



Sustainable Development Goal 3: Good health and well-being

Goal 3 aims to ensure healthy lives and promote well-being for all, at all ages. Health and well-being are important at every stage of one's life, starting from the beginning. This goal addresses all major health priorities: reproductive, maternal, newborn, child and adolescent health; communicable and non-communicable diseases; universal health coverage; and access for all to safe, effective, quality and affordable medicines and vaccines.

SDG 3 aims to prevent needless suffering from preventable diseases and premature death by focusing on key targets that boost the health of a country's overall population. Regions with the highest burden of disease and neglected population groups and regions are priority areas. Goal 3 also calls for deeper investments in research and development, health financing and health risk reduction and management.

Among the key challenges to achieving SDG 3 are four critical concerns: the problem of health funding in terms of both amounts and patterns; the poorly regulated and growing role of private parties taking multiple forms; the intersectional nature of inequality and the limitations of many current approaches to UHC focusing only or largely on economic inequality; and the challenge of the conservative religious opposition to women's human rights, and to sexual and reproductive health and rights generally.

SDG 3 represents some forward movement, but these four challenges must be tackled if "healthy lives and well-being for all at all ages" are indeed to be achieved. Yet, health may be on the back-foot yet again if the failed efforts to make the FENSA agreement stronger with regard to relationships with non-UN partners, particularly in the corporate sector is anything to go by.

Things to do:

- ✓ Find a Goal 3 charity you want to support. Any donation, big or small, can make a difference!
- ✓ Place yourself on the organ and tissue donors' registry in your country.
- ✓ Vaccinate yourself and your kids. Protecting your family from disease also aids public health.
- ✓ Donate your blood. Safe blood saves lives! ¹

¹ <https://sdgs.un.org/goals/goal3>
<https://sdgcompass.org/sdgs/sdg-3/#:~:text=Partner%20with%20health%20care%20NGOs,care%20for%20low%20income%20populations>
<https://www.globalgoals.org/goals/3-good-health-and-well-being/>