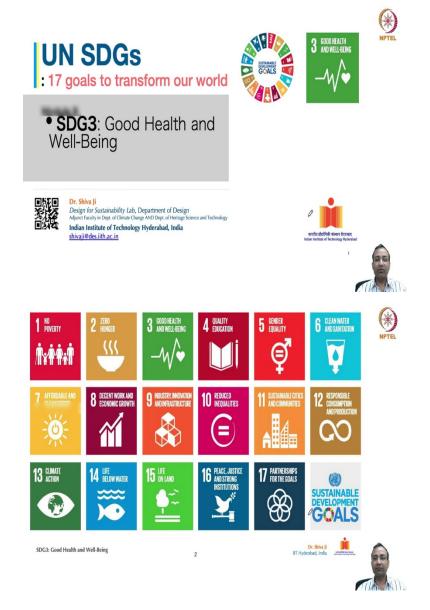
UN SDGs: 17 Goals to Transform Our World Professor. Dr. Shiva Ji Department of Design Indian Institute of Technology Hyderabad SDG3: Good Health and Well-Being Part 1

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Hello everyone, welcome you all of this course, United Nations Sustainable Development Goals. In this module, we are going to discuss SDG3 that is good health and Well-Being.

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So, we saw we began at eradicating poverty and then eradicating hunger. And then the third most important thing comes that is about Good Health and Well-Being. So, let us see some facts, an additional 18 million health workers are needed primarily in low and lower middle-income countries to achieve universal health coverage by 2030, 18 million, 180 lakhs, well why this matters. So, if you see like, there are no basic 3 needs this has been a long like a propagation in all the cultures in all the countries it is like a given that any person requires food, clothing, and shelter.

So, in this one, if you see food, clothing, shelter, they are the basic necessities and after this definitely it is like a good health, good physical health, good mental health. So, that no one can perform or live their life at least, like happily otherwise, if there are like a health issues, if medical conditions, some kind of disease, and that is a very troublesome life, depending upon the scale and extent of it, no one experiences the gravity of it. But why it matters, let us see. What is the goal with this SDG? To ensure healthy lives and promote well-being for all at all ages.

So it covers all the humans at all the ages, wherever they are? Well, why ensuring healthy lives and promoting well-being is important to building prosperous societies. If one is not able to maintain a good health, one cannot concentrate on any other work, whether it is learning, work, personal life, family life, social life, any of these things even it may challenge you to do your own routine activities. Also, if the like a situation is like that? So, at least it

handles in some way or the other. However, the COVID 19 pandemic has demonstrated health systems globally and threatens already achieved health outcomes.

Another problem like, whatever was achieved in all of these years and decades he is getting like a challenge by COVID-19 and like its impacts. Most countries, especially poor countries have insufficient health facilities, medical supplies and health care workers, for the search in demand. The pandemic has shown that in rich and poor countries alike, a health emergency can push people into bankruptcy or poverty.

So, irrespective of your position and place if you are attacked by like any health-related issues you are going to experience a similar kind of situation, similar kind of challenges, whether at personal level, family level, social level, occupational or any levels. So it does not matter where you come from when the virus like a COVID-19 actually stuck people from most of the countries, but perhaps in all of the countries in all of their other corners of the world they got impacted somehow other even health wise also.

So, in the last 3, 4, whatever like surges have happened in depending upon the country most of the people have experienced in their own family if not in family, then at least in the neighbours. So, the potential of like such damages such catastrophes is experienced the world has seen an of a like such a medical emergency if it arises.

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Concerted efforts are required to achieve universal health coverage and sustainable financing health, because there should be like a financing otherwise how are you going to like a fund all

of those efforts, I know like things. Address the growing burden of zoonotic and non-communicable diseases, tackle antimicrobial resistance, environmental factors contributing to ill health, etcetera. So, if you see that there maybe like a types of like a diseases.

So, one mentioned it is found over here like a non-communicable zoonotic antimicrobial resistance like, you may be aware of like a super bugs and also some of the like these microbes and they are getting resistant to the antibiotics and now they are termed as like a superbugs. So, they can you cannot kill them even with the present set of medicines. So, what goes next if they become resistant to it, if they develops resistant like abilities power, then how do you tackle them? So, It will become a problem gets squired, you have to look for a totally different means.

So, one of the best means is to stop contracting like those kinds of like agents at all. And so, if you are able to do that definitely a great number of like lives can be saved or like such situations can be saved. Well, what progress has been made so far? Progress in many health areas, such as in reducing maternal and child mortality, like we have seen in the previous lectures how over the years mortality and like, infants like death and all of those things are gradually coming down.

Well, it has not come to the 0 yet, but yeah, there is a progress there is like a come like some hardening like a situation that yes, there are some proof that it can be controlled and gradually world is able to bring that number down, and I am sure like in the coming years and few decades, I am sure like we will be having a good command over it in increasing coverage of immunization.

Immunization is another like a man-made like a strategy where we increase like our bodily abilities this immunization this ability by immunization is like a process you may be aware of mostly it is given by like these syringes across the world since the childhood only like we have experienced or several types of like, vaccinations given like cholera, TB hepatitis like a malaria and there are several through which one can to save like even flu.

So, these like, antibodies are already kind of in like a by these vaccines are given in the human body. So, whenever the main virus bacteria, if you come in the contract of that, there is a good chance that your body is going to like a fight it nicely and you will come over recover very easily. So, there will not be much of impact or the first place you may not be able to get that disease also that kind of abilities.

So, when there are 8 billion people across the world is a very difficult challenge to help everyone with this immunization, well in India itself, we can talk about our own country for the last several like decades polio eradication for particularly you may be aware once or twice a year like on the typical Sundays this drive is happening for a long time now, and well, it is a kind of good news and all that this like a polio related cases have that have come down drastically, and there are very few cases I think found and in an interval of like few years.

So, I am sure in few years like a time this virus will get eradicated completely. Introducing some infectious like diseases continues, but the rate of improvement has slowed down, because of the COVID especially during COVID-19, which is overwhelming the health system globally. Well COVID-19 has actually really tested the health system of the like a countries and the whole world like, how efficient it can be and what are they like a helps and what are the like a support needed to strengthen our health like support system in case of rolling as such like emergencies, health outcomes already achieved.

How can we achieve like these targets then the next point comes. Ensuring healthy lives first of all, because you yourself can take care of your health, because you yourself a carry like this responsibility and your own like a capacity like you can handle on your own like a lot of like these diseases which are happening in this time in this particular like recent decades are mostly life cycle, lifestyle like a beast like or hypertension like diabetes like, other like heart related issues digestion related like issues on obesity all of these things, if you see, these are lifestyle based like diseases.

So, earlier, like older times, and modern times, So, this is the difference like older times diseases patterns, if you see, there used to be like a cholera attack like a plague all of those kinds of things, but nowadays mostly like this, except this COVID like incident which happened in like a once in a blue moon. But mostly I think people are suffering with like lifestyle like these diseases. So this is where this first point comes, like how can we achieve this target first of all, individually ourselves, ensuring healthy lives and that control we have what we are eating and what we are doing.

So all of those things all requires a strong commitment, but the benefits outweigh the cost Healthy People are the foundation for healthy economies. Obviously, if you are healthy enough, you will be able to contribute. Immunization is one of the world's most successful and cost-effective health interventions. Why vaccination coverage among infants increased

from 72 percent in the year 2000 to 86 percent in year 2018. So, that is a good like increase. So, at least we see now the world is in almost like 86 percent kids by in the year 2018 were vaccinated.

So, rest 14 percent the target is to bring them also in the fold 19.4 million children did not receive the essential vaccines during the first year of life 19.4 million. In fact, since March 20, routine Childhood Immunization service has been disrupted on a scale not seen since the inception of the expanded programme on immunization in the 1970s, of course because of like a pandemic, a huge disruption, does anyone have access to health care. In 2017, only around one-third to half of the global population was covered by essential health services one-third to half that means, rest of the half or perhaps three-forth two-third may not be having like access to essential health services.

If current trends continue only 39 percent to 63 percent of the global population will be covered by essential health services by 2030. So, it is estimated with all of these efforts also, it may reach up to 39 to 63 percent. That means even if the best of their efforts, it looks like at least one-third or more than little more than one-third of our population is not going to get like a covered, COVID-19 crisis has disrupted essential health services around the world, some services have been suspended to free up resources for COVID-19.

You maybe like aware, there was a tremendous pressure on the health like a system and majority of the like a regular like health services were converted into the COVID care facilities. Patients and to reduce the risk of transmission if universal health coverages is to become a reality by 2030 growth in the provision and use of essential health services must greatly accelerate.

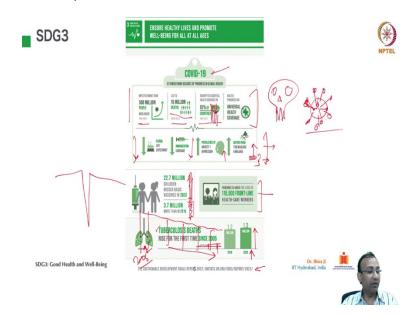
Well, what can we do in this situation, you can start by promoting and protecting your own health first of all take care of yourself and the health of those around you and your family, friends, peers by making well-informed choices, this is a very important part even though we are aware of like most of the things what is good for our health or not, but in practice it gets usually neglected.

So, that negligence one has to take care of. Practising safe sex, vaccinating your children, because even if these kind of like regions if you see are responsible for spread of like a HIV virus and vaccinating your kids like a lot of newly born kids die in the first year of your birth, and just few months of their birth through that percent is even higher.

So those can be avoided by availing like a good informed like a decision and reaching out to the like a nearest healthcare facilities, or contracting, or contacting or maybe health professional. You can raise awareness in your community about the importance of good health, healthy lifestyles, as well as people's right to quality health care services, especially for the most vulnerable, such as women and children.

We have discussed earlier, what are the arrangements made? And definitely it is bearing fruit, but yes, still, there is no room to improve. You can also hold your government, local leaders and other decision makers accountable to their commitments to improve people's access to health and healthcare. Well, you can search here for more details.

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Yeah, so let us see some figures related to COVID-19. Well, COVID 19 has infected more than 500 million people worldwide. Well, this is the data from mid-2022, 500 million. That is a huge, huge number led to 15 million deaths, I think in the very long like years like a such kind of pandemic or perhaps the first time in the I think the world's history human history first time such a pandemic has happened, which has touched the every corner every country every like a place on this earth of the human habitation and somebody or the other have fallen sick or someone known has died.

So, such is the extent because I remember when, and the last like 100 years ago and the Spanish Flu actually stuck like a huge number of like a deaths have occurred even many fold then what pandemic COVID has actually caused, but the spread was limited to like a certain

like a places perhaps not entire like all of the world? So, what if that has spread across the world even the toll was going to be much higher.

So, in the last 100 years like, so, much of health facilities have improved now, we are well aware of like, what are the diseases, what are the root causes how to treat them medication facilities vaccinations, all of this. So, COVID itself, if you see, and all these vaccinations were kind of brought in a very short period of time and in less than a year period, or under like a 2 years period, and a huge number of like mass production, started taking place and people started like getting vaccinated.

So, that is a great achievement in itself, well, that was a kind of impossible like a few decades back, but now with the current state of like a technology and like things we are able to do this. So, that is like one good side of it. Well, it disrupted essential health services in 92 percent of the countries end up 2021. 92 percent of the country's essential health services were disrupted.

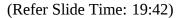
So, such was the like the extent of like this thing, you can just imagine how bad this has been this Coronavirus typically it is like represented like this because it has like these bulbous like a structures crowns on its body that is how it looks like in like a Corona that is why it is named as a Corona. Halted progress on universal health coverage. And some more things like impact global life expectancy has really come down immunization coverage has come down.

Well, prevalence of anxiety and depression has actually rising more number of people are getting psychologically psychically like affected and all that deaths from TB and Malaria like all of these has also rising because if somebody's having a co-morbid kind of like a situation, it was proven that it is even more Fatal for those kinds of people.

So, people with like lesser immunities, people with comorbidities, and some other complications they have their percentage of like, deaths is even higher. Further 22.7 million children missed basic vaccines in 2020. So, that is a huge like a number 3.7 million more than in 2019. So, all of the efforts if you see, which are coming from the last several years got like a major dip like a during this period, pandemic claimed the lives of 1,15,000 frontline health workers.

This is as per the UN's record from the year 2022, you can see the source and time, it may have been like little more, because we are in the year now, 2023, early 2023, tuberculosis

deaths rise for the first time since 2005. So, you see, the tuberculosis is a pulmonological like a condition as a disease because of this tuberculosis this virus and well so, the data suggesting like, this has been decreasing over the years, but suddenly in the year 2020, because of like a COVID-19, this has rising for the first time in all of these years since 2005. So, if this is the year 2005. And this has been declining every year, gradually, suddenly it has gone up. So, this is the impact being one, can you like realize.

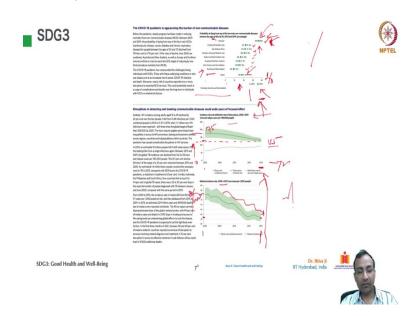




So, what it says is that ensure healthy lives and promote well-being for all at all ages, that is the motto of this SDG 3, you can see like some picture over here. This is from Ethiopia. this lady she is receiving COVID-19 vaccinations. He is the health worker. And people are in mask. You can see this has been the kind of prevalent strategy, very effective strategy, though yeah, here in this figure, we have cumulative number of reported COVID 19 deaths as of 8 June 2021.

So, Europe and Northern America is leading in that number. Then we have Latin America and Caribbean, then central and southern Asia. And then Northern Africa, Western Asia, Eastern and Southern Asia, and then Sub-Saharan Africa. Maybe, for the latest data, you can check WHOs like a website.

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Probability of dying from any of the four main non-communicable diseases between the age of 30 and 70. The data is from 2010 and 2019, percentage wise, light green, then dark green 2019. So, here, if you see, this is the percentage given 0 to 40, and in this one, we can see like this range, well, the worlds average 17.8. And, yes, the lighter one 2010, this has been 19.9. So, effectively, if we see, this has come down a little bit. So, it is a kind of improvement. And I see that improvement is very slight here in the case of Oceania. And central and southern Asia.

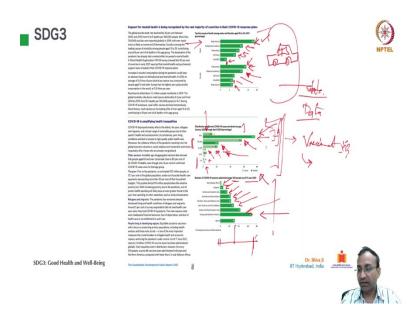
Well, almost everywhere it has improved that is nice. Excluding Australia and New Zealand, I think Austria, because Australia, New Zealand is given here separately. Fine but overall, if you see in the Oceania, this percentage is like, a much higher compared to the rest of the world. This has like a reached 36.5 from earlier 36.6. So that is the most impacted like the region. And then the lowest, I think, among all of these is Australia and New Zealand, and that is why it is like bifurcated. But it is really very contrasting that the two countries like these two have the lowest and the others, together, they have the highest, the rest of the world is in the middle.

Then we have here, incidence rate and notification rate of tuberculosis, between these 2 years 2000 to 2019, new and relapse cases per 1,00,000 people. So, this is the year and here we have number of analogue cases, per 1,00,000 people. So, beginning 0 to up to 250, I see this dark pioneer or somewhere in the middle 175. It looks like 175 here, and this has drawn

perhaps to this range here less than 150, maybe 125, close to 125. Well, I am not sure it is not the exact number, maybe we need that exact figure from the table.

But yes, this has declined. Yes, till 2019 that is why like the dip of COVID is not shown over here otherwise there will be a sudden like a spike. Malaria incidence rates between these 2 years, cases per 1000 people. So, if you see, that is the happy side, gradually it is declining. And 2019 this has been close to here line and 2000 it used to be at 80 per 1000 people.

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Further we have top 5 causes of death among males and females is 15 to 29 as per year 2019. So, the highest including both the genders is road injuries. So, the biggest culprit are the transportation like related like the deaths? And then interpersonal violence. Second is tuberculosis if you see here in the male cities, it is divided into males and females. So, the first one is in the males, it is like a road injuries.

It is very laughable, but ironic and directly relatable like a region also I think most of us can relate these like a casual driving and like risk taking what happens usually on the road is the biggest like a toll maker if you see these roads injuries, I think this should be an eye opener for all of the like, men boys walking and driving on the street, then interpersonal violence tuberculosis, self-harm and HIV in the females, this is tuberculosis, that is the biggest killer and then maternal conditions like pregnancy birthing related in like issues then self-harm comes thirst third and then HIV and then road injuries.

So, at least in the 5 road injuries is the least for women, but in women this aids wala thing is like a higher than the male counterparts if you see is close to double 6.9 and 3.6. So, well, why these kinds of stats are like essential somebody might like ask well, this is why it is essential. Now what are the main causes and up to the extent of it the quantum also like, for the like deaths of the people responsible gender-wise also, year-wise is also even country-wise also even state-wise also.

So as a policy maker or even as like individual person, now what to take care of, that is why it is essential this data statistics are the most essential things, because whatever the first you are putting it, what default you are going to put in and where and to what extent how do this is why coming to the next we have distribution of reported COVID 19 cases and deaths by age, January 2020 through April 21 percentage. So, 65 plus age group, if you see that has the highest like a death among like this group, even though they have contracted lesser if you see 13. 9 percent, but out of that 76.4 percent have died.

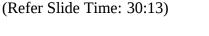
So, that is the mortality rate after contracting the COVID-19 for the elderly people, senior citizens above 65 years of age, that is why this has been even like a crucial to save like people forming like this category our elderly people, then in this if you see is 30 to 64, contraction contracting, I think the 57.2 percent and out of that 22.9 have like a died 15 to 29 this ratio, if you see is gradually like decreasing very sharply, here 57.2 to 22.9, here it is 21.7 to 0.6.

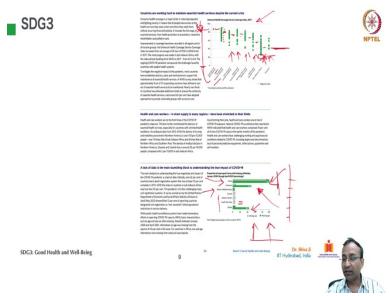
So, that means young adults or youngsters they are very much relatively safe or even if they are, they are contracting like this virus COVID-19, it is very like a small chance that they may end up dying. But this is very crucial. So that is why like, if you remember when vaccines vaccination programme started for like a COVID-19 in India. So the first like, the setup like a doses were given to the elderly and people with comorbidity like the conditions.

This was the region like one, if you are questioning, if you want to know why this happened, this is why it happened. Because this was like the most vulnerable group. And that group was actually like a given the shots first. And for under 5, age 1.6 percent is only contracted and out of that only 0.1 percentage of like, under 5 age ka kids they died. So this is the extent each group wise. Now we have a number of COVID-19 vaccines administered per 100 people as of 17, June 2021.

Well, it is a relatively bit older data. But yes, even collecting data also is a mammoth task but yeah, we can understand, well, the highest we have with Europe and Northern America, as

expected, then Eastern and South-eastern Asia, like Korea's and Japan and all of them in Latin America and the Caribbean's then we have another in Africa, Western Asia. The Western nation parts on our left side, then Australia, New Zealand, then central and southern Asia, then comes Oceania and then Sub Saharan Africa. And the world's average stands at 31. So, this is the extent of like a vaccines per 100 people so, you can call it as a percentage also.





Then we have universal health coverage service service coverage index as per year 2017. So, in this one well regional mean is given here by this like a light green like a lines it is here and here. So, we see this one is here, and I think the highest Australia and New Zealand this is the universal health coverage like. So, this index is very high in case often like these 2 countries is about 80, I think close to 80, 86, 87, 88, something like that 86 perhaps maybe you can check exit number then Europe and Northern America different countries that is why there are so many like these circles and mean is here. And then mean is also I think at 80.

So, that means like 80 you can call like a percentage our regular recovered and then Latin America close to 75, 76 then we have eastern and southern eastern Asia then Northern Africa, Central Southern Asia Sub Saharan and Oceania. So, Oceania has the lowest mean here and then it is Sub Saharan Africa in Sub Saharan Africa you can see some however is this is the lowest among all across the world. Here we have proportion of cases reported report forms with missing attributes January 2020 through April 21.

So like not all of the data like the entries are filled and also what happens usually we also feel like in like a careless while filling in any search forms, but collectively if you see crores and crores of people filling in like those kinds of forms and if they are filling it incorrectly, or they are not filling it completely that means it will end up giving like wrong or not valid like results or maybe like, the chances of error is going to be very high. So giving up like a proper and full information is good for everybody.

So, you can see here the percentage is very high 99.3, 99.6 missing sex, missing age that information is not given in Africa, above 99 percent. In America's missing age ka data is the highest 50.5 of people do not want to reveal their age and very few people have kind of not given like the sex related gender related and like a data that is 2.5 percent only. Eastern Mediterranean 5.4, 6.3 then Europe Western, Pacific Southeast Asia 0 and 0.2. Global missing is data 44.2 and gender related 8.