Good Health & Well-Being

By Alexandra Russo
Goal 3 aims to ensure healthy living and promote well-being for all at all ages.

There are 9 targets associated with SDG 3.

The targets encompass a wide range of health-related issues, from health insurance to traffic accidents to child mortality.

We’ll break the targets into 3 categories.
MATERNAL AND CHILD HEALTH
Women in developing nations are 14 times more likely to die during childbirth than women in developed nations.
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True
Family planning is becoming a widely used form of health care, even in rural areas.
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- True
- False

About 76% of married women visit a family planning center and are treated with modern methods.
Targets

• Target 1: Reduce global maternal mortality
• Target 2: End preventable deaths of newborns and children under 5 years
• Target 7: Ensure universal access to reproductive health-care services
Past Progress

• MDG 5 focused entirely on maternal health, and the progress made from 2000-2015 was tremendous!
• By 2015, maternal mortality was down by almost half
• Many more women have access to prenatal care, professional birth assistance, and other pregnancy necessities
Past Progress

Maternal Mortality Ratio (per 100,000 live births) in 1995 vs. 2015
Past Progress

- MDG 3 was dedicated to reducing child mortality
- From 1990-2015, death rate for children under 5 dropped by more than half
- Many of the prevented deaths were attributed to vaccines, especially measles vaccination
Maternal Health

- Each day, approximately 830 women die from preventable causes related to pregnancy and childbirth
- These deaths occur disproportionately in poor communities, areas in crisis, and undeveloped countries
- Risk is highest for girls under the age of 15
- Maternal death can be caused by many factors including untreated health problems, complications during birth, and lack of skilled physicians to provide prenatal care
Child Mortality

- Worldwide, more than 6 million children under the age of 5 die each year
  - Most of these deaths are due to preventable or treatable causes
  - Half of these deaths are due to poor nutrition

- Sub-Saharan Africa and Southeast Asia continue to have the highest child mortality rates
Family Planning

• Men and women may now have access to family planning strategies

• These facilities help to lower rates of unwanted pregnancies and to educate men and women about family matters
Combating Mortality

- Many NGOs are working to combat maternal and child mortality
- The Maternal and Newborn Improvement (MANI) Project works in Kenya with 3 major goals
  - Strengthen health systems to provide high quality maternal and newborn health services
  - Increase demand for services within the community
  - Fund innovative projects to deliver local solutions to local problems
Combating Mortality

- The MANI Project works to involve entire communities in education about vital services.
- The program has reached thousands of individuals in order to reduce maternal and child mortality.
DISEASE
Communicable and Non-Communicable
Pregnant women and the elderly make up a majority of malaria mortality victims

True  |  False
Pregnant women and the elderly make up a majority of malaria mortality victims.

Children under 5 accounted for \( \frac{2}{3} \) of all deaths caused by malaria in 2015.

True
Overdose is the primary risk for people who inject drugs regularly
Overdose is the primary risk for people who inject drugs regularly.

Though overdose is a leading cause of mortality among drug users, more die due to transmission of HIV and AIDS.
• Target 3: End the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases
• Target 4: Reduce mortality from non-communicable diseases and promote mental health
• Target 5: Strengthen the prevention and treatment of substance abuse
Past Progress

- MDG 6 focused on combating HIV/AIDS, malaria, and other diseases
- The number of new cases of HIV dropped from 3.5 million in 2000 to 1.1 million in 2015
- The number of people receiving antiretroviral therapy (ART) increased dramatically
- The malaria incidence rate has fallen by an estimated 37%
- More people have access to insecticide-treated nets
Communicable Diseases

- This category includes:
  - HIV/AIDS
  - Tuberculosis
  - Hepatitis
  - Malaria
  - Water-borne Diseases
  - Tropical Diseases
    - Dengue
    - Taeniasis/cysterciosis
    - Echinococcosis/hydatidosis
    - Buruli ulcer
 Communicable Diseases

• In 2015, there were roughly 214 million malaria cases and an estimated 438,000 malaria deaths
  →80-90% of these deaths were children under the age of 5

• Sub-Saharan Africa continues to show the greatest number of cases
  →88% of malaria cases
  →90% of malaria deaths
Communicable Diseases

- Many NGOs work to combat the spread of malaria
- Since 2000 the malaria incidence rate has fallen to about 214 million cases
- Malaria deaths are down an estimated 60%
Non-Communicable Diseases

- Non-communicable diseases include:
  - Cardiovascular disease
  - Cancer
  - Chronic lung diseases
  - Diabetes

- They account for 38 million deaths each year

- Some are caused by lifestyle choices such as
  - Smoking
  - Poor physical activity
  - Unhealthy eating
Non-Communicable Diseases

- The UN has just begun to recognize the need for mental health treatment
- Mental health has many implications for physical health, education, violence, and poverty
- The UN aims to create mental health treatment plans in all countries, increase use of mental health services, and decrease the number of global suicides
Substance Abuse

• Drug and alcohol use differs dramatically by region
  → This is due to cultural factors such as gender norms, religious practices, and traditional values

• People who inject drugs are at risk for certain diseases, including HIV and Hepatitis-C

• In 2012, 5.9% of global deaths were attributed to alcohol use
OTHER GOALS

Health Care, Road Accidents, & Hazardous Materials
The majority of motor vehicle deaths occur in high-income/highly developed countries

True False
The majority of motor vehicle deaths occur in high-income/highly developed countries

90% of motor vehicle deaths occur in low/middle income countries, though these hold only half of the world’s cars
Targets

- Target 6: Halve the number of global deaths and injuries from road traffic accidents
- Target 8: Achieve universal health coverage
- Target 9: Reduce the number of deaths and illnesses from hazardous chemicals and pollution/contamination
Traffic Accidents

• 1.25 million people die each year as a result of crashes
• This is partly due to the fact that the number of cars on the road is increasing rapidly
• Half of these deaths are people who are not operating a vehicle during the accident
• Organizations such as WHO and MADD work to combat road deaths through education
Chemical Hazards

• Each year, more than 300,000 people die due to chemical poisoning
• Often the chemicals leak into the soil from chemical waste plants or large factories
• People in poor communities or underdeveloped countries suffer disproportionately from chemical poisoning
Health Coverage

• It is hard to tell how many people have adequate access to health care and insurance
  → Some countries offer free health care but not everyone can access it

• Approximately 400 million people don’t have access to some important health service

• Lack of health services can push those who are in poverty to extreme poverty
THINGS MAY LOOK BAD, BUT WE’VE MADE A LOT OF PROGRESS!
A Case Study: HIV/AIDS
What are HIV and AIDS?

• The Human Immunodeficiency Virus (HIV) is a virus that attacks immune system cells and leaves the individual less able to fight infection and disease

• The body cannot destroy the virus, and so HIV is a lifelong disease

• No cure exists, though some medications are shown to help fight off infection and help the individual stay strong
What are HIV and AIDS?

- Without treatment, HIV can progress into Acquired Immunodeficiency Syndrome (AIDS).
- AIDS is the most advanced form of HIV and is marked by severe immune deficiencies.
- It may take up to 10 years for HIV to advance to AIDS, though in many cases it never reaches this stage.
The Picture in 1999

- At this time, HIV and AIDS were still new and not well understood
- Newly Infected with HIV: 5.4 million
- Number of People Living with HIV/AIDS: 34.3 million
  - Including 1.3 million children under 15
- Mortality from AIDS: 2.8 million
- Most affected regions: Sub-Saharan Africa & Southeast Asia
Because We Didn’t Understand It…

- Transmission of HIV continued to grow through the 90s and the early 2000s
Today

• We have a better understanding of the virus, how it is transmitted, and the populations that are at risk

• We’ve found medications that can help to alleviate symptoms and keep HIV from progressing to AIDS

→ These are called antiretroviral therapy (ART)

→ ART involves the combination of several different kinds of medications taken at once, known as a “drug cocktail”
Today

• In 2000, less than 3% of people with HIV received ART

Can you guess the percentage of people who received ART in 2015?
A. 5-10%
B. 30-35%
C. 40-45%
D. 80-85%
Today

• In 2000, less than 3% of people with HIV received ART

Can you guess the percentage of people who received ART in 2015?

C. 40-45% !!!
Thailand as a Template

• In 2000, Thailand became one of the first countries in the world to offer free antiretroviral medication to all pregnant women diagnosed with HIV, and screenings for the virus during pregnancy are also routine.

• Thailand's mother-to-child transmission rate fell from 10.3 percent in 2003 to 1.9 percent in 2015, according to WHO.
However...

- Thailand’s success does not necessarily reflect the rest of the globe
- Africa continues to have the greatest number of new cases and the greatest mortality ratio
We’re Still Working on It!

• We may not have stopped transmission of or mortality from HIV/AIDS, but it’s a great start!
We’re Still Working on It!

• New infections of children have fallen 50% since 2010
We’re Still Working on It!

- AIDS-related deaths peaked in 2005 and have been falling since
We’re Still Working on It!

- WHO partners with many NGOs in order to create education programs as a preventative measure