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Verve Health
The Future of Wellness.



SDG 3

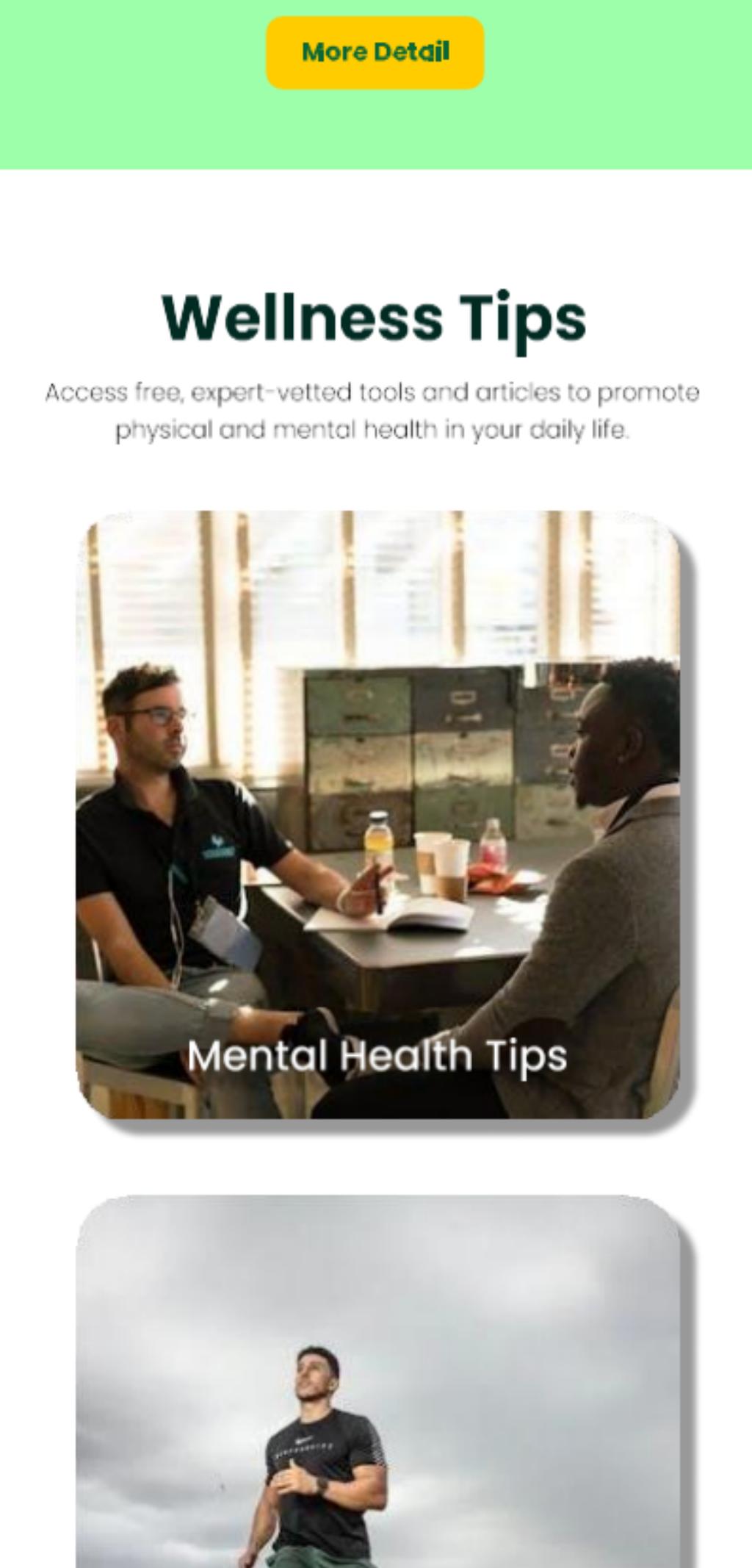
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Join us to make Malaysian a healthier future

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See how we align with SDG 3 targets to create a healthier future for all communities.



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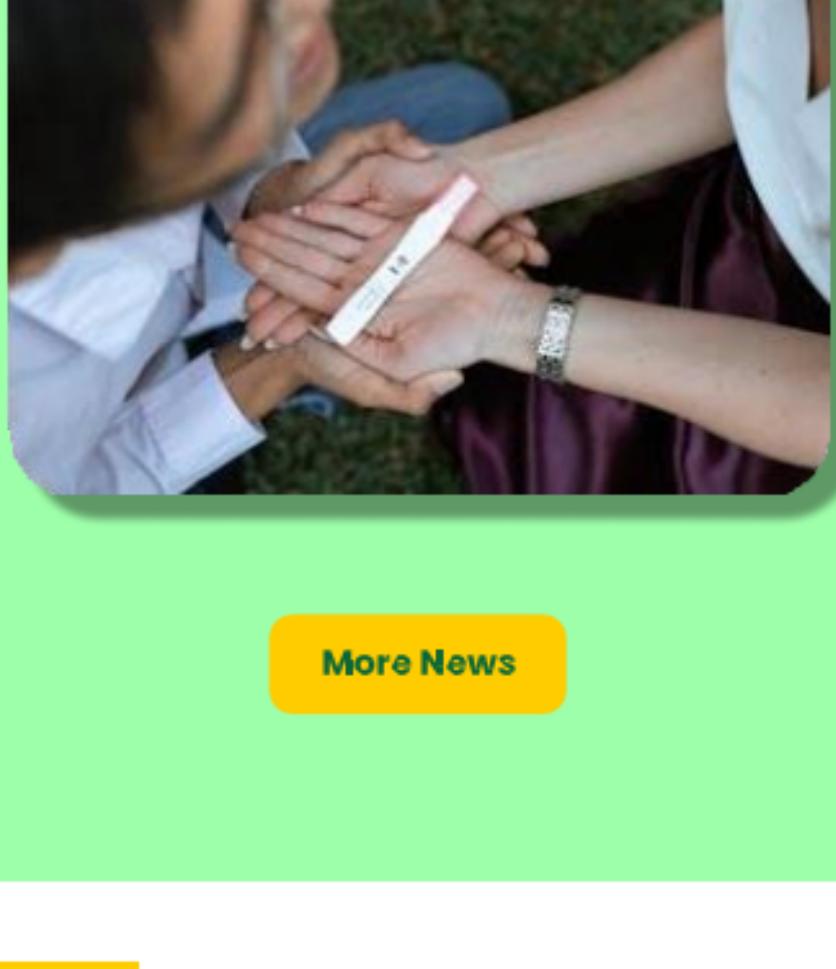
Support our current initiatives addressing critical health challenges like mental health and disease prevention.



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Wellness Tips

Access free, expert-vetted tools and articles to promote physical and mental health in your daily life.



Mental Health Tips



Fitness Tips

Nutrition Tips

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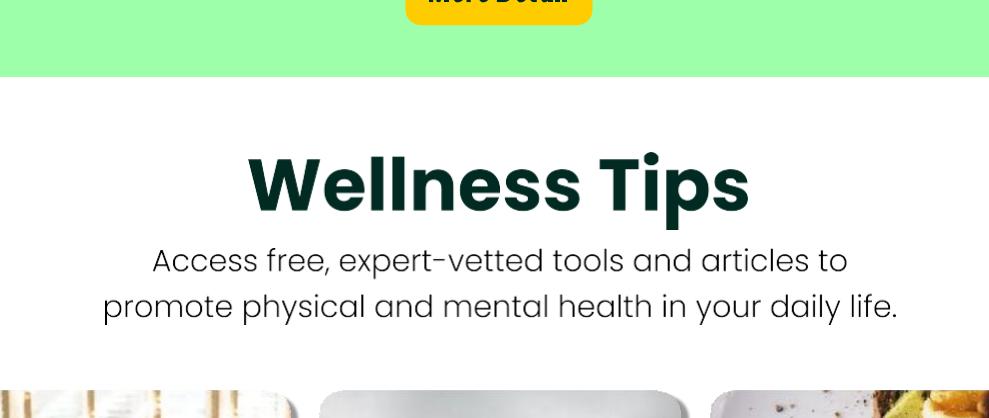
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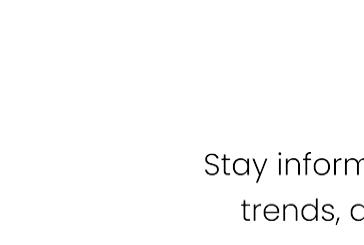
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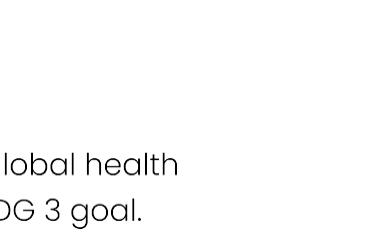
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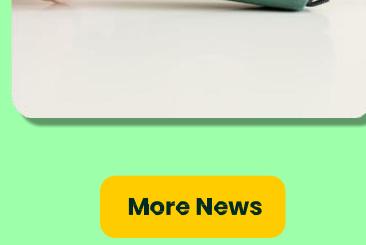


Nutrition Tips

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News

Stay informed on our achievements, global health trends, and progress towards the SDG 3 goal.



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Verve Health

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Target

Focused on Prevention and Universal Care

Our strategy is anchored in SDG Target 3.4, committing to a reduction in premature mortality from non-communicable diseases (NCDs) and the comprehensive promotion of mental health and well-being.

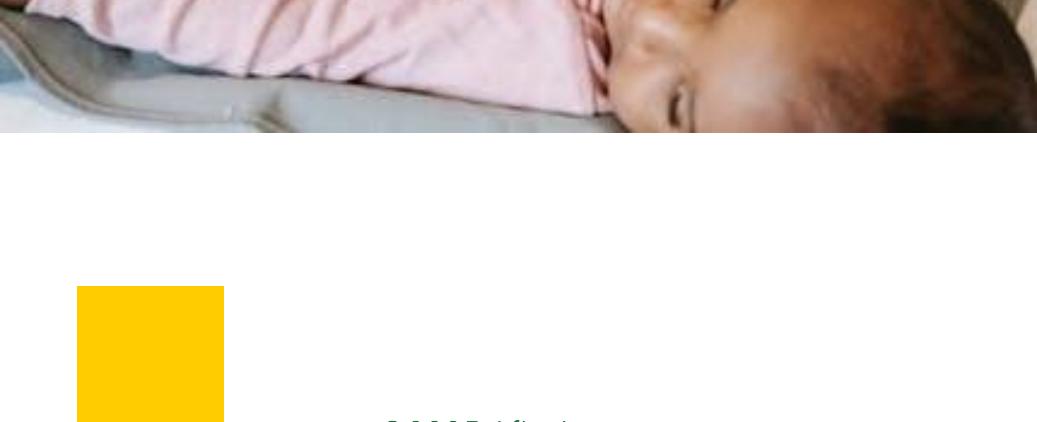
We specifically target the barriers to Universal Health Coverage (UHC), focusing on providing accessible, quality preventative health services and educational resources to vulnerable communities, ensuring that no one is left behind in the pursuit of good health.

Impact

Delivering Measurable, Life-Changing Results

Through strategic campaigns and partnerships, our initiatives have directly delivered essential health education to over 50,000 individuals and provided resources for mental health support to 15,000 households in the past year alone.

This tangible impact demonstrates our effectiveness in strengthening community resilience and driving down local health risk factors, proving that focused action can achieve meaningful, life-changing progress toward the 2030 goal.



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Campaign

Our Current & Past Initiatives



Current Campaign

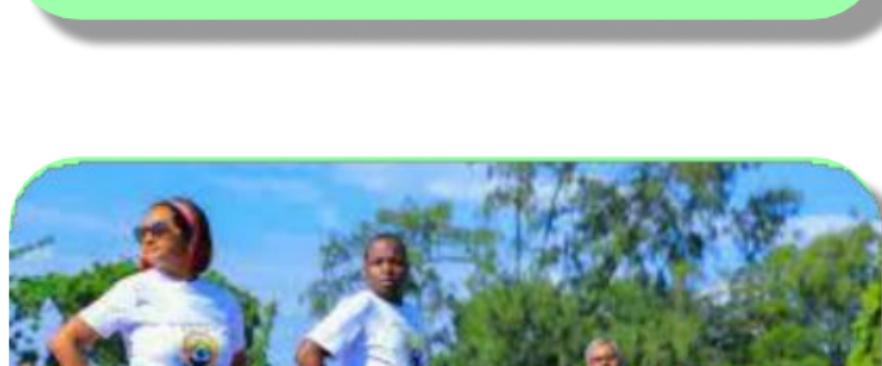
The Mind Matters: Building Global Mental Health Resilience

This is our flagship effort to directly address SDG Target 3.4 by tackling the growing global mental health crisis. We are establishing community-led support networks and providing free, certified mental health first aid training to teachers, first responders, and community leaders. Our goal is to destigmatize mental health challenges and equip communities with the foundational tools needed to identify, support, and refer individuals in need of professional care.

This campaign is driven by a measurable goal to train 5,000 community volunteers across four countries this year, ensuring that mental health is treated as a core component of overall well-being. Your support directly funds the production and distribution of culturally-relevant training materials and the ongoing supervision of our volunteer network, converting awareness into concrete, sustainable local capacity.

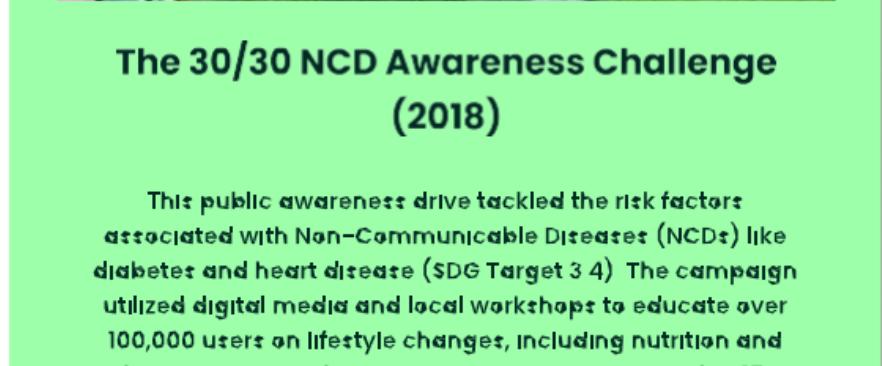
Past Campaign

Our success stories



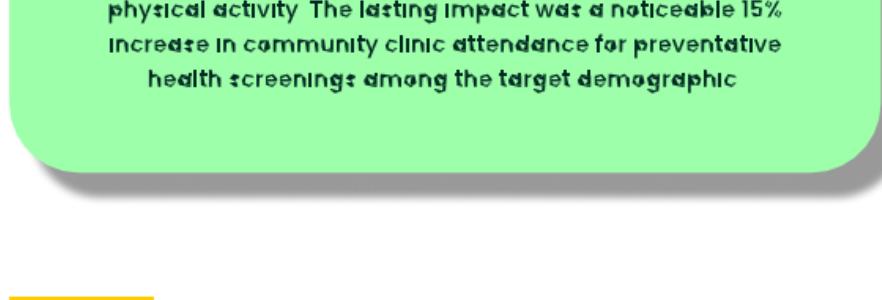
The 'Healthy Start' Maternal Health Initiative (2022)

This initiative successfully focused on reducing maternal and neonatal mortality in rural areas (SDG Target 3.1 & 3.2). We funded and equipped 12 remote birthing centres with essential supplies and solar power, and provided advanced training to 85 traditional birth attendants. The result was a documented 30% reduction in neonatal mortality rates in the supported regions within a single year, proving that targeted investment in local infrastructure saves lives.



End-Malaria Shield Project (2019-2021)

In line with SDG Target 3.3, this campaign aimed to eradicate localized outbreaks of malaria through robust prevention. Working with local partners, we distributed over 50,000 insecticide-treated bed nets and implemented a community education program on water hygiene and sanitation. The project successfully reduced reported malaria incidence by 45% in the target area, effectively shielding the community from one of the world's most critical communicable diseases.



The 30/30 NCD Awareness Challenge (2018)

This public awareness drive tackled the risk factors associated with Non-Communicable Diseases (NCDs) like diabetes and heart disease (SDG Target 3.4). The campaign utilized digital media and local workshops to educate over 100,000 users on lifestyle changes, including nutrition and physical activity. The lasting impact was a noticeable 15% increase in community clinic attendance for preventative health screenings among the target demographic.

Campaign

Our Current & Past Initiatives



Current campaign

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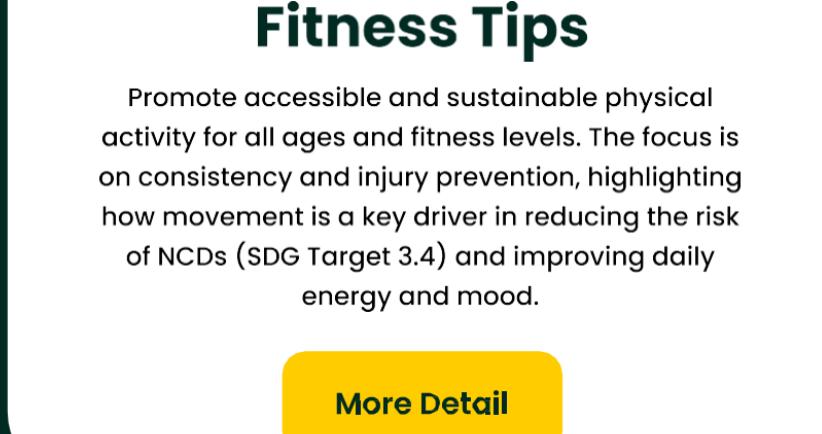
Your Guide to a Healthier You



Mental Health Tips

Focus on destigmatizing mental health. Provide actionable strategies for stress reduction, emotional regulation, and mindfulness. Content should emphasize the mind-body connection and offer resources for seeking professional support, aligning with SDG Target 3.4's promotion of mental health.

[More Detail](#)



Fitness Tips

Promote accessible and sustainable physical activity for all ages and fitness levels. The focus is on consistency and injury prevention, highlighting how movement is a key driver in reducing the risk of NCDs (SDG Target 3.4) and improving daily energy and mood.

[More Detail](#)



Nutrition Tips

Provide clear, evidence-based guidance on balanced, sustainable eating habits. Content should cover meal planning, immune support, and the role of diet in preventing chronic diseases. Emphasize accessible ingredients and simple ways to improve dietary quality.

[More Detail](#)



Wellness Tips

Your Guide to a Healthier You



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Vaccine Price Cut to Protect 7 Million More Children by 2030

A new agreement with pharmaceutical partners will drastically expand global immunization coverage.



[All Post](#)

[Press Release](#)

[Data & Report](#)

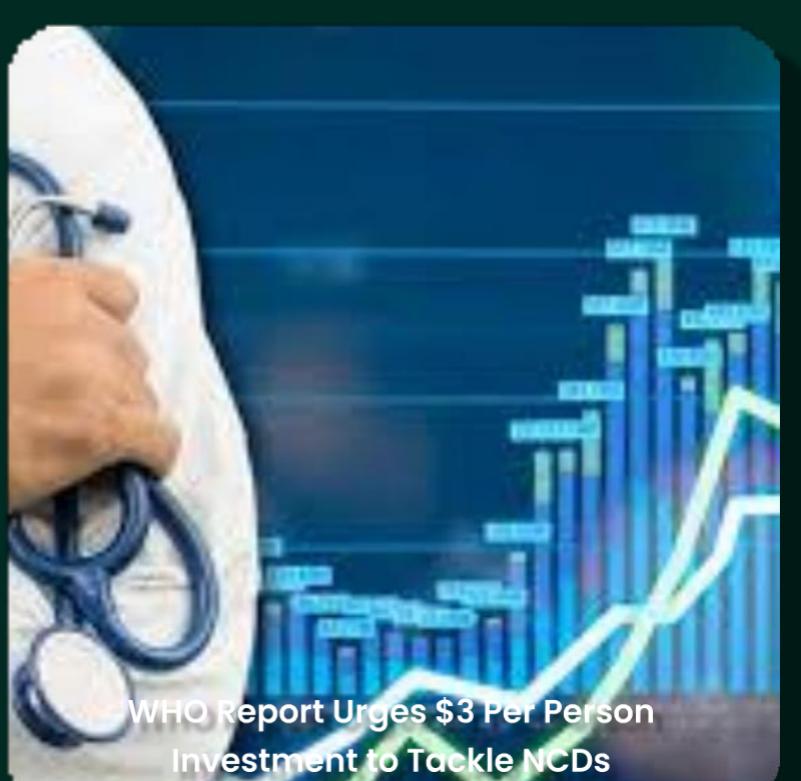
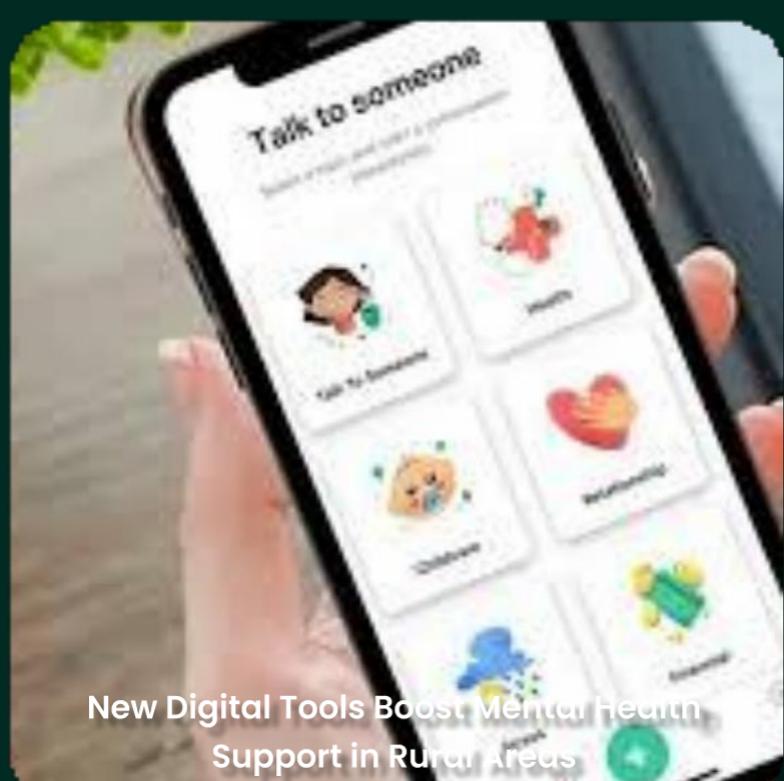
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The Latest in Global Health & Well-being

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FAQs

Quick Answers: Get Informed

How is your work directly related to SDG 3?



Where does my donation go?



Over 90% of all contributions are channeled directly into our active campaigns, resource distribution, and community health training programs.

How can I volunteer or start a partnership?



Partnership

Together We Achieve More



Mental Health Tips

Actionable Steps for Daily Well-being



Cultivating Resilience: Essential Mental Health Tips

Mental health is a fundamental component of well-being, recognized globally under SDG Target 3.4 to ensure healthy lives and promote well-being for all at all ages. Prioritizing your mind is not a luxury, but a necessity for overall health and productivity. The following steps offer actionable strategies to build mental resilience, manage stress, and foster emotional balance.

1. Harness the Power of Mindfulness and Movement

To effectively manage stress and anxiety, we must intentionally ground ourselves in the present. Mindfulness is the practice of tuning into the current moment without judgment, which helps you observe your thoughts and feelings without reacting impulsively. This can be achieved through simple deep breathing exercises, such where you inhale slowly through the nose and exhale fully through the mouth—a technique proven to lower stress hormones and promote relaxation. Coupled with this, regular physical activity, such as a brisk walk or yoga, acts as a powerful stress reliever, changing your focus and releasing feel-good endorphins.

2. Strengthen Your Social and Digital Boundaries

Humans are inherently social, and a strong support network is critical for mental wellness. Make an effort to foster genuine connections with family and friends; reaching out provides both emotional support and a valuable distraction during challenging times. Equally important is managing your digital life: practice mindful social media usage by setting clear intentions and time limits before logging on. Learn the power of saying "No" to non-essential commitments and delegate when possible to create healthy boundaries that protect your time and prevent burnout.

3. Commit to Self-Care Fundamentals

Consistent, small daily habits form the backbone of good mental health. Ensure you prioritize quality sleep by maintaining a consistent schedule and creating a quiet, relaxing bedtime routine; insufficient rest directly impacts your emotional regulation. Fuel your mind with a healthy, balanced diet; nutrition plays a key role in mood stability and energy levels. Lastly, engage in hobbies or creative outlets—whether it is listening to music, gardening, or writing in a journal—these activities provide a necessary mental distraction and a source of simple pleasure.



Mental Health Tips

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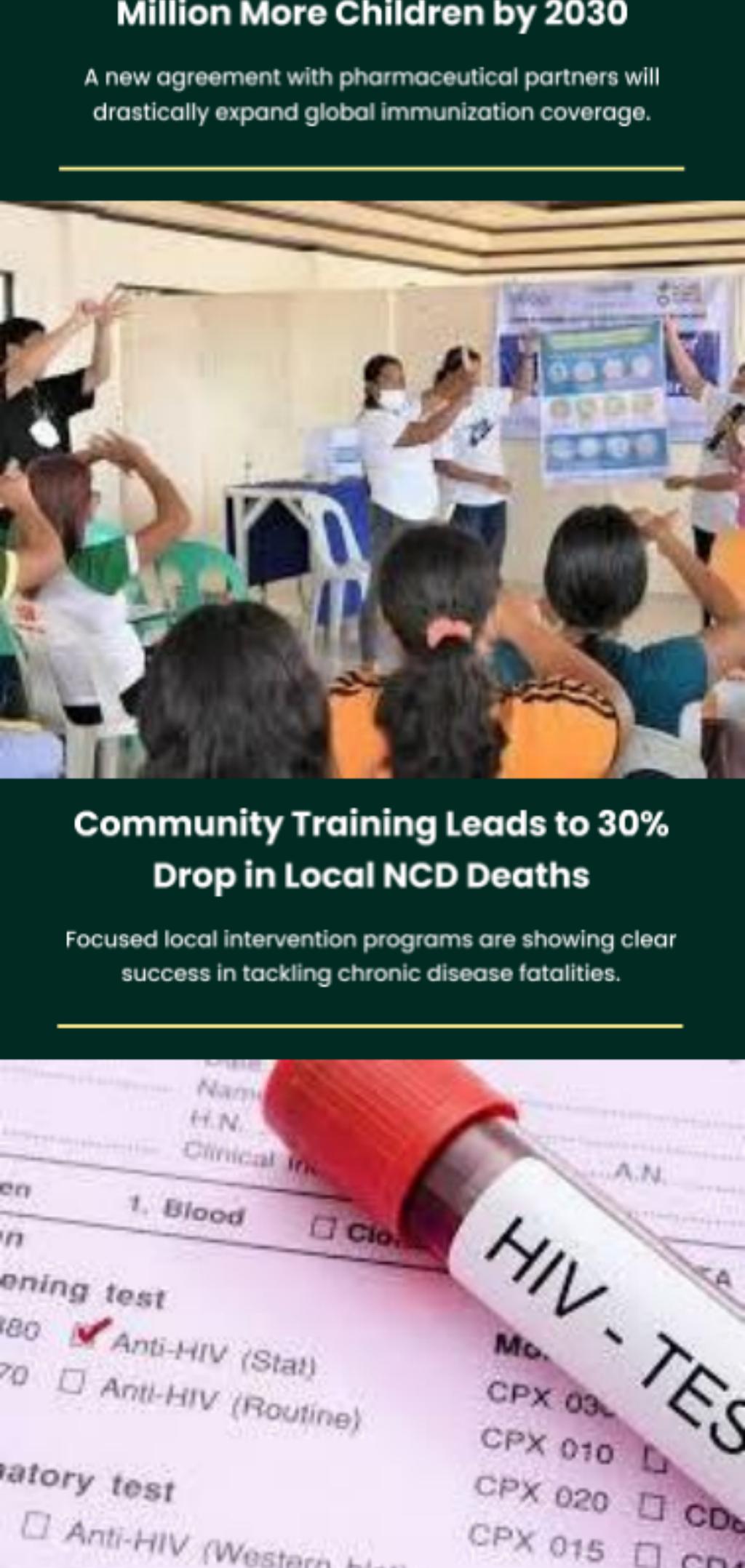
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News

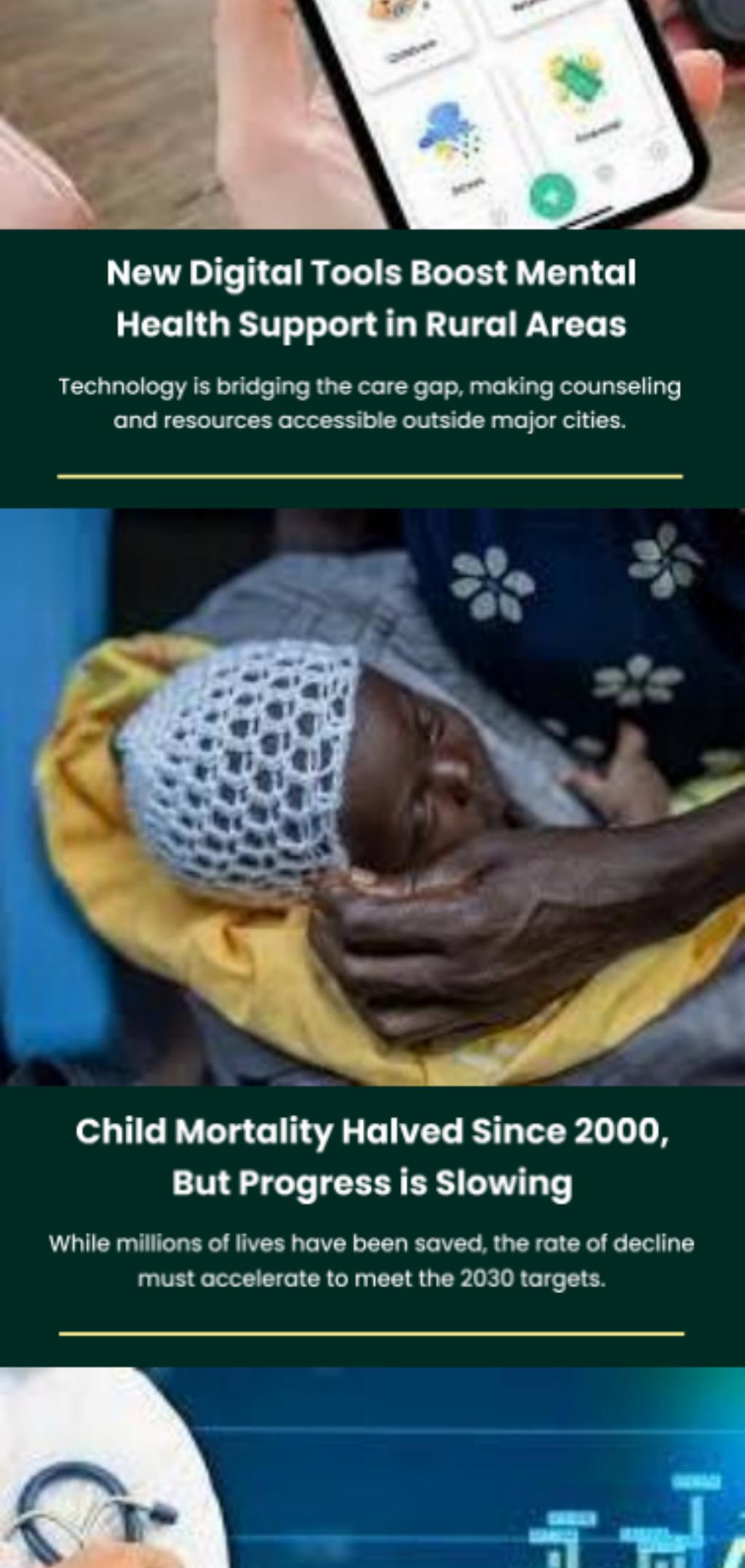
The Latest in Global Health & Well-being

All Post



Vaccine Price Cut to Protect 7 Million More Children by 2030

A new agreement with pharmaceutical partners will drastically expand global immunization coverage.



Community Training Leads to 30% Drop in Local NCD Deaths

Focused local intervention programs are showing clear success in tackling chronic disease fatalities.



New Digital Tools Boost Mental Health Support in Rural Areas

Technology is bridging the care gap, making counseling and resources accessible outside major cities.

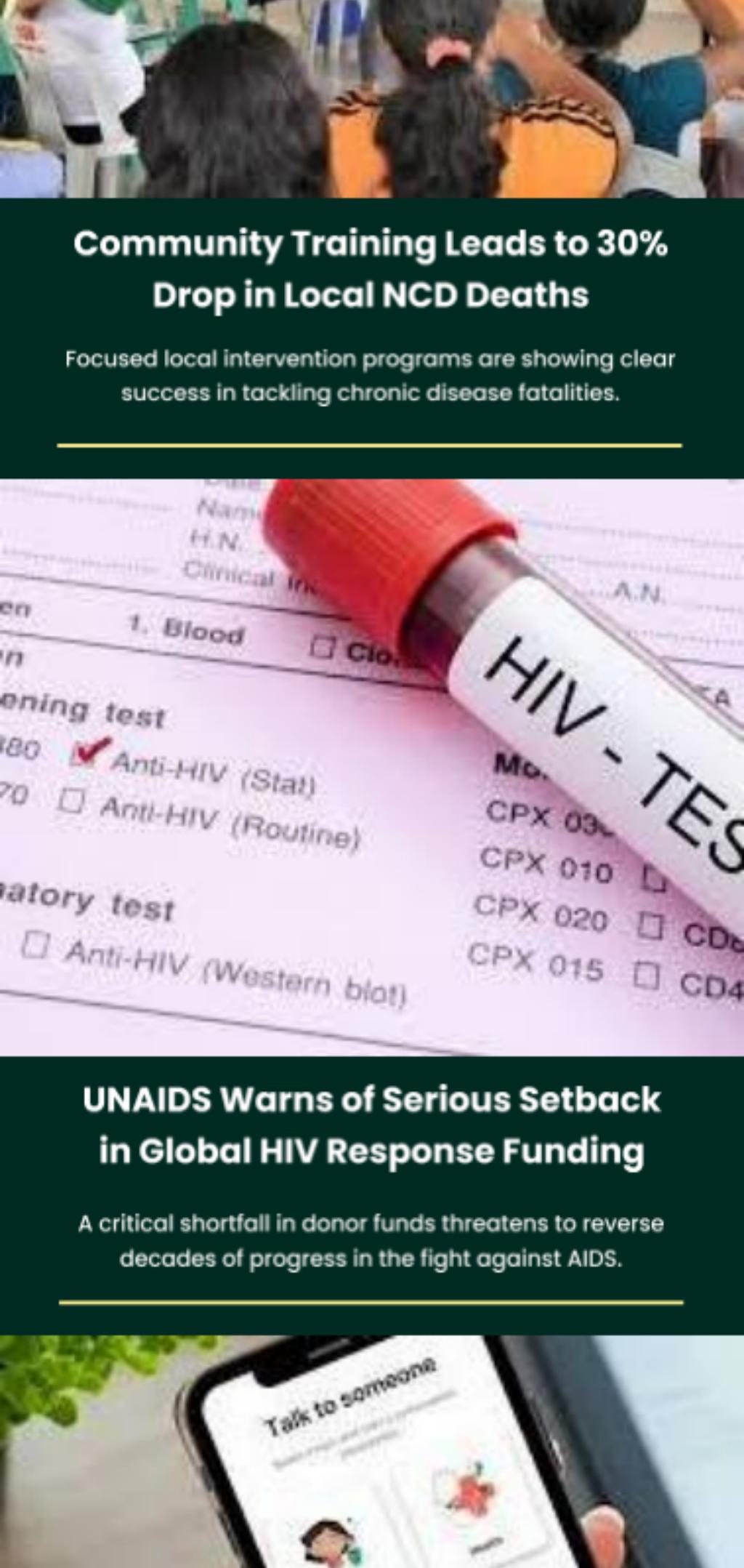


Solar Power Brings 24/7 Maternal Care to Remote Clinics

Reliable, clean energy is transforming healthcare delivery and improving safety for mothers and newborns.

WHO Report Urges \$3 Per Person Investment to Tackle NCDs

Experts identify a minimal cost per capita that could significantly prevent and treat non-communicable diseases.



UNAIDS Warns of Serious Setback in Global HIV Response Funding

A critical shortfall in donor funds threatens to reverse decades of progress in the fight against AIDS.



Global Health Workforce Shortage Projected to Reach 11 Million

Urgent policy changes are needed to train and retain essential medical professionals worldwide.



Campaign Success: 50,000 Trained in Mental Health First Aid

Our flagship initiative has exceeded its goal, creating a massive, prepared network of community responders.





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Contact Us!

Afiqammarie@gmail.com

012-34567890

No 8, Jalan Taman Putra Perdana 7/1, 47100
Puchong, Selangor

First Name*

Last Name*

Email*

Phone Number*

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Partnership

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Mortality

Halved Since 2000, But Progress is Slowing

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However, recent data from the United Nations Inter-agency Group for Child Mortality Estimation (UNGME) and modeling from organizations like the Gates Foundation warn that this progress is not just slowing down – it is at risk of reversing entirely.



The Dangerous Deceleration

The pace of progress has decelerated dramatically, threatening the ability of many nations to meet the Sustainable Development Goals (SDG). Since 2015, the annual rate of reduction in under-five mortality has slowed by 42% compared to the 2000–2015 period.

The outlook is even more dire for the immediate future. Projections suggest that 2025 could mark the first year this century in which the number of child deaths rises, rather than falls, due primarily to a crisis in global health funding. According to one analysis, significant cuts to international development assistance for health are expected to lead to hundreds of thousands of additional deaths. If current trends and projected funding cuts persist, an estimated 35 million children will die before turning five between 2023 and 2030.

The Divide: Where Children are Dying

The global average masks profound inequalities, meaning a child's chance of survival is dictated almost entirely by their birthplace.

- A child born in a low-income country is currently 13 times more likely to die before age five than a child born in a high-income country.

- The overwhelming majority of child deaths are concentrated in just two regions: Sub-Saharan Africa and Southern Asia, which together account for more than 80% of all under-five deaths globally.

- A child in Sub-Saharan Africa is, on average, 18 times more likely to die before age five than a child in Australia and New Zealand.

Nearly half of all under-five deaths occur in the neonatal period (the first 28 days of life), often due to complications requiring functional health systems, such as prematurity and birth asphyxia. Beyond the newborn stage, the leading killers remain highly treatable and preventable infectious diseases, including pneumonia, malaria, and diarrhea.

The 2030 Goal is Off-Track

To achieve SDG Target 3.2, every country must aim for an under-five mortality rate of 25 or fewer deaths per 1,000 live births by 2030.

Currently, 59 countries are projected to miss this vital goal.

Experts and global health leaders are urgently calling for renewed commitment and investment in primary health care—the "workhorse" of any health system. Robust, community-level primary care can prevent up to 90% of child deaths by ensuring access to essential services like skilled delivery at birth, postnatal care, vaccinations, and treatment for common childhood illnesses. The focus must shift to reaching the most vulnerable, especially those living in fragile, conflict-affected settings and the poorest communities, to ensure the next generation is not left behind.

Global Health Milestone in Peril: Child Mortality Halved Since 2000, But Progress is Slowing

For two decades, the global decline in child mortality was heralded as one of modern history's greatest public health triumphs. Since the year 2000, the worldwide number of children dying before their fifth birthday has been more than halved, dropping from approximately 9.7 million annually to a historic low of 4.8 million in recent years. This achievement, driven by widespread vaccination, improved sanitation, and greater access to primary healthcare, demonstrated that preventable child deaths could be defeated.

However, recent data from the United Nations Inter-agency Group for Child Mortality Estimation (UN IGME) and modeling from organizations like the Gates Foundation warn that this progress is not just slowing down—it is at risk of reversing entirely.



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