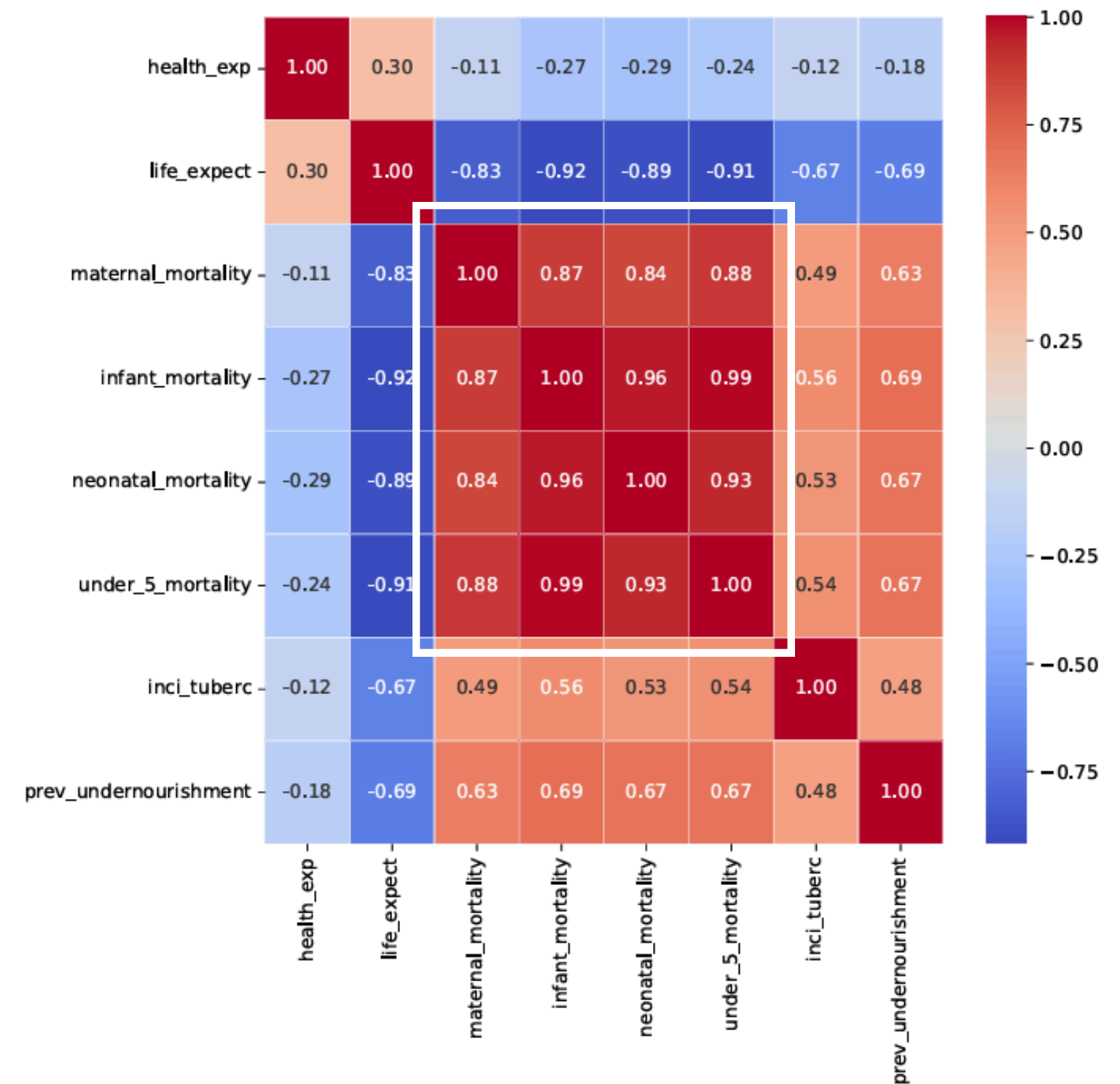
Key is to increase health expenditure but keeping in mind equity, corruption, and keeping a watch over how health expenditure is happening.



Insights

- All the mortality indicators are highly positively associated with each other. Childhood mortality indicators are almost perfectly correlated.

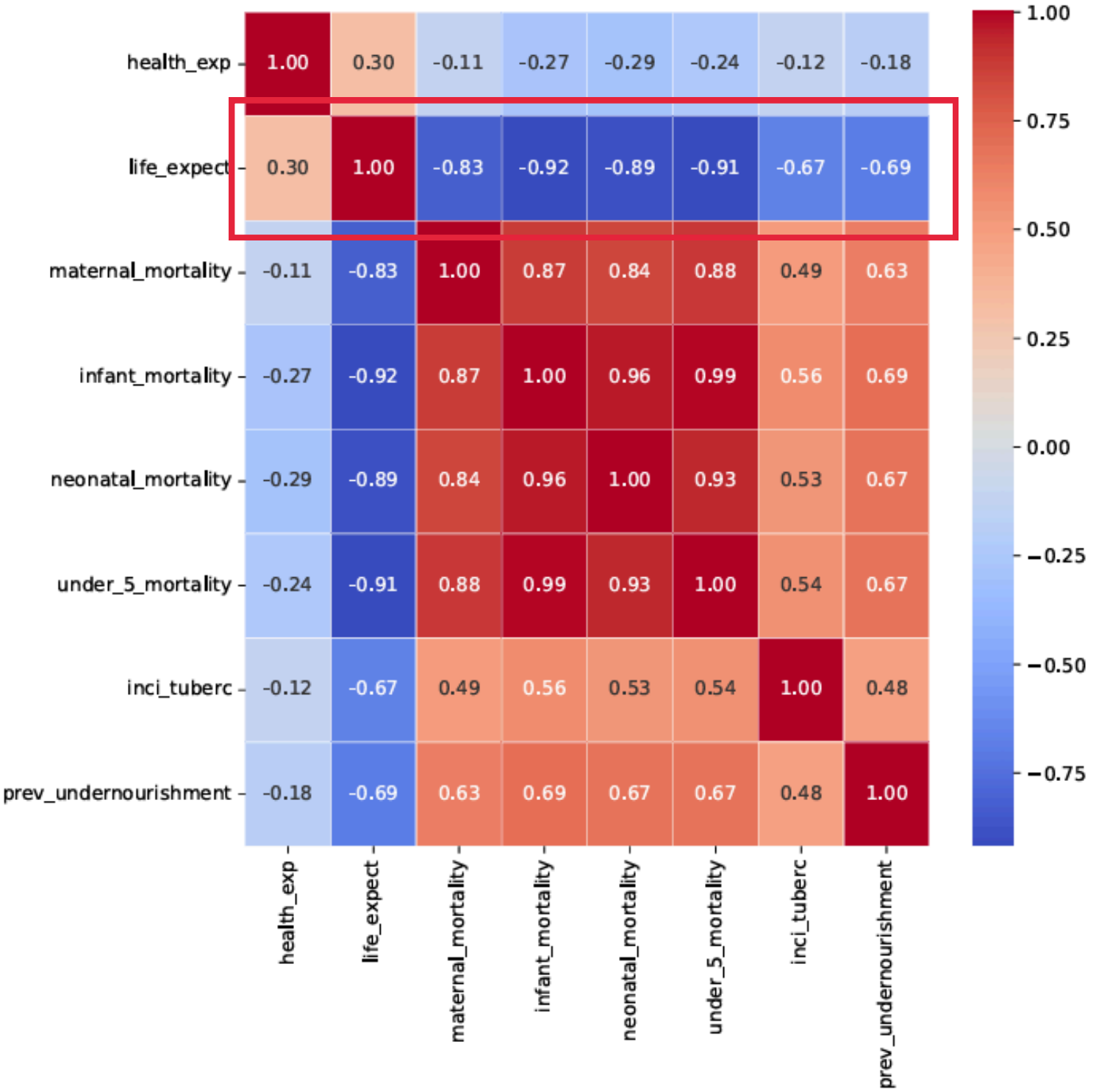
Almost all the countries are showing similar performances across mortality indicators. Countries improving their healthcare systems tend to experience decrease in mortality rates. Countries can make an uniform policy to tackle childhood mortality.



Insights

- Better life expectancy is strongly associated with low mortality rates..

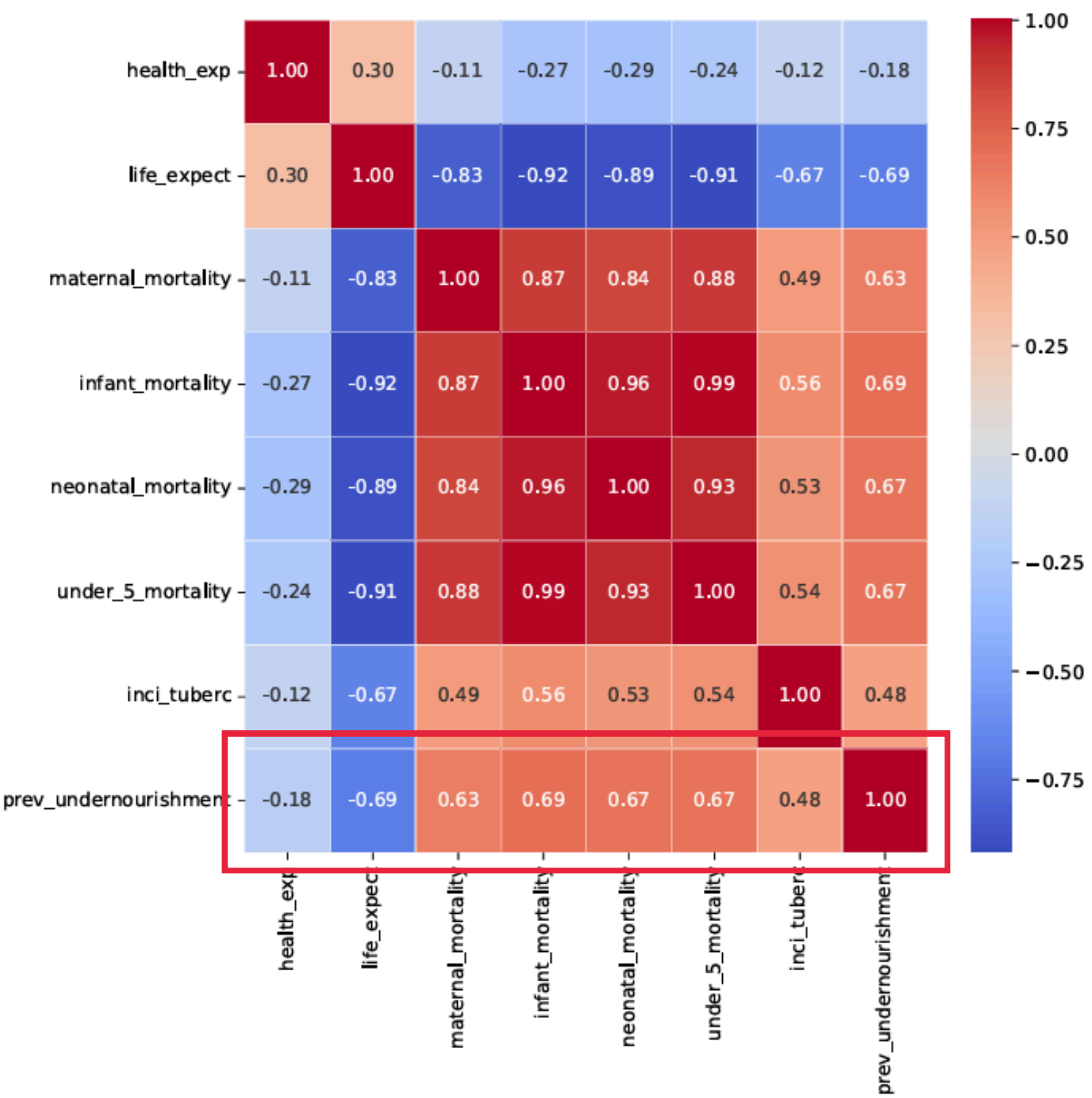
Citizens in countries preventing the deaths of new-born, early-child, and mothers are expected to have longer lives. It also tells that biggest risk of clinical deaths is till early childhood. Countries should ensure quality childhood care to improve their life expectancy



Insights

- Undernourishment levels are having a negative relationship with life expectancy. Undernourishment levels are having a negative relationships with all the mortality indicators.

A well nourished population is expected to live longer and ensuring nutrition during early childhood prevents deaths due to malnutrition. Adequate nutrition during childhood ensures a more holistic growth and this will increase the years in the lives of citizens.



Nourishment or Investing in childhood healthcare?

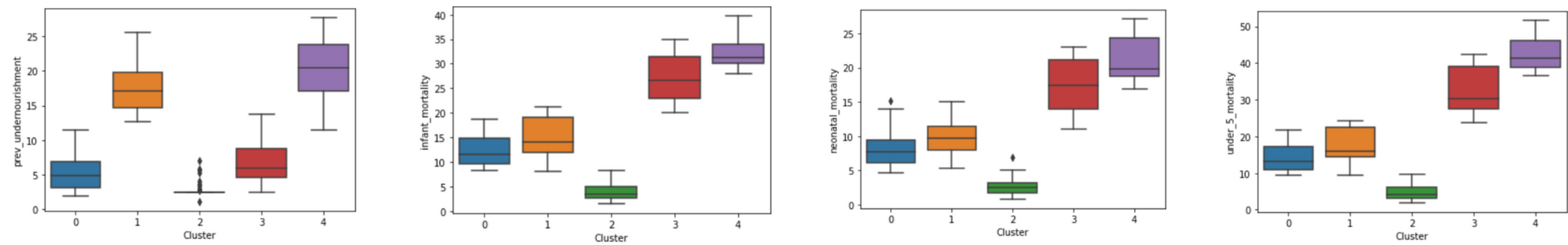
We see that both undernourishment and childhood mortality influences the life expectancy of a country. A country therefore needs to decide how much focus to put on ensuring food security and how much on investing in childhood healthcare.

Based on data of year 2022, 6 clusters have been identified. These are

- Cluster C - Either nourishment levels or childhood mortality levels are extremely high.
- Cluster 0 - Moderate undernourishment levels and moderate mortality rates
- Cluster 1 - High undernourishment levels and moderate mortality rates
- Cluster 2 - Low undernourishment levels and low mortality rates
- Cluster 3 - Moderate undernourishment levels and high mortality rates
- Cluster 4 - High undernourishment levels and very high mortality rates

Comparing Clusters

The performance of clusters 0 to 4 on mortality parameters and undernourishment levels is compared



Suggestions

At country level

- Cluster C - Efforts required at war footing
- Cluster 0 - Moderate undernourishment levels and moderate mortality rates
- Cluster 1 - Specialized efforts to ensure food security and constantly review mortality rates
- Cluster 2 - Maintain the status quo
- Cluster 3 - Constantly review food security and specialized efforts to reduce mortality rates
- Cluster 4 - Require efforts on both the ends

Tracking performance of each cluster and ensure that countries are on their way to meet UN targets

Thanks

Feel free to ask questions