



We all deserve to be healthy and able to achieve what we need in our lives. However, to ensure the health of everyone, we also need to address gaps in services, treatment and coverage for vulnerable populations too. We can do this by developing strategies to positively impact the mortality rates of mothers, children, substance users, the extremely poor and other minority groups who have difficulty addressing their health needs. Additionally, this goal seeks to improve access to universal health care, access to affordable medicines and sexual and reproductive health care services for everyone. Through improved access to health care around the world, strong research, health finance and early warning systems, we can address and reduce epidemics such as malaria, HIV/AIDS, mental health and cancer. We can measure how we're doing by looking at population mortality rates to see if the number of new cases or the number of people dying changes through intervention programs.

GOAL 3: GOOD HEALTH AND WELL-BEING
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GOOD HEALTH AND WELL-BEING...?
WHAT DOES THAT REALLY MEAN...?

IT MEANS THINGS LIKE THIS:

- 1. A SAFE AND HEALTHY BIRTH FOR MOTHER AND CHILD**
CHILD BIRTH CAN BE PRETTY DANGEROUS! WITH PROFESSIONAL SUPPORT THE RISK OF DEATH OR COMPLICATIONS IS MINIMIZED.
- 2. LIVING THROUGH EARLY CHILDHOOD**
CHILDREN UNDER THE AGE OF FIVE ARE ESPECIALLY VULNERABLE. THEIR HEALTH CAN BE STRENGTHENED BY VACCINATIONS AND PROPER FOOD.
- 3. PROTECTION FROM PREVENTABLE DISEASES**
EPIDEMICS CAN BE PREVENTED AND MANAGED. PEOPLE WHO CONTRACT A CONTAGIOUS DISEASE MUST GET QUALITY TREATMENT.
- 4. FREEDOM FROM ADDICTION**
EDUCATE PEOPLE ABOUT ADDICTION AND PROVIDE TREATMENT FOR AFFECTED PEOPLE.
- 5. KNOWING YOUR BODY AND RIGHTS**
IMPROVE INFORMATION ABOUT - AND ACCESS TO - SERVICES RELATED TO SEXUAL AND REPRODUCTIVE HEALTH.
- 6. ACCESS TO HEALTH CARE**
PROVIDE ACCESS TO ESSENTIAL HEALTHCARE SERVICES, MEDICINES AND VACCINATION FOR ALL.

Find this cartoon and other lesson resources at: <https://worldslargestlesson.globalgoals.org/global-goals/good-health/>





GOAL 3: Good Health & Well-being



ONLINE RESOURCES
FOR TEACHING THE
SUSTAINABLE DEVELOPMENT GOALS
FROM HOME

Learn the Facts:

Access the following fact sheet, and share with your children for information about this goal: https://www.un.org/sustainabledevelopment/wp-content/uploads/2017/03/ENGLISH_Why_it_Matters_Goal_3_Health.pdf

What could I do to teach my child about this goal?

For your child in elementary:

Use the link below to the World's Largest Lesson on A Healthy Start for children aged 8-11. By the end of the lesson your child should be able to determine what is considered good health, find ways to practice good health and explore the importance of looking after yourself. Access the lesson [HERE](#).

Link: http://cdn.worldslargestlesson.globalgoals.org/2016/06/20-A-Healthy-Start_HR-.pdf

For your child in middle years:

Interested in connecting what we eat to our health? Try this lesson about how Every Plate Tells A Story, and help your child learn about the sustainability of what they eat, and how it affects their health. This lesson is for children aged 9-14.

Link: <https://c15a759148e3465cc1e0-b5c37212e1d32204235caf5298e9144a.ssl.cf5.rackcdn.com/2017/07/Every-Plate-Tells-A-Story-PP-May-181.pdf>

For your child in high school:

The Centre for Addiction and Mental Health offers many online courses, including one on Youth and Mental Health 101. This youth mental health tutorial provides a general overview of mental health. The goals of this tutorial are to provide young people with information about mental health challenges, to encourage young people to start a conversation about mental health with others in their lives and to reach out for support if they are struggling.

Link: <https://moodle8.camhx.ca/moodle/course/view.php?id=13>

Looking for more information on the Sustainable Development Goals?

Read more in our free, downloadable guide, [Sustainable Foundations: A Guide for Teaching the Sustainable Development Goals](#), which is also [available in French](#).

