

# Good Health and Well-being

## Brianna Hischak

### INTRODUCTION

The 17 Sustainable Developmental goals is a project with a holistic approach to help address worldwide problems also known as the Global Goals. These goals are in action to end poverty, protect the planet, and provide peace and prosperity (United Nations Sustainable Development Goals, 2021).

Good Health and Well-being is the 3<sup>rd</sup> Sustainable goal created by the United Nation. It is in action "to ensure healthy lives and promote well-being for all at all ages" this is important in building thriving societies (United Nations Sustainable Development, 2020).

### SIGNIFICANCE

- Immunization is one of the most successful and cost-effective health interventions. While vaccination coverage among infants increased from 72% in 2000 to 86% in 2018, an estimated 19.4 million children did not receive the essential vaccines during the first year of life. In fact, since March 2020, routine childhood immunization services have been disrupted (United Nations Sustainable Development, 2020).
- In 2017, only around 1/3 to 1/2 of the population was covered by essential health services. If current trends continue, only 39% to 63% of the population will be covered by essential health services by 2030 (United Nations Sustainable Development, 2020).
- The under age 5 death rate decreased from 9.8 million deaths in 2000 to 5.4 million deaths in 2017 (United Nations, 2020).
- In 2018 an estimated 6.2 million children and adolescents under the age of 15 died, mostly from preventable causes and 5.3 million occurred in the first 5 years, with almost half of these in the first month of life (United Nations Sustainable Development Goals, 2021).

### POSITION STATEMENT

Good health and well-being reduces mortality rates and preventable illnesses worldwide by promoting health education and preventable measures to all ages.

### SUPPORT FOR POSITION

- Good health and well-being sustainable goal is in place to provide resources globally to promote health. A way this can be demonstrated is by providing education to the public on vaccines, communicable diseases and tobacco cessation (United Nations, 2020).
- Furthering education on prevention and development of illnesses and disease, such as staying up to date with the immunization regimen and avoiding substances that cause harm to the body. For example, tobacco, drugs, and alcohol. Providing education on guidelines to follow; in order to promote optimal health for all beings (United Nations, 2020).
- Some improvements that have been made globally due to this goal include progress against leading causes of death, increase in life expectancy and a decline in maternal mortality rates (United Nations Sustainable Development, 2020).
- Since the pandemic, the improvement these goals have made globally, recently declined. The World Health Organization has been leading the global effort to attack COVID-19. They shared the Strategic Preparedness and Response Plan that benefits everyone worldwide. It provides measures one should take to prepare and respond to the pandemic. Donations can also be made to the foundation to ensure that healthcare workers can get essential supplies and information they need and to accelerate research on vaccines and treatments (United Nations Sustainable Development Goals, 2021).

### IMPLICATIONS FOR PRACTICE

- Nurses will educate various populations on how to prevent spread and infection of illnesses such as COVID-19 and Tuberculosis (United Nations, 2020).
- Nurses will educate the public on the importance of receiving vaccinations. (United Nations, 2020).
- Nurses will provide education worldwide to aid smokers to cessation (United Nations, 2020).
- Nurses will provide frequent check ups for high-risk patients (United Nations, 2020).
- Nurses will care for patients in poverty areas where physicians or hospitals may not be available (United Nations Sustainable Development, 2020).
- Nurses will educate the population on the importance of hand hygiene as the number one preventable cause of infection (United Nations Sustainable Development Goals, 2021).
- Nurses will serve as role models to others in efforts to reduce stress and improve healthy lifestyles (United Nations, 2020).



Espinas, J. (2015).

### CONCLUSION

Good health and well-being is in place to ensure and promote health for all ages. Health worldwide is still a concern that is why this goal has been implemented to address this issue.

To approach this issue, it is necessary for society to work on reducing mortality rates and prevent illness. In order to do so, the nurse must frequently educate the public on how to live a healthier life. This education should include immunizations, frequent check ups, safe sex, substance abuse, smoking cessation, exercise and nutrition.

### REFERENCES

- Espinas, J. (2015). [Good Health and Well-being] [Photograph] Global Health Magazine.
- United Nations. (2020). *Ensure healthy lives and promote well-being for all at all ages*. <https://sdgs.un.org/goals/goal3>
- United Nations Development Programme. (2021). *Goal 3: Good health and well-being*. <https://www.undp.org/content/undp/en/home/sustainable-development-goals/goal-3-good-health-and-well-being.html>
- United Nations Sustainable Development. (2020). *Good health and well-being: Why it matters*. [https://www.un.org/sustainabledevelopment/wp-content/uploads/2017/03/3\\_Why-It-Matters-2020.pdf](https://www.un.org/sustainabledevelopment/wp-content/uploads/2017/03/3_Why-It-Matters-2020.pdf)
- United Nations Sustainable Development Goals. (2021). *Goal 3: ensure healthy lives and promote well-being for all at all ages*. <https://www.un.org/sustainabledevelopment/health/>