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

**Objective:**

To ensure healthy lives and promote well-being for all at all ages.

**Target Areas:**

1. **Maternal Health:**
   * Reduce the global maternal mortality ratio.
   * Ensure universal access to sexual and reproductive health care services.
   * Address unmet needs for family planning.
2. **Child Health:**
   * End preventable deaths of newborns and children under 5 years of age.
   * Reduce the incidence of childhood diseases, including pneumonia, diarrhea, and malnutrition.
   * Promote vaccination for all children.
3. **Infectious Diseases:**
   * End the epidemics of AIDS, tuberculosis, malaria, and other communicable diseases.
   * Promote access to prevention, treatment, and care for infectious diseases.
4. **Non-communicable Diseases (NCDs):**
   * Promote mental health and well-being.
   * Reduce the burden of chronic diseases, including cancer, diabetes, cardiovascular diseases, and respiratory diseases.
   * Address environmental and social factors that contribute to the rise of NCDs.
5. **Access to Healthcare:**
   * Ensure access to quality essential healthcare services and medicines.
   * Strengthen healthcare systems, especially in low-resource settings.
   * Universal health coverage (UHC), ensuring access to necessary services without financial hardship.
6. **Health Systems Strengthening:**
   * Improve the capacity of health workers and improve healthcare infrastructure.
   * Address inequalities in healthcare access, particularly in marginalized communities.

**Problem Definition:**

1. **Health Inequality:**
   * **Disparities in healthcare access**: Across regions, countries, and populations, there are significant gaps in access to quality healthcare services. Many people in low- and middle-income countries face barriers such as lack of infrastructure, financial hardship, and inadequate health systems.
   * **Disproportionate health outcomes**: Vulnerable populations (e.g., women, children, elderly, marginalized communities) often experience worse health outcomes due to lack of proper care, poor nutrition, and limited access to treatments.
2. **Global Burden of Disease:**
   * **Infectious Diseases**: Despite advances in treatment and prevention, diseases like HIV/AIDS, malaria, and tuberculosis remain major health threats in many developing countries.
   * **Non-communicable Diseases (NCDs)**: The global rise of NCDs, such as heart disease, diabetes, and mental health disorders, poses a significant health burden. These diseases are often linked to lifestyle choices, environmental factors, and aging populations.
   * **Mental Health**: There is a growing recognition of mental health as a critical part of overall well-being. Stigma, lack of services, and underfunding hinder efforts to address mental health issues.
3. **Maternal and Child Health:**
   * **Maternal Mortality**: Although maternal mortality has decreased, the figures remain high in certain regions, especially sub-Saharan Africa and South Asia, often due to inadequate healthcare during pregnancy and childbirth.
   * **Under-5 Mortality**: High rates of preventable deaths among children under five continue in many developing countries due to poor sanitation, malnutrition, lack of immunization, and limited access to healthcare services.
4. **Healthcare System Challenges:**
   * **Underfunded healthcare systems**: In many countries, especially low-income ones, healthcare systems are underfunded, lacking necessary medical equipment, drugs, and trained healthcare professionals.
   * **Workforce Shortages**: Many countries face shortages of healthcare professionals, especially in rural and underserved areas, leading to inadequate care.
   * **Health System Sustainability**: Ensuring that health systems are resilient to emergencies (e.g., pandemics) and that they provide long-term care to populations.
5. **Environmental and Lifestyle Factors:**
   * **Climate Change**: Environmental changes, including pollution and rising temperatures, exacerbate health problems like respiratory diseases, heat-related illnesses, and vector-borne diseases (e.g., malaria, dengue).
   * **Lifestyle Factors**: The rise in unhealthy lifestyles (e.g., poor diet, sedentary behavior, smoking, alcohol use) contributes significantly to the global burden of NCDs.
6. **Health Financing:**
   * **Insufficient Health Funding**: A lack of adequate funding for health systems leads to inefficiencies, lack of innovation, and inability to provide the necessary services for all.
   * **Out-of-Pocket Expenditures**: In many regions, healthcare costs place a significant financial burden on individuals and families, leading to impoverishment and inequality.

**Impact on Global Development:**

* **Social and Economic Development**: Poor health outcomes impede economic development, reduce productivity, and exacerbate poverty. Investing in health has the potential to break the cycle of poverty and improve quality of life.
* **Aging Populations**: As populations age in many countries, the burden of health issues such as dementia, cancer, and other age-related diseases grows, stressing healthcare systems.
* **Global Health Security**: The emergence of pandemics, antimicrobial resistance, and health threats transcending national borders underscores the need for global health cooperation and preparedness.

**Process of importing data to excel**

Integration: The process of importing data into Excel and ensuring consistency involves several steps. First, you need to prepare the data by cleaning and formatting it according to Excel's requirements. Then, you can use the 'Import' feature in Excel to bring the data into the spreadsheet. Once the data is imported, you should check for any inconsistencies or errors and make necessary corrections to ensure that the data is accurate and reliable.Testing: Testing the integration and functionality of your Excel dashboard is crucial to ensure that it is working as expected. You can start by opening the dashboard and checking if all the data is displayed correctly. Then, you can test the various features and functions of the dashboard to see if they are working properly. If you encounter any issues or errors, you should troubleshoot and fix them to ensure that the dashboard is functioning correctly.

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