

SUSTAINABLE DEVELOPMENT GOAL #3: GOOD HEALTH AND WELL-BEING

3 GOOD HEALTH
AND WELL-BEING



What are the Global Goals for Sustainable Development?

The Sustainable Development Goals (SDGs) or Global Goals are 17 goals defined by the United Nations to deal with the world's biggest problems by 2030. The aim is to make efforts towards ensuring that people around the world live better, without damaging the planet.

This is Goal 3:

ensure healthy lives and promote well-being for all at all ages.

The situation around the world

Every year more than six million children still die before they are five, and only half of all women in developing regions have access to the healthcare they need. Epidemics like HIV/AIDS cannot easily be stopped where fear and discrimination limit people's ability to receive the services they need to live healthy and productive lives.

The targets

This Goal brings together a range of targets aimed at improving overall global health by 2030, such as: reducing maternal mortality, ending preventable child deaths, reducing death and injury from road traffic accidents and improving access to healthcare, medicines and vaccines.

To achieve Goal 3, the States have agreed to:

- ▶ reduce the number of mothers who die giving birth to their children
- ▶ prevent the deaths of children under five years old
- ▶ end epidemics such as HIV/AIDS and other diseases such as tuberculosis and malaria
- ▶ educate people on prevention and the abuse of drugs and alcohol as well as on mental health issues
- ▶ ensure that everyone enjoys the right to good health, which includes high quality medical care, and accessible and affordable medicines
- ▶ halve¹ global deaths and injuries from road traffic accidents
- ▶ substantially reduce the number of deaths and illnesses from hazardous² chemicals and air, water, and soil pollution and contamination.

Is it worth it?

If we don't do anything, millions of children will continue to die from preventable diseases, women will die in pregnancy and childbirth, and healthcare costs will continue to plunge³ millions of people into poverty.

GLOSSARY

1. halve: dimezzare
2. hazardous: pericolosi (per la salute), velenosi
3. plunge: far precipitare

1 **LEAD IN** In pairs, discuss what 'good health' means. Decide on a definition and share it with the class.

2 **178** Listen and read the text and tick the aims below included in Goal 3.

- 1 freedom from addiction ☐
- 2 support for research ☐
- 3 living through early childhood ☐
- 4 knowing your body and rights ☐
- 5 protection from preventable diseases ☐
- 6 access to universal healthcare ☐
- 7 everyone's need of sanitation ☐

3 **TOWARDS INVALSI** Read the text again and answer the questions. Use no more than four words.

- 1 What do the SDGs deal with?

- 2 When do the UN hope to achieve the goals by?

- 3 According to the text, how many children die under the age of 5 every year?

- 4 Name two things that prevent epidemics from being stopped.

- 5 Which two substances does goals 3 aim to educate people about the abuse of?

4 **179** **TOWARDS INVALSI** Listen and match the interviewer's answers (1–5 in the audio) to the questions below (A–F). There is one extra question.

Poverty and Poor Health

- A How do disease and infection affect economic growth? ☐
- B Which infectious diseases are the main killers worldwide? ☐
- C What links poverty and poor health? ☐
- D What are you doing to help? ☐
- E How has the global community responded? ☐
- F Which are the most deadly non-communicable illnesses worldwide? ☐

FOCUS ON 21ST CENTURY SKILLS

5 Look at the 17 Global Goals below. Which goals do you think are the most important for children and young people? In small groups, list the first five goals in order of priority. Give reasons for your choice. Then, share your list with the class.

CRITICAL THINKING

Critical thinking involves thinking clearly and rationally, and making logical connections between ideas. Good critical thinkers are able to stay objective. They stay focused on their goal and don't allow their personal emotions (or those of others) to affect their judgement.



FOCUS ON COMPETENCES

6 In pairs, go online and find out more about the goal you choose as the most important in Exercise 5. Read the different targets and think about what actions can be taken to achieve them (either by the governments or individual citizens). Then make a poster and present it to the class.