



## Good Health and Well-Being



*“By 2030, 193 Governments will ensure healthy lives and promote well-being for all at all ages by –*

- *reducing maternal mortality to less than 70 per 100,000 live births,*
- *reducing Under 5 Mortality Rates (U5MR) to under 25 per 1,000 live births,*
- *ending the epidemics of AIDS, TB and malaria,*
- *halving the number of global deaths and injuries from road traffic accidents,*
- *ensuring universal access to reproductive health-care services for family planning,*
- *achieving universal access to quality health-care +*
- *promoting mental health and well-being*

*... to ensure that all human beings can fulfil their potential in dignity, equality and healthy environment.”*

UN Sustainable Development Goal 3

**Good News:** Global Life Expectancy has risen to 71 years.

**Bad News:** 400 million people lack basic health care.



Promoting and maintaining health, both physical and mental, is one essential part of sustainable development, and is one of the areas of focus in which great progress has been made. Health and well-being are connected to other issues such as social equalities, climate action, urban development and economic growth. Good health allows people to attend school, work and focus their own action to achieving the global goals - it is crucial, therefore, that we work towards good health for all.

Since health is impacted by many factors, the UN's Agenda 2030 goals encompass a broad spectrum. Maternal and child

health is one major component of SDG3, as are eliminating communicable diseases, promoting sexual health, reducing illness from pollution and achieving access to basic healthcare for everyone, everywhere. Though this may seem like a very broad range of targets, the integrated nature of the causes and potential remedies for illnesses means these targets are far more achievable than we may think!



## Balance Sheet

### Achievements

81% of births from 2013-18 took place with a skilled professional present, an increase of 12% from the period 2006-12. [3]

21.7 million people are receiving antiviral treatment for HIV (2017).

Between 2000 and 2017, the mortality rate for tuberculosis fell by 42%. [3]

The mortality rate for children under 5 has fallen from 77 deaths per 1000 in 2000 to 39 per 1000 in 2017 - a drop of 49%. In the same period, the neonatal mortality rate also dropped by 41%.

In 2017, 116.2 million children were immunised against various infectious diseases. [3]

### Work Left to Do

Globally, at least 400 million people lack access to basic healthcare. The proportion of births in Sub-Saharan Africa attended by a health professional in 2013-18 was only 69%. [1]

Over 15 million are yet to receive treatment for HIV worldwide. [4]

In 2017 alone, over 550,000 cases of antibiotic-resistant tuberculosis were recorded, where the most effective frontline drugs were resisted.

Antibiotic resistance remains a growing problem for many bacterial diseases. [3]

However, in certain regions the mortality rates are far greater than the average. In Sub-Saharan Africa, despite a sharp decrease, the under 5 mortality rate remained at over 70 per 1000 in 2017.

Coverage is often incomplete, meaning certain diseases still occur: between 2015 and 2017, the proportion of children receiving the DTP3 vaccine did not increase. [3]



## Achievements

In 2017, the incidence rate of HIV fell to 0.40 new cases per 1000 adults (aged 15-49 years). From 2010 to 2017, Sub-Saharan Africa saw the greatest decline in incidence rates, **with a decline of 37%**. [3]

The incidence rate of malaria infections **declined by 18%** between 2010 and 2015. [3], [8]

In 2018, **190 nations** sent reports to the WHO explaining how well prepared they are to respond to health emergencies. These showed progress has been made in all aspects, including detection and response. [3]

Though significant differences remain, say between Europe and Africa, life expectancy has more than doubled in every world region. Globally, the average since 1770 has **risen from 29 years to 71 years**. [5]

Some serious diseases still kill many thousands of people every year; in the 21 months of the 2014 ebola outbreak, over 11 thousand people in West Africa died. [7]

## Work Left to Do

Progress is not rapid enough to meet the 2030 target of preventing 21 million AIDS-related deaths. In some regions, such as Europe, the HIV incidence rate increased from 2010-17. [3]

From 2015-17, no further progress was made in reducing malaria incidence rates. In 2017 alone, 435,000 people died from malaria. [3], [8]

From 2013-18, 40% of countries have fewer than 10 doctors per 10,000 people. Regions with the greatest disease burdens also tend to have the fewest health professionals. [3]

Life expectancies in Africa are still around 20 years less than European ones, and life expectancy in Africa did not begin to increase until the 1920s, around half a century after Europe. [5]

Many serious diseases, however, are being eliminated via vaccination and public health programmes. The number of deaths due to malaria worldwide has nearly halved from around 800,000 in 2000 to 438,000 in 2015. Though in the 1950s there were over 50 million estimated cases, smallpox was declared eradicated in 1980. [9]



## Sources

1. [UNDP - SDG3](#)
2. [SDG Knowledge Platform - Goal 3](#)
3. [SDGs Report 2019 - Section 3](#)
4. [UNAIDS - Fast-Track Report](#)
5. [Our World in Data - Life Expectancy](#)
6. [The 2030 Agenda](#)
7. [Mapping the ebola outbreak \(BBC\)](#)
8. [Our World in Data - Malaria](#)
9. [WHO Smallpox](#)

## Points to Ponder

- Malaria still kills millions – but it's confusing, isn't it? Some places are malaria free; others are malaria zones – but the bed nets seem a bit rudimentary. Shouldn't we prioritize getting a global vaccine against malaria – or wipe out all the mosquitoes that carry the disease? What would you do?
- Which are more important? – more doctors or more hospitals?
- Elderly care is very expensive in OECD countries: How would you deal with the challenge of an aging population?
- What more can we do to **prevent** disease – rather than just **cure** them?

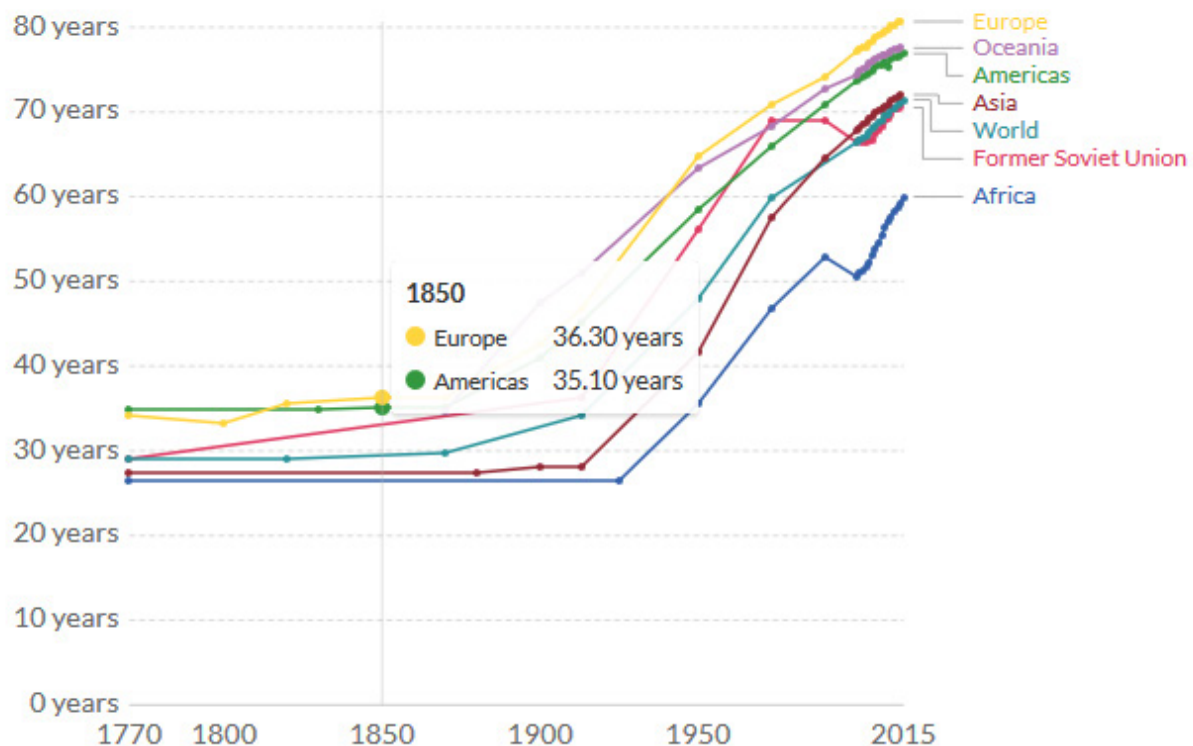


## Take Action

- Check out your local healthcare facilities: how good is your local hospital (if you have one)? If there are several close to you, which is the best? How good are your local doctors / nurses? How well-stocked is your local pharmacy? How long is the wait time in the Emergency room. Etc. etc. Find out these details for, one day, your life may depend on it.
- Check that you have had all the vaccinations you need; if you've missed one – get it done right away;
- Make a check-list of your daily personal hygiene and nutrition tips: keep an eye on all your health indicators – weight, temperature, waist size etc.

Life expectancy globally and by world regions since 1770

Our World  
in Data



Source: Life expectancy – James Riley for data 1990 and earlier; WHO and World Bank for later data (by Max Roser)  
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