

UN SDGs: 17 Goals to Transform Our World

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SDG3: Good Health and Well-Being Part 2

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Indicators to measure SDG3 in Mozambique, stratified by equity, gender and national average inequality score

SDG3: Good Health and Well-Being

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SDG3

Support for mental health is being recognized by the vast majority of countries in their COVID-19 response plans

The global mental health care workforce is 50 per cent below 2000 and 2015, leaving 1.6 billion people without access to mental health services. This is a global crisis that needs to be addressed. The WHO has called for a global mental health workforce strategy to address this crisis. The strategy should focus on training and supporting mental health workers, particularly in low-income countries. The strategy should also focus on integrating mental health into primary care and other health services. The strategy should also focus on strengthening mental health systems and services. The strategy should also focus on increasing public awareness and reducing stigma. The strategy should also focus on ensuring that mental health services are accessible and affordable for all people. The strategy should also focus on ensuring that mental health services are of high quality and evidence-based. The strategy should also focus on ensuring that mental health services are culturally appropriate and sensitive to the needs of different communities. The strategy should also focus on ensuring that mental health services are sustainable and resilient. The strategy should also focus on ensuring that mental health services are integrated with other health services. The strategy should also focus on ensuring that mental health services are coordinated and collaborative. The strategy should also focus on ensuring that mental health services are people-centered and participatory. The strategy should also focus on ensuring that mental health services are transparent and accountable. The strategy should also focus on ensuring that mental health services are inclusive and equitable. The strategy should also focus on ensuring that mental health services are of high value and impact. The strategy should also focus on ensuring that mental health services are of high quality and evidence-based. The strategy should also focus on ensuring that mental health services are culturally appropriate and sensitive to the needs of different communities. The strategy should also focus on ensuring that mental health services are sustainable and resilient. The strategy should also focus on ensuring that mental health services are integrated with other health services. The strategy should also focus on ensuring that mental health services are coordinated and collaborative. The strategy should also focus on ensuring that mental health services are people-centered and participatory. The strategy should also focus on ensuring that mental health services are transparent and accountable. The strategy should also focus on ensuring that mental health services are inclusive and equitable. The strategy should also focus on ensuring that mental health services are of high value and impact.

COVID-19 is amplifying health inequalities

COVID-19 disproportionately affects the elderly, the poor, refugees and migrants, and those living in crowded conditions. It has also disproportionately affected people with pre-existing health conditions, such as heart disease, diabetes, and chronic lung disease. The impact of COVID-19 is also being felt by people who are already struggling with mental health problems. The pandemic has increased the number of people who are experiencing mental health problems, and it has also made it more difficult for people to get the help they need. The pandemic has also highlighted the need for better mental health services, particularly for people who are most vulnerable. The pandemic has also shown that mental health is an important part of overall health and well-being. The pandemic has also shown that mental health services are essential for helping people cope with the challenges of the pandemic. The pandemic has also shown that mental health services are essential for helping people recover from the pandemic. The pandemic has also shown that mental health services are essential for helping people build resilience and cope with future challenges. The pandemic has also shown that mental health services are essential for helping people live better lives. The pandemic has also shown that mental health services are essential for helping people reach their full potential. The pandemic has also shown that mental health services are essential for helping people contribute to their communities. The pandemic has also shown that mental health services are essential for helping people create a better world for themselves and for future generations. The pandemic has also shown that mental health services are essential for helping people live and work better together. The pandemic has also shown that mental health services are essential for helping people build a more just and equitable world. The pandemic has also shown that mental health services are essential for helping people create a more sustainable and resilient world. The pandemic has also shown that mental health services are essential for helping people live and work better together. The pandemic has also shown that mental health services are essential for helping people build a more just and equitable world. The pandemic has also shown that mental health services are essential for helping people create a more sustainable and resilient world.

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Goal 3: Good health and well-being



So, let us see some indicators to measure SDG 3 in Mozambique. Inequality by equity. So, let us see what this table actually suggests. So, under this SDG 3 these indicators are listed over here you can see them 3.1.1, 3.1.2, 3.2.1 etcetera. In the last and then we have inequality by equity stratifier. So, that is that like a parameter on which it is being like measured and then national average inequality score.

So, with this it will be tally. So, you can see maternal mortality ratio, social economic position this has like a green and 1. So, you see this note what it says a value of 1 green indicates information is available, 2 yellow needs some information like incomplete data, 3 means, there is like no like a data gap no data is available, grey boxes include not applicable So, red means no data available so, you can see all of this in like like a portion here is having a lot of red and in this side if I see in this column racial or ethnic group wise there is no green not even yellows all red.

So, there is no information of this type. And in the first 4 the data is available except this in rest of the all other parameters social economic position education sex age urban rural and province wise. But beyond this there are many issues here it is good here it is good then this range is not good not good data is not available and here also like incomplete data is there. So, it kind of hinders like by like this kind of stats, we are able to see.

What is happening where to what extent to which group which person which community which country, this we cannot comprehend because if some effort is going to come from UN or WHO or any other like a government of India for example, if they want to put up like a some info effort on to like a COVID related treatments in particular state, how do they know

up to what extent and what kind of things are needed that well, unless they are getting like some data some feedback. So, giving this simulated data in completeness is essential. So, this one must understand the importance of data.

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Summary of main topics addressed by Australian environment sector policies

Topic	Details of foci in the environment sector policies
Population growth	Size of population, where the population lives and how people live
Climate change	As a risk to environment systems, economic productivity and human health
Air pollution	Particularly as associated with increased population growth and car dependency
Land use	Risks associated with land clearing, and potential environmental impacts of new infrastructure developments
Soil and water quality	Implications for food production, industry, and health of species
Water management and use	Pertaining to a range of aqueous environments such as rivers, lakes, wetlands and oceans. Management processes, human uses and associated risks
National parks and other protected areas, such as marine parks	Importance of controlled use to support conservation, biodiversity, and tourism. Economic opportunities associated with managed use of these areas
Renewable energy	As a green industry, with potential to reduce climate change impact and support transition in employees
Heritage and Crown land	Preservation of historically and culturally significant sites, rules to permit culturally significant activities in national parks, and co-management of land with Aboriginal and Torres Strait Islanders
Habitat destruction	As leading to species decline and/or extinction
Resources exploration and production	Impacts of exploration for oil, gas and coal, and the associated environmental risks
Environmental events and disasters	Particularly bushfire and storms (but also floods and droughts), often linked to climate change
Waste	Production of excessive waste, ineffective handling, waterway pollution and potential for re-use

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Further, we have somebody of main topics addressed by Australian environment sector policies, so, let us see, what do they say topic and details of socio in the environmental sector policies. So, we have population growth, size, of population where the population lives and how people live climate change, as it is 2 environmental system economy productivity and human health, air pollution, particularly as associated with increased population growth and car dependency major like sources of air pollution land use.

Well in India also I think is nothing new whenever the like a winter season arrives most of the places mainly in the northern like Indian region this air gets started accumulating. And that harbours and all these effluence and these like it gases and all those emissions more and situation becomes actually worse and this is happening for last like several years with no respite and yes.

So, efforts are like on from all sides and you may have seen like arrangements temporary miss being made to controlling. Land use risk associated with land clearing and potential environmental impacts of new infrastructure developments, soil and water quality implications for food production, industry and health of species, water management and use pertaining to a range of aqueous environments such as rivers, lakes, wetlands and oceans,

management process, human uses and associated risks, national parks and other protected areas because those are the only reserved areas free from like a human intervention.

Well, human intervention is even there, but not so much. So, very little human intervention. Those are the only reasons left pure like a raw nature what we can call, importance of control use of sport conservation, biodiversity and tourism, economic opportunities associated manage use of these areas. Renewable Energy as a green industry with potential to reduce climate change impact and support transition in employment.

So, how to move from coal based or like a all of those thermal and like hydro and all these disasters nuclear like a base to maybe more cleaner more safer like energy generation methods that part here it is in Crown land preservation of historically and culturally significant sites, rules to permit culturally significant activities in relation parks and co-management of land and Aboriginal and Torren Strait Islanders. So, this is from Australia. So like I hear this word Aboriginals.

So, these are the like original inhabitants of that whole like the Australia I know as a small continent and New Zealand here. And then the Europeans actually arrived and they claim the whole land and they got no like a settled they are known as like settlers. So, their rights they are this thing and same thing like, it happened with them like other places also like, southeast like a southeast Asian countries or southern Asian countries like India also is one of the victims.

And African nations America also if you see is the like colony of European countries, which you later became like a present day United States of America. So the point is how to preserve and like those cultures also, which has fallen like it behind the time, they are not so developed with people from that culture, not so develop and advanced, like Aboriginals.

If you see, they still like like, maintaining their own like a lifestyle, their own ways of like a livelihood like, bringing stuff and nature based on like, the things because if you see, humans have thrived on this planet for thousands and lakhs of years like unknown years like humans have lived, but in the last 1 or 2 centuries, only the day like, Europeans started like visiting like a like a faraway shores far away, like a country started with colonising them, and they brought in industrialization, this whole problem actually began.

So, how to like a reverse this problem a problematic one, like, they have their things and all that and those intervention and correct them, because we need to preserve those cultures. Also, I think, in this advent a lot of cultures have simply been, like, eaten up by in like these like a colonist, and like invaders. So, all of the most of those in like people in communities are almost like a gone or they are extinct are about to getting like an extinct.

So the point is, with the like help of UNESCO and on such initiatives at a global level how to preserve historically and culturally significant sites and even people because what you are going to do with the sites, if there are no people who are associated with those sites, because it would be just maple a place of tourism for you, but place of tourism and someone's like, habitat 2 different entirely, kind of like a different context kind of look at things.

So, saving, like those Aboriginals and saving and all those things also have found place in the Australian government or at organisations led like initiatives, that is why like, we must appreciate at least now, they are not talking about it like saving them. Habitat destruction as leading to species decline and thought to extinction. So, like, we saw like, there are thousands of, like species on the breakout extinction.

How we can stop that, this was his exploration and production impacts of exploration of oil, gas and coal associated with like environmental risks, environmental events and disasters, particularly bushfire and storms, but also floods and droughts often linked to climate change, because you may be aware of emerald nino effect and all of them, well, majority of these like impacts are getting credited to climate change.

So, such things are actually manmade directly manmade, well, perhaps not all like the people on this planet, maybe a selected few, but how to like a help them responsible and help reversing like this process and bring back the normalcy. So, typically, it is called as in like a human kind is responsible, all the people and the humans are responsible, but perhaps, not all the humans you must focus in on these Aboriginals or the tribal people or the people who are living in the villages in town areas whose impact is very little.

How can hold them accountable for like a climate change related in like a mess, their footprint, their carbon footprint, their energy footprint, they are in like an emission footprint. Is it running in the negative? So definitely, they are not the responsible ones. The people who are responsible or the countries like Qatar is the highest impacting countries in the whole world they should be held responsible and like such countries such agencies.

So, if you start tackling like identified problematic and like a generational point wise, then you will be able to come with the solution because if you just beating around the bush nothing is going to happen you need like actually a surgical like I know like a solutions to address like a such problems. For the waste, well excessive waste generation like consumerism has rising like anything in the last like a few decades ineffective handling of resources and stuff whatever pollution potential for reuse etcetera.

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Now, coming down to conceptual framework, urban health related SDG's within a HIAP approach health in all policies. So, there are like a 17 SDG's listed over here and in this the third one has like a directive like this thing Urban Health, since, we are talking about title like SDG third. So, how about health off the whole place. So, direct relation if you see apart from this there is to this 11th housing infrastructure or communities' cities planning all of them.

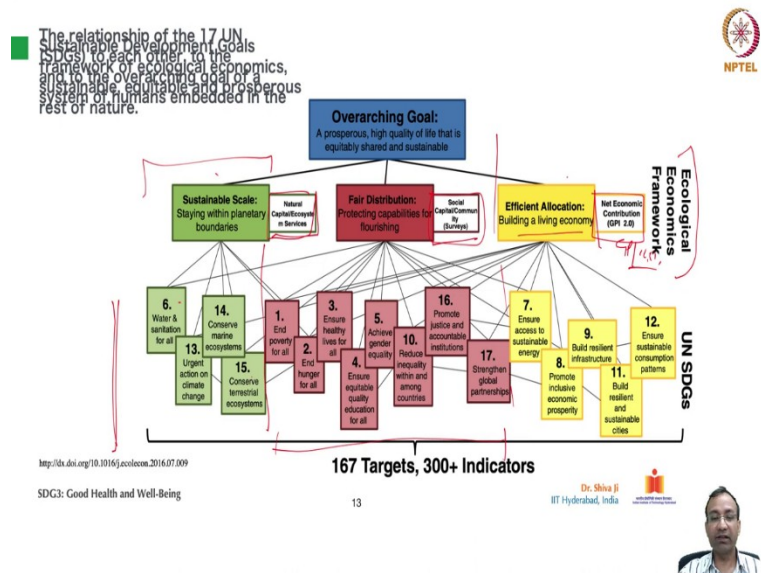
So housing, transportation, land planning, air quality, green and public spaces, risk reduction, these are them like a direct impacting like a targets which connect directly with the health of a place common health in this case. And you can see the like a targets under like a third SDG third, and then there are like these indirect like relations. So, for example, in the first one we have 4 1.1, 1.2, 1.3, 1.4 eradicate extreme poverty etcetera. 2.2 here 4.8 here 5.1 here 6 and 1, 2, 3 here 7.12 here, 8, 8 here, and then here, here.

So, these are actually direct related or indirect related targets, you can see the listen here. Directly related upon like urban health issues and indirectly related to urban like issues. So, these are the 2 like sets of targets listed down. So if you are working for improvement of

health services with like WHO or maybe government of India's enterprises or MCI or in like a in these bodies as in like a health professional or maybe a contributed to these like a sector, you know from SDG's perspective which targets to tap.

So, policy related things if you want to like address related to health, definitely, you should refer to 17.14, 17.16, 17.18. And if you want something related to decision making, you should refer to 16.7 participatory decision making, then 13.1, 30.2 and so, on. So, this actually slide gives like, effort, if you want to frame your, like a project or assignments, maybe you can refer to this, if it is touching health services.

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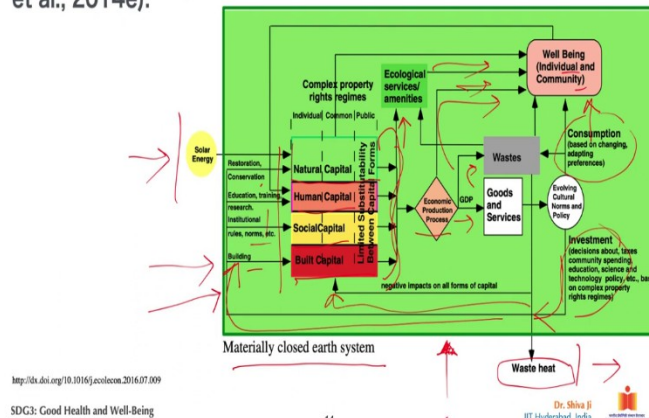


Here also we have like this relationship like of the 17 SDG's to each other, like how they are related. So, the few are at sustainable scale, you can see with this green category, we have 6, 14,13, 15, then the reds, we have like a fair distribution, and then we have efficient allocation in the yellows, building a living economy. So, these are the SDG's that bottom on this side and he these are the ecological economics like frameworks.

So, 3, 1, 2, 3. So, in this one talks about natural capital ecosystem services, this one talks about social capital community services, and net economy contribution, GPI is the GPI too. So, under this which are directly related indirectly related that you can see over here.

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“Full World” model of the whole system (Costanza et al., 2014e).



<http://dx.doi.org/10.1016/j.ecolecon.2016.07.009>
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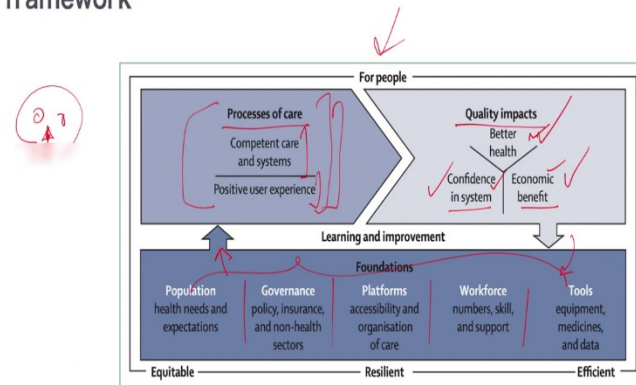
Let me move ahead. This is like a systems model like a full world model as you can see the title, where he talks about how these whole things are like, related to each other. So, if you see this in like, external this dark green you like a boundary is the system boundary, as we undertake exercises in LCA. And the input, which is coming from outside is the solar energy that gives like light, heat and everything. I think the whole life is sustained by our Sun.

And inside this whole system what we emit out is the waste heat which goes like to the space and rest of the things are contained in this like this dark green light system what we call it as materially closed earth system. So, there is only one intake and one out one nano like exit one point rest of the things are contained under this boundary well what are those restoration Conservation Education Training research institutional rules, knobs building they are all feeding to natural capital, human capital social capital built capital, together this is leading to ecological services and amenities.

And from here it is going to health and well-being while I am looking at this thing at individual or community level, from here there is another decision making like this diagram, this rhombus, you see economic production processes. So, from here it directly also leads here or through GDP also it leads goods and services, you can see through this means or by waste then finally, it goes towards like a consumption investments, they also lead to the overall health and well-being of the individuals and community. And yes, in the feedback loop, you see what is coming the investment from this side which goes and feeds again to like these like things and that feeds again to the capitals also.

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High-quality health system framework



[http://dx.doi.org/10.1016/S2214-109X\(18\)30386-3](http://dx.doi.org/10.1016/S2214-109X(18)30386-3)

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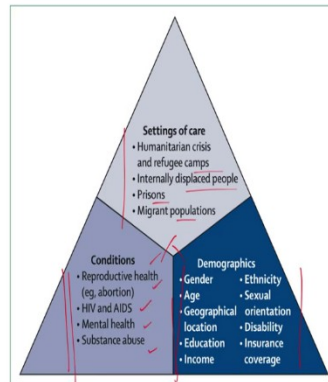
So, this is the systemic map further, we have a high quality health system framework. So, for people process of care, that leads to quality impacts, better health, confidence in system economic benefit, well, all 3 are like advantages, competent healthcare systems, positive user experience. So, like we saw during COVID-19 sometime our health system was working very nicely, very perfectly, but when the number of like, contracting like a cases went very high, that become catastrophic and health system was on the brink of collapse when it did not collapse, but it was not like a very highly presser.

So, if that system has like that resilience capacity to meet like such demands, we will have confidence in the system, which will lead to a better health, but does it scare, which leads to finally economy care, also economic benefit also, because of like, the Healthy People will contribute more disease, people are going to be the burden? Very simple. Well, this leads to the like how you can, like make it like, resilient and efficient and equitable.

So like, some foundations are given over here, population governance platform, workforce and tools in this what do you need, and what are the components, and together like this like, again, it leads to the like, a good like, I am a strong healthcare system, which will again, come back and will cyclically. So, this is the like a correlation.

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■ Dimensions of vulnerability to poor-quality care



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And other correlation, setting up care conditions, demographics, and they are interrelated. They help each other, they complement each other, they drive each other. So, dimensions of vulnerability, poor quality care. So, settings of care, humanitarian crisis and refugee camps, internally displaced people, prisons, migrant populations, demographics, and all sorts of ages, sex, ethnicity, orientation, mobility, etcetera, conditions, reproductive health, HIV and AIDS, mental health, substance abuse, etcetera.

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So, finally, you have come to the last slide. So, we are all aware we come from different places, your different locations, maybe cities, towns, and villages, and things. So, maybe you

can have a look around your own place and have our general like observation, what are the challenges that you place with respect to the SDG 3, for maintaining good health and well-being of the people and the communities? what are the challenges? What are the bottlenecks, what are the roadblocks and what are the solutions you can think of?

So, in your environment actually has listed in like, these 3 and 3 challenges and solutions that are which are the typical solutions like at most of the places across the world, what are those environmental factors kill millions of people like, pollution? And like other stuff every year, causing nearly one quarter of all deaths around the world bite. So you see, like how big this whole problem is one fourth of annual deaths are because of environmental factors.

So, how essential now this has become now one can I have like a take a call what this modernization industrialization has really brought to our world? It is a question I am leaving it to your own judgement and pondering think about it well solutions for this avoid and reduce pollution to prevent preventable billions of premature deaths every year very simple. How to do is the question, pollution chemical exposure chemical climate change and ultraviolet radiation contribute to more than 100 diseases affecting primarily young children and older people.

So, the most to vulnerable age groups elderly and kids. They are like prone to like a such like like a conditions and they get like a variety of diseases mentioning like 100 or more than 100 disease types of diseases. So, work with energy transport, agriculture industrial sector create a healthier environment, because in the protection of environment is the most essential thing it is this biome under which you like we are living is the only place.

Which has like a given us like this Hyper table like the conditions otherwise beyond this is the most inhospitable like conditions like ISS where it is flying like, So, you see you cannot survive without in like a such extreme this thing right at the bottom of like oceans also we cannot survive in the reverse and the we cannot live because we are not aquatic like animals, in the deserts also, it is very difficult to live and all that. But yes, people are living over there, but if these conditions are increasing, for example, a drought and all of that.

So, all of the other species all over that place like biodiversity is going to get in like a challenge. And again, further it will become like a mama more inhabitable. So, in terms of those things, lastly, air pollution is the world's largest environmental health risk killing 6.5 million people that means 65,00,000 prematurely every year, air pollution alone during the

wintertime like such like health risks become like a very prevalent and very higher the huge volume of people actually start reporting like such conditions.

And if they are already having like some pulmonary kind of conditions like asthma etcetera they find it even harder to cope in that kind of conditions, what to do adopt clean energy to reduce indoor and outdoor air pollution and save millions of life very simple, how to do is the reason why we are like undertaking like this course, will these lessons and this is why UN has launched and all these set of like SDG's.

So, these like lessons what we are like in deriving from like these, these modules is carrying a potential in which we can empower ourselves to come up with like a real and practical solution in our own localised conditions. So, with this, we have come to the end of this module. Thank you all for joining. See you in the next one.