

SDG HANDBOOK

3 GOOD HEALTH
AND WELL-BEING



Made By
Sustainable Bhava

+91 62834-12360
sustainablebhava@gmail.com
www.sustainablebhava.org

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SDG 1: GOOD HEALTH AND WELL BEING

OVERVIEW

Sustainable Development Goal 3, established by the United Nations as part of the 2030 Agenda for Sustainable Development, centers around ensuring healthy lives and promoting well-being for all at all ages. This goal recognizes that good health is not merely the absence of disease, but rather a state of complete physical, mental, and social well-being.

SDG 3 aims to ensure that people of all ages have access to quality healthcare services, including preventative, curative, and palliative care. It also underscores the importance of addressing the underlying social, economic, and environmental determinants of health to create a holistic approach towards well-being.

By focusing on health and well-being, SDG 3 seeks to reduce maternal and child mortality, combat communicable and non-communicable diseases, and tackle issues such as substance abuse, mental health, and environmental factors that impact health.

In the subsequent sections, we will delve into how we can educate children about the importance of health and well-being, and how even small actions can contribute to achieving this goal. By instilling knowledge about nutrition, hygiene, mental health, and the significance of access to healthcare, we empower our children to become advocates for their own health and agents of change in their communities.

Let us embark on this journey of teaching our children about SDG 3, inspiring them to make informed choices that promote their well-being and contribute to a healthier and more sustainable world. After all, the foundation of sustainability begins at home!



Remember, sustainability truly begins at home!

UNDERSTANDING THE CONCEPT OF GOOD HEALTH AND WELL BEING:

So let's start by first understanding what good health and well being is.

“

"Good Health and Well-being," revolves around the idea that everyone should have the opportunity to lead a healthy and fulfilling life. It acknowledges that health isn't just about the absence of illness; it encompasses physical, mental, and social well-being.

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Health can manifest in various forms, including:

1.1 Access to Quality Healthcare: This form emphasizes ensuring that people have access to essential healthcare services, including preventative, curative, and palliative care. It includes providing medical treatments, vaccinations, maternal and child healthcare, and addressing non-communicable diseases.

1.2 Mental Health Support: This involves recognizing the importance of mental well-being and providing support for mental health issues. It includes raising awareness about mental health, reducing stigma, and ensuring access to mental health services.

1.3 Health Literacy and Education: Manifesting in the form of health education, this aspect focuses on promoting health literacy. It empowers individuals with information to make informed decisions about their health and well-being.



NOW LET'S INCREASE OUR UNDERSTANDING OF SOME KEY DIMENSIONS OF SDG 3:

- 1.1 Physical Health:** This aspect of SDG 3 is about having access to quality healthcare services when needed. It includes preventive measures, treatment for diseases, and ensuring maternal and child health.
- 1.2 Mental Health:** Mental well-being is crucial. SDG 3 recognizes the importance of addressing mental health issues, reducing stigma, and providing support and services for those who need it.
- 1.3 Social Well-being:** Social factors play a significant role in health. SDG 3 addresses issues like social inclusion, reducing discrimination, and ensuring everyone can participate fully in society.
- 1.4 Environmental Health:** A clean and safe environment is vital for health. This dimension involves access to clean water, sanitation, and sustainable resources to support health.
- 1.5 Access to Education:** Education is closely tied to health. SDG 3 emphasizes the importance of education in promoting health literacy and enabling people to make informed choices about their well-being.

WHAT IS THE RELEVANCE OF SDG 3 IN ERADICATING HEALTH DISPARITIES, AND WHY ARE WE EVEN DISCUSSING IT?

SDG 3, "Good Health and Well-being," holds immense relevance in eradicating health disparities and ensuring a healthy world for all. It goes beyond the absence of diseases and encompasses physical, mental, and social well-being. Here's why we discuss its importance:

Fundamental Human Right: Just as SDG 3 recognizes health as a fundamental human rights concern. It asserts that every person has the right to enjoy the highest attainable standard of health, irrespective of their background or circumstances.

Socioeconomic Development: SDG 3 is essential for socioeconomic development. When individuals are healthy, they can actively participate in their communities, contribute to the workforce, and drive economic growth.

Global Well-being: Health is a global concern. Discussing SDG 3 highlights the need for international cooperation to combat health issues that transcend borders, such as infectious diseases and global health crises.

HERE ARE SOME SALIENT FEATURES OF SDG 3 IN ADDRESSING HEALTH:

Comprehensive Wellness: SDG 3 takes a comprehensive approach to health by addressing physical, mental, and social well-being. It recognizes that being healthy isn't just about your body; it's about feeling good in all aspects of life.

Universal Access: SDG 3 strives to ensure that everyone, regardless of where they live or who they are, has access to quality healthcare services and facilities. It's like making sure everyone gets a fair chance at staying healthy.

Prevention and Treatment: SDG 3 emphasizes preventing diseases before they happen and making sure people get the right treatment when they're sick. It's like having both a shield and a sword to fight against health challenges.

Mental Health Focus: This goal brings attention to mental health, reducing stigma and promoting well-being. It's about recognizing that how we feel inside is just as important as our physical health.

Global Collaboration: It encourages countries to work together and share ideas to improve health worldwide. It's like being part of a big team with a common goal: making the world healthier for everyone.

By understanding the concept of health, exploring its multi-dimensional aspects, and recognizing the relevance of SDG 3, we can lay a solid foundation for teaching our children about the importance of addressing health and inspire them to take action. Let's empower them to be agents of change in creating a more equitable and sustainable world.

GOAL 3 FACTS AND FIGURES

264 M

264 Million people issues mental health awareness

38%

38% of women still die due to complications during pregnancy & rebirth

80%

80% of people living on less than \$1.90

736 M

736 Million people still live in extreme poverty

10%

10% of the world population lives in extreme poverty

1.3 B

Some 1.3 billion people live in multidimensional poverty



DISCUSSING THE INTERCONNECTIONS BETWEEN SDG 3 AND OTHER SDGS:

Good health & well being is interconnected with various other Sustainable Development Goals (SDGs), and progress in SDG 3 has a ripple effect on achieving other goals. Let's explore some of these interconnections:

1 NO POVERTY

SDG 1: NO POVERTY:

Good health is a key factor in breaking the cycle of poverty. When people are healthy, they can work, learn, and contribute to their communities, which helps lift them out of poverty.

2 ZERO HUNGER

SDG 2: ZERO HUNGER:

Being healthy starts with having enough nutritious food. SDG 3 and SDG 2 work together to ensure that people not only have access to food but also the health to enjoy it.

4 QUALITY EDUCATION

SDG 4: Quality Education:

Healthy children can learn better. SDG 3 supports SDG 4 by ensuring that students are physically and mentally well enough to attend school and learn effectively.

5 GENDER EQUALITY

SDG 5: Gender Equality:

SDG 3 and SDG 5 are intertwined because good health is essential for gender equality. When women are healthy, they can fully participate in society, breaking down barriers and achieving gender equality.

COMPONENT 2: INSPIRATION

INSPIRING STORIES OF INDIVIDUALS AND COMMUNITIES PROMOTING GOOD HEALTH AND WELL-BEING IN INDIA:



STORY 1

THE BAREFOOT COLLEGE - SOLAR WOMEN EMPOWERMENT

In Rajasthan's remote village of Tilonia, the Barefoot College, founded by Bunker Roy, embarked on a unique journey towards sustainable development. This college trained illiterate and semi-literate rural women to become solar engineers.

These women, often grandmothers, learned to assemble, install, and maintain solar panels. Their efforts brought clean energy to their villages, replacing kerosene lamps and diesel generators. This not only improved health by reducing indoor air pollution but also empowered these women economically. They became agents of change within their communities, proving that even in areas with minimal resources, sustainable solutions are possible.

STORY 2

Dr. Rani Bang - Transforming Rural Healthcare



In the tribal regions of Gadchiroli, Maharashtra, healthcare was a distant dream for many. Dr. Rani Bang and her husband, Dr. Abhay Bang, dedicated their lives to changing this. They established the SEARCH (Society for Education, Action, and Research in Community Health) organization, focusing on community-based healthcare.

Dr. Rani Bang developed a home-based neonatal care system that significantly reduced neonatal mortality rates in the region. She trained local women as health workers, teaching them to provide essential care during pregnancy and childbirth. This initiative not only improved health outcomes but also empowered women to take charge of their well-being. Through her tireless efforts, Dr. Rani Bang transformed healthcare in the region and set an example for community-driven solutions nationwide.

KEY TAKEAWAYS FROM THESE INSPIRATIONAL STORIES:

- 1. Community Engagement:** Local communities should actively participate in healthcare and well-being initiatives. Their involvement ensures solutions are tailored to their needs and realities.
- 2. Empowerment through Education:** Education and training are powerful tools for empowerment. They not only improve health but also create economic opportunities and foster self-reliance.
- 3. Sustainability:** Sustainable solutions, like solar energy, not only benefit health but also have positive economic and environmental impacts.
- 4. Gender Equality:** Empowering women is a fundamental aspect of promoting good health and well-being. It leads to healthier families and communities.
- 5. Think Locally, Act Globally:** These stories remind us that impactful change often starts at the local level. Individuals and communities can make significant contributions to achieving SDG 3 and improving global well-being.

KEY TAKEAWAYS FROM THESE INSPIRATIONAL STORIES:

Visionary Leadership

Both stories highlight the transformative power of visionary leaders who dare to challenge the status quo. Dr. Abhay Bang, Dr. Prabhat Jha, and other change-makers show that bold ideas can drive significant improvements in health and well-being.

Courageous Innovation

Both stories emphasize the importance of daring to think differently. Arunachalam Muruganantham's innovative approach to menstrual hygiene and Ela Bhatt's creation of SEWA showcase that tackling challenges creatively can lead to transformative solutions.

Empowerment Through Action

These stories remind us that individual actions can create profound impacts. Arunachalam Muruganantham's determination and Ela Bhatt's grassroots movement exemplify how one person's initiative can ignite change.

Collaboration and Partnerships

The stories underscore the importance of collaboration across sectors. Governments, NGOs, researchers, and communities working together can amplify impact and create synergistic solutions.

Empowering Women

Both stories shine a spotlight on the critical role women play in sustainable development. Arunachalam Muruganantham's innovation and Ela Bhatt's advocacy demonstrate how empowering women uplifts entire communities.

Take Action

Remember, every action, no matter how small, contributes to the collective effort to end poverty and creating a more equitable world. Be inspired, take action, and make a lasting impact on the lives of others.

SUCCESSFUL INITIATIVES WORKING TOWARDS SDG 3 ADVANCING IN INDIA:

1) AYUSHMAN BHARAT PRADHAN MANTRI JAN AROGYA YOJANA (PM-JAY):

Launched in 2018, PM-JAY is a flagship healthcare initiative aiming to provide financial protection and quality healthcare to over 100 million families in India. This ambitious program, often referred to as "Modicare," offers health insurance coverage of up to ₹5 lakh per family per year. It encompasses hospitalization expenses, secondary and tertiary care, and a wide range of medical treatments. PM-JAY primarily targets economically vulnerable families, ensuring they have access to essential healthcare services without facing catastrophic healthcare costs. The program has significantly reduced financial barriers to healthcare and improved overall health outcomes, especially for those in need.

2) SWACHH BHARAT ABHIYAN (CLEAN INDIA CAMPAIGN):

Launched in 2014, the Swachh Bharat Abhiyan is a nationwide cleanliness and sanitation campaign. It focuses on eliminating open defecation, promoting proper waste management, and ensuring access to clean water and sanitation facilities. This initiative has multifaceted benefits for SDG 3. By enhancing sanitation and hygiene practices, it reduces the prevalence of waterborne diseases, thus improving public health. Additionally, it empowers women and marginalized communities by ensuring safe and dignified access to sanitation facilities. Swachh Bharat Abhiyan has achieved remarkable success in transforming rural and urban landscapes, promoting cleaner and healthier living environments.

3) NATIONAL NUTRITION MISSION (POSHAN ABHIYAAN):

Launched in 2018, Poshan Abhiyaan focuses on addressing malnutrition among children and women. It aims to reduce stunting, undernutrition, low birth weight, and anemia. The initiative employs a multi-sectoral approach, involving health, nutrition, water and sanitation, and education sectors. Poshan Abhiyaan uses technology and community engagement to track the nutritional status of beneficiaries and ensure timely interventions. By providing nutrition education, supplementary nutrition, and healthcare services, the program has made significant strides in improving child nutrition and maternal health outcomes. It empowers women through its focus on maternal and child nutrition, contributing to healthier families and communities.

KEY TAKEAWAYS FROM THESE SUCCESSFUL INITIATIVES:

- 1. Government-Led Commitment:** These initiatives demonstrate the pivotal role of government commitment in achieving SDG 3. When governments prioritize healthcare, sanitation, and nutrition, they can significantly impact public health and well-being.
- 2. Cross-Sectoral Collaboration:** Successful health and well-being initiatives often involve collaboration across various sectors, including healthcare, sanitation, nutrition, and technology. Combining efforts and expertise from multiple sectors maximizes the impact of interventions.
- 3. Community Engagement and Empowerment:** Community involvement is central to the success of these initiatives. By engaging and empowering local communities, these programs create a sense of ownership and active participation, ensuring that interventions are culturally relevant and sustainable.
- 4. Data-Driven Decision-Making:** The use of data and technology plays a crucial role in these initiatives. Data-driven approaches improve targeting, monitoring, and evaluation, allowing for more efficient resource allocation and evidence-based policymaking.

Activity: Poverty Simulation

"WALK IN THEIR SHOES"

OBJECTIVE

The "Walk in Their Shoes" poverty simulation activity aims to help children experience simulated scenarios of limited resources, inequality, and challenges faced by individuals living in poverty. By participating in this fun and interactive game, children will develop empathy, critical thinking, and a deeper understanding of poverty-related issues.



MATERIALS REQUIRED:

1. Different colored wristbands or stickers to represent different economic groups (e.g., green for high-income, yellow for middle-income, red for low-income, and blue for extremely low-income).
2. Several stations set up around the activity area, each representing different aspects of life, such as food, education, healthcare, housing, and employment.
3. Props and signs to represent various resources and challenges (e.g., play money, empty plates, schoolbooks, medical kits, and cardboard boxes for shelter).

Instructions —

1. Divide the children into different economic groups by giving them colored wristbands or stickers. Explain that each group will face different challenges based on their assigned economic status.
2. Set up the stations around the activity area, with each station representing a different aspect of life affected by poverty. For example:
 - a. Food Station: Provide limited food options and portion sizes to low-income groups, while high-income groups have access to a variety of nutritious meals.
 - b. Education Station: Low-income groups may have limited access to school supplies or face difficulties attending school, while high-income groups have all the necessary resources.
 - c. Healthcare Station: Low-income groups may have long waiting times or limited access to medical care, while high-income groups have prompt and comprehensive healthcare services.
 - d. Employment Station: Low-income groups may face limited job opportunities or lower-paying jobs, while high-income groups have more career options and higher salaries.
3. Instruct each group to rotate through the stations and experience the challenges and limitations faced by their assigned economic status. Encourage them to interact with the props and signs at each station to simulate real-life situations.
4. After the activity, gather all the children together for a group discussion. Ask them questions such as:
Q: How did you feel during the simulation? What challenges did you face?
Q: Did you notice any inequalities or disparities between the economic groups?
Q: What difficulties do people living in poverty encounter in their daily lives?
Q: How can we, as individuals and a community, work together to address poverty-related issues and create a more equitable society?

"WALK IN THEIR SHOES"



Outcome:

The "Walk in Their Shoes" poverty simulation activity will help children empathize with the difficulties faced by individuals living in poverty. It encourages critical thinking about poverty-related issues and promotes discussions on social justice, inequality, and the importance of supporting those in need. By experiencing these simulated scenarios, children will gain a deeper understanding of the impact of poverty and be inspired to take compassionate actions towards building a more inclusive and empathetic community.

Conclusion:

Congratulations on completing the "Sustainability Begins at Home: Teaching Our Children SDG 1 through Small Actions" handbook! Throughout this guide, we have explored the significance of Sustainable Development Goal 1 (SDG 1) - No Poverty, and discovered ways to inspire our children to take action in addressing poverty. Let's recap the key takeaways from our journey:

Understanding Poverty: We delved into the multidimensional aspects of poverty, recognizing that it extends beyond income and encompasses education, health, social inclusion, and environmental factors. Poverty eradication is essential for promoting human rights, socio-economic development, peace, and stability.

The Power of Small Actions: We learned that even small actions can make a difference. By engaging in activities, promoting empathy and compassion, and supporting local initiatives, we can contribute to poverty reduction efforts.

Interconnections with Other SDGs: We explored the interconnections between SDG 1 and other Sustainable Development Goals. Poverty is intertwined with hunger, health, education, gender equality, and more. Progress in SDG 1 positively influences the achievement of other goals.

Inspiring Examples: We were inspired by stories of individuals and communities who have combated poverty and successful initiatives in poverty reduction. Their experiences demonstrate the power of resilience, innovation, and collective action.

INSPIRATION FOR TAKING ACTION:

By applying the knowledge gained from this handbook, we can make a real difference in addressing poverty. Let us encourage our children to be empathetic, compassionate, and socially responsible individuals. Together, we can:

- 1. Raise Awareness:** Educate yourself and others about poverty-related issues, both locally and globally. Raising awareness creates empathy and builds support for meaningful change.
- 2. Volunteer and Support NGOs:** Contribute your time, skills, or resources to organizations working towards poverty alleviation. Many NGOs offer volunteering opportunities to make a direct impact.
- 3. Mentorship and Skill Sharing:** Offer mentorship or skill-sharing sessions to empower others in developing their potential and accessing better opportunities.
- 4. Sustainable Philanthropy:** Support initiatives that focus on sustainable development and long-term impact rather than quick fixes.
- 5. Advocate for Policy Change:** Advocate for policies that promote social justice, inclusivity, and poverty eradication. Engage with local and national leaders to push for positive change.

Remember, every action, no matter how small, contributes to the collective effort to end poverty and creating a more equitable world. Be inspired, take action, and make a lasting impact on the lives of others.

Additional Resources

RECOMMENDED BOOKS, FILMS, AND WEBSITES FOR FURTHER EXPLORATION OF SDG 3:

BOOKS

"The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care"
by T.R. Reid

"The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures"
by Anne Fadiman

"The Checklist Manifesto: How to Get Things Right"
by Atul Gawande

"Being Mortal: Medicine and What Matters in the End"
by Atul Gawande

FILMS

"Sicko" (2007) - A documentary by Michael Moore that examines the healthcare system in the United States and compares it to systems in other countries.

"The Waiting Room" (2012) - Takes viewers inside the emergency room of a public hospital in Oakland, California, highlighting the challenges of providing healthcare to underserved communities.

"Escape Fire: The Fight to Rescue American Healthcare" (2012) - Explores innovative approaches to healthcare and the need for systemic change.

"Born into Brothels: Calcutta's Red Light Kids" (2004) - While not directly related to healthcare, this documentary sheds light on the living conditions of marginalized communities in India and the challenges they face.

LEARN MORE HERE

World Health Organization (WHO): The official website of the WHO provides a wealth of information on global health issues, research, and initiatives.

Centers for Disease Control and Prevention (CDC): Offers resources on a wide range of health topics, including disease prevention and public health.

Global Health Observatory (GHO): Provides access to global health data and statistics, including information on specific diseases and health indicators.

Doctors Without Borders (Médecins Sans Frontières): Learn about the work of this humanitarian organization in providing medical care to populations in crisis around the world.

Now, it is time for us to take action.

Remember, sustainability begins at home, and our actions, no matter how small, have the power to create lasting change.

As we conclude this handbook, we invite you to explore other Sustainable Development Goals and continue your journey towards sustainability. Each goal is interconnected and contributes to creating a better world for present and future generations.

Thank you for joining us on this inspiring journey of teaching our children about SDG 3. Let's continue our efforts to foster a sustainable Bhava (consciousness) and contribute towards building a world where no one lives in poverty.

Take the knowledge gained here and make a difference.

Sustainable Bhava starts with us!

To learn more about sustainable living and other Sustainable Development Goals, visit sustainablebhava.org and continue your journey towards a more sustainable future. Let's create a world of equality, justice, and opportunity for all together

About Us

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Reach out to us:-



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