UNIT 4 HEALTH & HUMAN DEVELOPMENT
SUMMARY NOTES FOR THE VCAA EXAMS

WRITTEN BY A STUDENT WHO OBTAINED A PREMIER'S AWARD IN THE SUBJECT

UNIT 4 – GLOBAL HEALTH & HUMAN DEVELOPMENT

Characteristics of high-, middle- and low-income countries: 1.1
*uses a country's Gross National Income (GNI) per capita

	Economic	Social	Environmental	Health status
High income: e.g Australia, Canada, Greece	• often have a **wide range of industries** including mining, processing, manufacturing, education • generally have **access to infrastructure** such as roads, ports, airports which allow for global trade	• often experience **gender equality** providing opportunity and choice for education, employment, recreation • **low birth rates** due to access to contraception, education and career choices	• have access to a quality food supply • **developed infrastructure** such as roads, piped water, sewerage	• low mortality rates • longer life expectancy • established healthcare/education
Upper middle income: e.g China, Cuba, Fiji	• in the process of building infrastructure to facilitate global trading links • relatives low proportion of population living in poverty	• decent opportunity for employment • lack access to suitable healthcare	• large proportion of population living in inadequate housing (urban slums) • high levels of CO2 emissions (changing climates)	• high mortality • low life expectancy • limited healthcare and education
Lower middle income: e.g Cambodia, India, Pakistan	• significant proportion of population living in poverty • often have a **limited range of industries** usually centred around farming and primary production	• high birth rates/high rate population growth (related to access to contraception) • limited opportunity for education and career options	• poor air quality • poor access to safe water and sanitation	• high material mortality—poor access to maternal health services • much higher burden of disease (than high income) especially due to communicable disease

	Economic	Social	Environmental	Health status
Low income: e.g Mali, Nepal, Uganda	• large proportion of population living in poverty • often have a **limited range of industries** usually centered around farming and primary production • poor infrastructure which limits global trade	• often experience **gender inequality** such as women having limited opportunity for education/work • often have a lack of access to **technology** which impacts on the ability of citizens to gain an education	• often **lack food security** (often lack financial resources) • often lack **adequate housing** (poor ventilation, lack of heating/cooling, running water, cooking facilities)	• high U5MR—poor health literacy for mothers and availability of maternal health service • high mortality rates—poor access to immunisations or clean water/sanitation

Factors:

- *sanitation—open defecation increases spread of water bone disease such as cholera *also keeps girls from attending school*

- *safe water—strain on water supply can lead to spread of water borne disease such as diarrhoea*

- *poverty—malnourishment impairs immune function, increases risk of death due to disease such as HIV, poor access to healthcare and education*

- *inequality and discrimination (minority groups such as homosexuals, transgender people or minority religious groups) —higher rates of depression/anxiety, higher rates of death due to suicide*

- *genital mutilation of women—can cause excessive bleeding, infections*

- *marketing of tobacco, alcohol and processed foods—target low/middle income countries due to poor public policy and education*

HUMAN DEVELOPMENT AND SUSTAINABILITY 1.2

Human Development:

Creating an environment in which people can develop to their full potential and lead productive, *creative* lives in accord to their needs and interests. It is about expanding people's ***choices and enhancing capabilities***, having access to knowledge, health and a decent standard of living, and participating in the life of their community and decisions affecting their lives.

Basically—how well people can live and thrive in a country

Capabilities to Assist Human development:

- have access to knowledge
- lead long and healthy lives
- participate in the life of the community
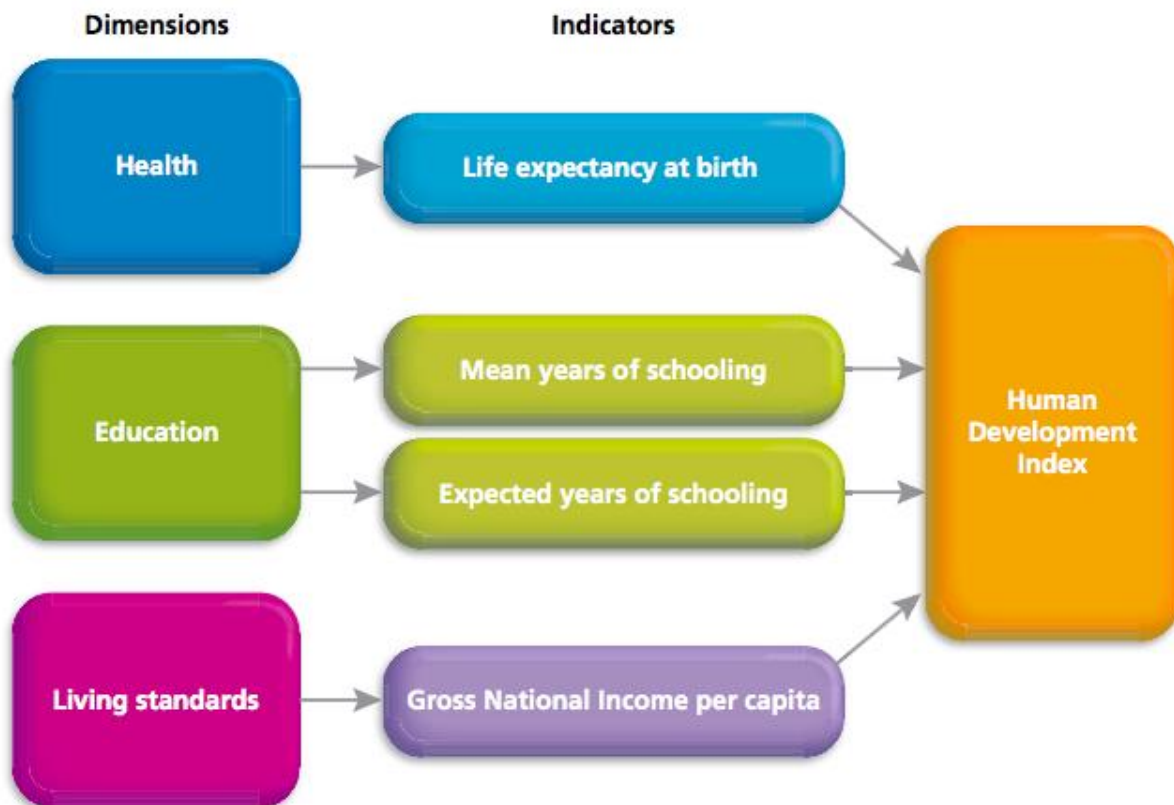
Human Development Index:

A tool developed by the United Nations to measure and rank countries' levels of social and economic development. It provides a single statistic based on three dimensions – health, education and living standards, and four indicators – life expectancy at birth, mean years of schooling, expected years of schooling and gross national income per capita.

- uses more than just economic indicators

- measures the level of development of a country, allows comparisons to be made and improvements to be monitored

- Human Development report divides countries into

    - *very high* human development (developed) e.g Australia
    - *high* human development (developing) e.g China
    - *medium* human development e.g India
    - *low* human development egg Uganda

Dimensions:

Relate to broad concepts that impact on the level of human development experienced

Indicators:

Measurable aspect of each dimension

- life expectancy at birth (health)

- mean years of schooling: average number of years of education achieved by those aged 25 + (education)

- expected years of schooling: number of expected for a child of school entrance age (education)

- Gross National Income per capita: overall income of a country after expenses owing are paid, divided by the population (living standards)

Measurements:

A measure between 0-1 (1 being the highest development).

Advantages:

- takes into account mire than juts GNI (more holistic)
- takes into account access to knowledge (related to sustainability)

Disadvantages/limitations:

- not all areas of development are included such as gender equality, levels of discrimination

- is based off averages therefore doesn't take into account he inequities which exists in each country

Meeting the needs of the present without compromising the ability of future generations to meet their own needs.

Sustainable human development:

A process of people striving to achieve their full potential, lead productive lives, expand their choices and meet their needs without compromising the opportunities for future generations

Economic	Social	Environmental
capacity of future generations to earn an income/efficient use of resources to facilitate economic growth over time e.g ensuring that all people earn a decent income, ensuring children can stay in school	future generations having the same/improved access to resources such as human rights, political stability, education e.g gender equality, peace and security	ensuring the natural environment is utilised in a way that will preserve resources in the future e.g use o renewable resources, biodiversity, tackling climate change

COMPARING HEALTH STATUS AND HUMAN DEVELOPMENT 1.3

Key Health Indicators:

Life expectancy:

- developing countries are more susceptible to health issues and generally experience more server fluctuations in life expectancy than developed countries

- lower stratum countries generally have lower LEs

Mortality & Morbidity:

- gives valuable information about causes of death/illness and resources that might be employed to close the gap between developed/developing countries

- mortality/morbidity developed countries: cancer, diabetes, heart disease, asthma

- mortality/morbidity developing countries: HIV, AIDS, influenza, malaria, cholera, typhoid

Child Mortality/Morbidity:

- U5MR is of reflection of nutritional health of mothers, level of immunisation available, income, food security, safety of environment

	Developing	Developed
Mortality	AIDS, Malaria, Diarrheal diseases, measles, low BW	Cardiovascular disease, cancer, diabetes, stroke U5MR: Congenital abnormalities, injury, poisoning
Morbidity	Malaria, pneumonia, malnutrition (infections)	Asthma, injuries, poisoning

Adult Mortality/Morbidity:

- lifestyle factors such as tobacco smoking/alcohol consumption can causes high adult mortality/morbidity

- developing countries have higher rates of communicable disease such as HIV/AIDS as well as non-communicable disease such as cancer

- YLL can be reduced in developed countries through treatment but often still result in YLD whilst developing countries generally experience high rates of YLL and lower rates of YLD death rates are much higher

Human Development Index:

- developing countries such as Uganda have a much lower HDI than developed countries such as Australia due to factor such as education and income

- this indicates that developing countries do not have the same opportunities to enhance their capabilities and lead healthy lives and often experience poorer health outcomes

Links to human development:

Develop to their full potential, decent standard of living, lead lives that they value, involvement in community

FACTORS THAT INFLUENCE HHD:

Income:

	Developed	Developing
Health	more likely to be able to afford to participate in community programs such as sport, which can provide social opportunities to create new meaningful friendships (social health)	less money to spend on nutritious food may cause malnutrition, reducing immunity and increasing risk of developing a respiratory infection (physical health)
Health Status	many developed countries have access to immunisations for preventable conditions such as influenza, which reduce possible premature deaths from the flu (reduced mortality)	families may to be able to afford maternal health care such as a midwife, which can increase the risk of complications around birth and thus maternal mortality rate
Human Development	countries with a high GNI are more likely to have pensions for retirement, allowing individuals to retire and pursue hobbies/live a meaningful life in accord to their needs/interests	low income families may not be able to afford to send their children to school. This reduces their ability to receive an education and learning experiencing, holding them back from developing to their full potential

GLOBAL TRENDS AND HEALTH/WELLBEING 2.1

- Implications for health and wellbeing of global trends including:

  - climate change (rising sea levels, changing weather patterns and more extreme weather events)

  - conflict and mass migration

  - increased world trade and tourism

  - digital technologies that enable increased knowledge sharing

climate change: due to increased production of greenhouse gases which trap heat

- changing weather patterns: weather becomes more extreme (dry regions become even dryer and wet regions become even wetter) and more natural disasters

  - warmer temperatures ate diesel of mosquitoes to breed (increase spread of malaria)

  - high heat increases pollen which can trigger asthma

  - changes in weather effect what crops can be grown, if farmers cannot adapt this can lead to hunger

  - rising sea levels

  - people's land submerging underwater: must relocate which can disrupt social networks (social health and wellbeing)

  - salt water seeps into fresh water supply: reduce access to drinking water and increases spread of water borne disease (diarrhoea)

  - farmers have less arable land: can cause stress, reducing mental health

conflict and mass migration

- levels conflict (war, terrorism) have increased worldwide

  - governments spend money on weapons rather than healthcare/education

  - physical environment destroyed (houses, schools, hospitals)

  - women are at a greater risk of rape and abuse (reduced mental health)

- mass migration: occurs during conflict

  - overcrowding in urban areas (increases spread of infectious disease)
  - children drop out of school
  - refugee camps have very poor sanitation (increased risk of water borne diseases)

world trade and tourism

- tourism

    - develops jobs for local people, improving sustainable economic growth—higher incomes can improve families ability to access quality food (physical health)

    - promotes local culture and social inclusiveness—increases emotional and spiritual health and wellbeing

    - promotes global peace—opportunities to create trust and understanding which can reduce conflict and protest social and emotional health and wellbeing

    - can cause overcrowding and strain on local resources—increases spread of communicable disease

    - world trade

    - boosts productivity and economic growth—higher average incomes improve access to   adequate food supply

    - increased employment levels—reduced stress (improved emotional health and wellbeing)

technology that enables knowledge sharing

- technology growth rapidly increased—world becoming more virtually connected, health information and data collection happens with ease

    - SMS services can be used to issues sister warnings and phone technology used for emergency relief—reduced burden of disease from natural disasters

    - health services (such as Quitlines) can be accessed from home, people therefore more likely to be proactive with their health issues such as quoting smoking—improved physical health

    - invasion of privacy if too much information is shared, puts children at a greater risk of cyberbullying—reduced mental and emotional health

3.1

Sustainable Development Goals:

What?

- a set of 17 goals including 169 targets to be achieved by 2030
- created in 2015 by the United Nations

Objectives:

- *end extreme poverty*
- *fight inequality and injustice*
- *tackle climate change*

Rationale:

- after the success of the Millennium Development Goals (MDGs), a new set of goals and targets were needed

- progress in all areas was uneven across regions and countries (some countries did not have significant progression) therefore more work had to be done

- new global challenges emerged that had to be addressed (migration, global warming)

Areas of Importance

- ***People.*** End poverty and hunger, in all their forms and dimensions, and ensure that all human beings can fulfil their potential in dignity and equality and in a healthy environment.

- ***Planet.*** Protect the planet from degradation through sustainable consumption and production, management of natural resources and taking action on climate change to s upport the needs of present and future generations.

- ***Prosperity***. Ensure all human beings can enjoy prosperous and fulfilling lives and that economic, social and technological progress occurs in harmony with nature.

- ***Peace.*** Foster peaceful, just and inclusive societies that are free from fear and violence. There can be no sustainable development without peace and no peace without sustainable development.

- ***Partnership.*** Implement the SDGs through a global partnership for sustainable development, focused in particular on the needs of the poorest and most vulnerable and with the participation of all countries, all stakeholders and all people.

Global Health

Global health is the **health of populations** in a **worldwide** context that go beyond the perspective and concerns of individual countries. Global health is about an **international collaborative approach** to achieving **equity in health** for **all people worldwide**.

TIPS:

Global health:

Make reference to reducing global rates of illness /disease and improving health status indicators

SHD:

Make reference to health/health status, human development and sustainability (dimensions)

Example: How could SDG 6 Clean Water and Sanitation contribute to global health and sustainable human development.

Possible answer:

Access to clean water and sanitation would reduce global mortality rates, particularly for children under five, from water-borne diseases such as diarrhoea and cholera. This would thus help raise global life expectancy, contributing to global health.

Improved physical health and reduced mortality due to reduced water-borne illness/disease means children are well enough to go to school to 'access knowledge'. They are then more able to later have meaningful paid employment, allowing them to earn income to access resources such as food, healthcare and housing, and thus a 'decent standard of living'. With more people working and contributing to the economy through taxation (economic sustainability), governments are more able to provide resources such as education, healthcare and social security (social sustainability), as well as sustainable safe water and sanitation (environmental sustainability). This means future generations are more likely to experience good health and 'develop to their full potential' contributing to sustainable human development.

GOAL 1: NO POVERTY – AND POVERTY IN ALL ITS FORMS EVERYWHERE

Poverty: deprivation from a lack of income and material resources such as food and shelter

- *extreme poverty*: those living on less that $1.25 US a day

- *relative poverty*: those living on less than 50% of the countries average income

Goal:

- seeks to remove poverty and inequality within and among nations

- eradicating extreme poverty currently measured as people living on less than US $1.25 a day

- reducing by half the proportion of men, women and children living in poverty

- implementing social protection systems

- ensuring equal rights and access to essential resources, services, ownership and control over land and other forms of property, inheritance, natural resources, appropriate new technology and financial services, including microfinance

- building the resilience of those in vulnerable situations and reducing exposure to environmental disasters that result in poverty.

Importance:

- poverty is a major contributor to morbidity and mortality rates

- people are unable to afford food, clothing, shelter, safe water, education and healthcare—laking opportunity to participate in decisions that affect their lives and the community

- poor countries often cannot provide public health services such as safe water and sanitation, healthcare, education and social security

- a main factor contributing to low immunisation rates and thus death from measles etc

Social Protection Measures: ensure people have access when need to

- high quality/culturally appropriate healthcare at no cost

- basic family income security so children have adequate nutrition, education and care

- income security of those of working age who are unable to earn sufficient income, particularly in sickness/disability

- basic income security for older people

Promotion of Global Health & Sustainable Human Development:

- ending poverty would mean and end to hunger and malnutrition (undernourishment) which would reduce the global burden associated with diseases such as pneumonia, diarrhoea, malaria and measles

- healthy children are able to attend school and learn essential skills in order to develop to their full potential and obtain an income in the future (economic sustainability)

- more likely to afford education and improve literacy rates of the future generation (social sustainability)

GOAL 2: ZERO HUNGER—END HUNGER, ACHIEVE FOOD SECURITY AND IMPROVED NUTRITION AND PROMOTE SUSTAINABLE AGRICULTURE

Malnutrition:

Poor nutrition both excess consumption of nutrients (consuming too many nutrients for adequate body functioning) and inadequate consumption of nutrients (undernutrition) which relates to consuming insufficient amount of nutrients to meet basic requirements which may cause muscle atrophy, weakened immune function

Goal:

- End hunger and malnutrition and ensuring that all people have access to nutritious food by promoting sustainable agriculture

- lso aims to address trade restrictions that disadvantage farmers

Importance:

- hunger and malnutrition are the biggest causes of child mortality

- hunger weakens the immune system, hungry children are more likely to suffer from diseases such as pneumonia, measles, malaria and diarrhoea

- good nutrition is essential for health and optimal growth

- can be cyclic—poor health causes an inability to work and thus contributes the poverty cycle

Reasons for food insecurity:

- *poverty:* when people lack the resources to meet their basic needs including purchasing food

- *increasing food prices:* reduced affordability of food

- *climate change*: extreme weather conditions such as drought reduce ability to grow crops

Improvements in Global Health & Sustainable Human Development:

- reduced prevalence of diseases caused by malnutrition such as measles, malaria

- reduced burden of disease from anaemia (iron deficiency)

- healthy children are able to attend school and learn essential skills in order to develop to their full potential and obtain an income in the future (economic sustainability)

- more like to become educated and improve literacy rates (social sustainability)

GOAL 3: GOOD HEALTH AND WELL-BEING – ENSURE HEALTHY LIVES AND PROMOTE WELLBEING FOR ALL AT ALL AGES

Goal:

- promoting physical and mental health and wellbeing and extending life expectancy by <u>addressing major causes of mortality/morbidity</u>

- reduce maternal mortality; prevent deaths of infants/those under 5, end epidemics of communicable diseases (such as malaria and HIV); reduce burden associated with non-communicable disease

- reduce injuries/deaths from <u>road trauma</u> and address substance abuse

- aims to ensure <u>universal health coverag</u>e (including vaccinations) and reproductive healthcare services

Why it is important:

- children under die everyday from preventable diseases such as pneumonia, diarrhoea and malaria

- children born into poverty are almost twice as likely to die before age 5 then those in wealthier families

- in developing countries only half of pregnant women receive sufficient antenatal care, causing maternal death

- AIDS remains a significant health issue

How this goal could improve global health & sustainable human development:

- children could be vaccinated, reducing deaths and disability from preventable diseases such as typhoid

- mothers may be able to deliver their babies safely, reducing maternal mortality rates

- if AIDS, malaria and other epidemics could be ended, life expectancy and healthy life expectancy could be increased

- healthy children are able to attend school and learn essential skills in order to develop to their full potential and obtain an income in the future (economic sustainability)

GOAL 4: QUALITY EDUCATION – ENSURE INCLUSIVE AND EQUITABLE QUALITY EDUCATION AND PROMOTE LIFELONG LEARNING OPPORTUNITIES FOR ALL

Goal:

- ensuring that females and males have <u>equal access to high quality education</u> and develop skills needed for employment

- aims to ensure all people receive education to ensure <u>numeracy and literacy</u>

- aims to <u>upgrade education facilities</u> including the supply of qualified teachers

Importance:

- huge numbers of children are not in school and a large number of adults are illiterate

- children have not learnt basic skills despite being at school for four years

- displaced people and refugees—most of these are not at school

- youth and particularly women are affected by limited employment opportunities

Why are girls disadvantaged?

- drought, food shortages conflict, poverty, child labour, AIDS

- lack of access to clean water—females spending large amounts of time collecting water

- gender inequality—males are likely to be given priority over women

- poor sanitation facilities in schools—no female toilets may reduce number of girls attending schools

How this goal may improve global health & sustainable human development:

- feeling empowered and have greater opportunity to control decisions that affect their lives and more likely to participate in the community

- more likely to be employed which will promote economic sustainability

- economic security from employment expands opportunities and choices and the capacity to enjoy a better standard of living

- increased economic wealth can prompt environmental sustainability by reducing the need to deplete existing resources such as rainforest (environmental sustainability)

- more likely to understand safe sexual practises and thus reduce global burden of disease from AIDS

- educated women are more likely to vaccinate their kids and thus reduce death rates from diseases such as typhoid

GOAL 5: GENDER EQUALITY—ACHIEVE GENDER EQUALITY AND EMPOWER ALL WOMEN AND GIRLS

Goal:

- ending discrimination and violence against women and girls by addressing the barriers that exist to gender equality

- end harmful practises such as genital mutilation which has mental and physical health impacts on women

- adopt polices and legislation that support gender equality and empowerment of all women

Importance:

- educating and empowering women increases their chances of getting a job, staying healthy and participating in society

- women's empowerment brings about improvements in children's health and contributes to lower fertility rates (more stable population growth)

- educating women and girls is important for economic growth and ending poverty

Why are females disadvantaged?

- Laws such as women not being permitted to vote, own property, are out loans etc in developing countries

- women are sometimes seen as the property of their husband or father and are often subjected to violence

- harmful practises such as genital mutilation has serious psychological, sexual and reproductive consequences

Possible improvements in Global Health & Sustainable Human Development:

- if women are better educated, they are more likely to understand safer sexual practises and thus reduce the overall global burden of HIV/AIDS

- if women are educated they are more likely to vaccinate their kids, thus reducing risk of global disease epidemics such as malaria

- gender equality enhance opportunities to access maternal healthcare and thus reduce risk of birth complications, lowering global maternal mortality ratio

- educating women can help facilitate economic growth and the ability to create jobs for the future education to obtain an income (economic sustainability)

- educating women will encourage mothers to send their own children to school and most literal rates of the future generation (social sustainability)

GOAL 6: CLEAN WATER AND SANITATION: ENSURE AVAILABILITY AND SUSTAINABLE MANAGEMENT OF WATER AND SANITATION FOR ALL

Goal:

Ensuring all people are able to enjoy clean water and sanitation

- improve <u>water quality</u> by reducing contaminant as well as increasing water-use efficiency

- aims to support the participation of local communities in improving water and <u>sanitation management</u>

Importance:

- not all people worldwide have access to clean water which can lead to waterborne diseases such as cholera

- in low income countries, a significant amount of people lack water and soap for hand washing

- billions of people lack access to toilets and practise open defecation and is discharged into rivers or oceans

Diseases caused by poor sanitation/water supply:

- diarrhoea
- cholera
- typhoid
- Hepatitis A

Possible improvements in Global Health & Sustainable Human Development:

- access to clean water can assist in preventing waterborne diseases and global epidemics from cholera, diarrhoea etc

- if waterborne diseases are reduced, overall under five mortality rates will be improved

- healthy life expectancy could be improved by reducing risk of infection from contaminated water

- healthier children are more likely to get an education and thus obtain an income in the future (economic, social sustainability)

- developed infrastructure such as water and sanitation systems can expand opportunities for global markets to be established and competitive trading to occur, improving the economy

GOAL 13 – CLIMATE ACTION: TAKING URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

Goal:

- strengthen resilience and capacity of all countries to adapt to climate related hazards and natural disasters

- improve education, awareness-raising and the capacity of people to take actions that reduce environmental degradation

- integrate climate change measures into national policies, strategies and planning

Importance:

- climate change has a direct impact on the quality of air, drinking water and food quality

- rising sea levels propose a threat to housing and arable farming land

- low income countries are most vulnerable to the impacts (have poorer infrastructure)— scope to increase the health inequities which already exist

Possible improvements in health, wellbeing & Sustainable Human Development:

- increased humidity and heat increases spread of infectious diseases including malaria and dengue fever

- increases allergies to asthma due to air pollution and pollen

- hunger and malnutrition as food production in affected by increased droughts or flooding

- *this has a STRONG link to SDG 3—if climate change is not addressed, there is potential for progress in SDG 3 to be undermined

WORLD HEALTH ORGANISATION

A branch of the UN concerned with promoting global health by engaging and supporting countries to respond to a range of global health issues and improve the health of their citizens.

Work components of WHO

Work Component	Explanation
provide leadership and create partnerships to promote health and wellbeing	WHO works with member stated to develop intentional policy to manage health crisis
conduct research and provide health and wellbeing information	works to ensure the availability of up-to-date research to help inform decisions that promote health and tackle disease
set norms and standards, and promote and monitor their implementation	works with agencies to standardise the way research is conducted, to ensure information can be efficiently shared and evaluated and is universally understood (uses the same terminology)
develop policies to help countries take action to promote health and wellbeing	policies help governments implement effective action to yield health improvements, WHO helps countries develop this legislation e.g Tobacco taxes
provide technical support and help build sustainable health systems	provides advice and support to countries to implement healthcare and a trained workforce—helping the country to strengthen their capacity for health management
monitor health and wellbeing and assess health and well-being trends	works with governments and agencies such as the World bank to collect data related to health and well-being to monitor progress and identify trends in heat status

PRIORITIES:

Universal Health Coverage:

- universal health coverage ensure that all people can obtain the health services they need without suffering financial hardship when paying for them

- WHO provides funding to strength health systems such as training health workers and ensure they are fair

- WHO works with countries to provide practical advice to enhance healthcare systems

- increases access to medical technology and essential medicine

- this priority helps reduce the prevalence of communicable disease and enhances global health, when people are healthy they are able to receive an education (contributes to human development)

Health-related Sustainable Development Goals:

- recognises the importance of health-related SDGs (Good health and wellbeing, Zero hunger, Clean water and sanitation)

- includes the elimination of diseases such as malaria, HIV/AIDS

- focusses on the reduction of maternal, child, newborn mortality

- analyses data for health-related STGs

Non-communicable diseases:

- focus on combating four major non-communicable diseases (cardiovascular disease, cancers, chronic respiratory disease and diabetes) as well as main risk factors (tobacco, diet, physical activity)

- efforts to improve access to pharmaceuticals, develop new technologies to treat conditions

- developing 'Global action plan for the prevention and control of NCDs' provides policy options for member states to reduce mortality from NCDs

- e.g producing tobacco guidelines to provide countries with advice on how to reduce smoking

International Health Regulations:

- recognises the leadership role the WHO plays in establishing systems that make up the global defence against shocks coming from the microbial world (epidemics of communicable disease)

- International Health Regulations is a document that outlines the measures that countries should take to reduce the spread of disease that have potential to cross borders/threaten people worldwide such as airport control, quarantine

- WHO supports countries to put in place recommendations in the Regulations as well as assisting countries with procedures to minimise impact after a disease epidemic

- when disease outbreak occurs, WHO plays a role in co-ordinating a response to the issue including sending health workers and providing medication

Increasing access to medical products:

- WHO works to improve access to safe, quality, affordable and effective medicines new that have the potential to make health professional more effective and health care facilities more efficient

- WHO attempts to make essential medicines accessible to those in developing countries—especially due to the increase in non-communicable diseases which often require life long medication

- aims to standardise health information and data so everyone can access quality health-related information

- provides grants for the development of products that asset in controlling diseases in developing countries

Social, economic and environmental determinants:

- WHO works with other sectors (UN, UNICEF) to reduce social, environmental and economic causes of disease

- provides funding, technical assistance and advice (including training of health employees)

- WHO contributes to collaborate with other sectors to support countries in five areas

    - improved governance for health & development
    - participation in policy-making and implementation
    - reorientation of the health sector towards promoting health and reducing inequalities,
    - globals governance and collaboration
    - monitoring progress and increasing accountability

- focussing on nutrition, climate change, food safety, clean water and sanitation

AID 4.1

Types of Aid:

Aid:

Assistance given to communities in the event of crisis or for the development of long term, sustainable improvements

Emergency/Humanitarian Aid **—rapid assistance given to countries in immediate distress to relieve suffering during and after human-made emergencies such as wars, and natural disasters such as floods.**	• provision of food, medicines, shelter, doctors • Australia works collaboratively to help rebuild environments including houses for access to food/water and sanitation • assistance helps achieve equity in health for all people worldwide by improving access to healthcare etc. for those in a vulnerable situation and therefore *promotes **global health***
Bilateral Aid **—provision of aid from the governments of one county to another**	• donating country consults with receiving country to ensure implemented programs meets needs of targeted community • programs range from small, community based sac as immunisation programs to wider scale development schemes such as infrastructure projects • Eg. Aus gov provides funding fro Papa New Guinea gov to provide treatment/education programs for AIDS
Multilateral Aid **—aid provided through international organisation such as the UN or WHO which combines donations from a number of countries then distributes them to the recipients**	• this aid is for large scale projects such as building roads and major infrastructure • tends to address health issues on a global level such as malaria epidemics, thus improving ***global health***

NGO Aid **—NGOs tend to focus on different approaches to aid which include specific programs/projects, education, volunteering, emergency aid development. The aid usually focusses on communities.**	• usually focussed on meeting basic health needs, community development/participation and emergency/humanitarian assistance • often work in collaboration with government or local aid agencies in recipient countries and work to improve the conditions that underpin human development • Aus gov funds NGOs as they have specific projects/skills that can access communities and be more productive then aus gov • e.g World Vision, Oxfam

AUSTRALIAN GOVERNMENT AID 4.2

- Through the Department of Foreign Affairs and Trade (DFAT) Australian government promotes sustainable human development by *working to reduce poverty* in developing countries

- Purpose of the aid program is to promote national interest by contributing to *economic growth* and *poverty reduction*—working with Asia Pacific region helps to ensure the stability of countries nearby (regional security)

Objectives:

- assist developing countries in reducing poverty and achieve sustainable human development

- assist in the achievement of the sustainable development goals

- to build stronger communities and more stable governments

How?

- providing funds to international organisations such as the UN (multilateral aid)
- forming bilateral partnerships with developing countries (bilateral aid)
- funding NGOs (NGO aids)
- providing humanitarian assistance in times of needs (emergency aid)

Priorities:

- **Infrastructure, trade facilitation and international competitiveness:**

  - improved infrastructure in developing countries promotes economic development, *improve trade opportunities* and reduces poverty e.g provision of reliable energy, better roads/transport, clean water and accessible healthcare

  - people will have *easier access* to markets to buy/sell and children are more likely to attend school

  - *economic development* increases opportunity for employment and income (improves living standard, access to education etc)

e.g providing funding for road development, training local people in areas such as agricultural trade, providing micro-finance loans, providing education to increase employability

- **Education and Health**

  - focusing on equitable, accessible and affordable health systems

  - health and education are critical to improving the life of all people to improve their employability and ability to obtain a decent living standard

  - girl's education is a major focus

e.g providing funds for immunisation programs, helping developing countries build schools

- **Gender equity and empowering women and girls**

  - empowering women and girls contributes to higher average incomes, greater education levels and healthier families

e.g helping female survivors of violence access counselling and legal advice, being a supporter of UN women (an entity for gender equality), helps address low women's representation in Pacific politics

- **Effective governance: policies, institutions, and functioning economies**

  - stable, productive governments can work to promote the health/human development of the population

  - can provide stability and maintain law and order by peacefully settling disputes

  - deliver strong education and health care systems

e.g providing advice to governments in developing countries on establishment of healthcare institutions, helping countries improve budget processes

- **Building resilience: humanitarian assistance, disaster risk reduction and social protection**

  - humanitarian assistance is provided in crisis situations such as natural disasters and wars

  - it is also important for countries to develop resilience to natural disaster by putting in place risk management strategies

e.g sending staff to affected areas for immediate support with emergency supplies such as food/blankets, providing funds for NGOs such as Red Cross, woking with UN World Food Programme to deliver food to help address food insecurity across Africa

- **Agriculture, fisheries and water**

  - agriculture and fishing provide employment and income for million of workers in developing countries

  - these industries provide opportunity for improving economic development

  - women are often the farmers and in charge of collecting water, thus if agriculture/water management is improved, gender inequality can be addressed

  - over-fishing practises put pressure on the industry

e.g Assisting with efficient use of irrigation water

- **Strengthening markets:**

  To help increase small-scale farmers and fishers' participation in markets and address trade constraints

- **Innovating for productivity and sustainable resource use:**

  To improve productivity along food and agriculture value chains and promote more efficient and sustainable use of natural resources, using international and Australian research and expertise.

- **Promoting effective policy, governance and reform:**

  To assist partner countries achieve more effective policy settings to promote sustainable and inclusive growth and open trade, and improve the enabling environment for business, investment and innovation.

AUSTRALIAN NGOS

- rely on funds from government and public donations
- often work in collaboration with governments and other aid agencies

The big idea
Universal health coverage combines access to the services needed to achieve good health with financial protection to prevent ill health leading to poverty.

What will we do?
Respond to demand from countries seeking practical advice on how to take universal health coverage forward.

The big idea
The world must sustain the gains that have been made towards the 2015 Millennium Development Goals and help create more equal levels of achievement.

What will we do?
The Goals will integrate many aspects of our work, particularly building robust health systems and effective health institutions for sustainable and equitable health outcomes.

The big idea
WHO has a leadership role in establishing the systems that make up the global defence against shocks coming from the microbial world.

What will we do?
Support countries to put in place the capacities required by the International Health Regulations (2005) and report on progress. We will strengthen our own systems and networks to ensure a rapid and well-coordinated response to public health emergencies.

The big idea
The rise of noncommunicable diseases has devastating health consequences for individuals, families and communities, and threatens to overwhelm health systems.

What will we do?
It is a priority to coordinate a coherent, multisectoral response at global, regional and local levels.

The big idea
Equity in public health depends on access to essential, high-quality and affordable medical technologies. Improving access to medical products is central to the achievement of universal health coverage.

What will we do?
We will continue to improve access to safe, quality, affordable and effective medicines. We will support innovation for affordable health technology, local production, and national regulatory authorities.

The big idea
To improve people's health outcomes and increase healthy life expectancy requires action across the range of contextual factors associated with ill health as well as inequitable health outcomes.

What will we do?
We will work with other sectors to act on what causes disease and ill health. Our work will address health determinants and promote equity.

Universal health coverage

The International Health Regulation (2005)

Health related Millennium

Noncommunicable diseases including diseases, mental health, violence and injuries

Increasing access to medical products

Social, economic and environmental determinants

WHO leadership priorities

WORLD VISION:

- works to overcome poverty and injustice established in 1966, focuses on community development by collaborating with poor, marginalised people and communities

- *community development* by working alongside poor communities to find solutions to problems such as malnutrition, lack of safe drinking water, disease, illiteracy, low incomes e.g child nutrition programs, sanitation projects

- *humanitarian and emergency relief:* provides rapid emergency relief to people affected by war, conflict, natural disaster by proving food, shelter, medicine followed by rebuilding programs

- *tackling injustice through policy change, education and advocacy:* engages governments, institutions to address underlying causes of poverty and supports projects that empower communities to speak up for their rights

- **Programs: Ethiopian water, sanitation and hygiene**

  World vision works with communities to access safe water and improved sanitation practises to improve the health and wellbeing of adults and children

  provides rainwater harvesting water tanks to increases access to clean water

  focusses on implementing toilets/sanitation facilities in schools

  also focusses on implementing sanitation systems in refugee camps to improve hygiene practises

AUSTRALIAN RED CROSS:

- aims to improve the lives of vulnerable people in Australia and internationally by mobilising the power of humanity

- largely focusses on the Asia-Pacific region in order to:

- *reduce impact of disasters* (building flood walls, clearing dams, assigning in recovery),

- *meet humanitarian needs* in crises by contributing to emergency relief

- *health, water, sanitation and hygiene:* supports communities to find practical solutions to devastating illnesses and injuries such as first aid training

- **Program: Disability Inclusion Fund in Cambodia**

- supports local and international non-government organisations to address the rights of people living with disabilities

- support a range of services for disabled people including mainstream education, mental health services and sanitation access

- also provides livelihood opportunities such as performing arts programs

OXFAM AUSTRALIA

- helps create lasting solutions to the injustice of poverty, empowers people to create a future which is secure, just and free of poverty

- ***responds to emergencies***: works closely with other Oxfams (from other countries) to provide humanitarian assistance to those in need

- ***Oxfam Australia shops*** sell handicrafts from Swaziland, Peru, India to support people living in poverty

- ***long-term development projects:*** works with partner organisations and communities to provide sustainable self-help development projects in 30 countries

- **Program:** *Indonesia disaster risk reduction*

- Oxfam works with local schools to develop disaster action plans in the case of earthquakes

- through the project, Oxfam provides training to the school principal and teachers to manage students during an environmental disaster

- also assists schools to reinforcing buildings against future disasters by rebuilding infrastructure which is resilient to earthquakes

AID PROGRAMS 4.4

Features of effective aid programs

- *ownership by the recipient country—must be involved in deciding the type of aid which will best fit their needs (takes into account cultural factors)*

- *results focused—involving and educating women to ensure results last after the aid workers leave (women have a more domestic role and therefore their health education makes the most difference), focusing on health status indicators ensures that progress in monitored*

- *partnerships—participation of all stakeholders e.g using the strengths of an NGO and the government of the recipient country and locals together to deliver holistic services *basically tapping into everyones strengths!*

- *transparency and shared responsibility—all information in made available to everyone implementing the program, ensures that the purpose is transparent and ethical (not to serve stakeholders) e.g if an pharmaceutical company provided aid which required the country to buy its drugs for a MUCH higher price than other brands*

Programs!
Must know:

1. its purpose
2. the SDGs being addressed
3. its implementation (in terms of effective aid features)
4. how the program will promote health and well-being and human development

SEXUAL AND REPRODUCTIVE HEALTH AND WELLBEING PROGRAM IN CAMBODIA (SDG 3)

Purpose:

- *improve access to sexual and reproductive health and wellbeing information in the most marginalised communities in the country*

- *improve knowledge of sexual health in remote communities to allow for better family planning and reduced rates of teenage pregnancy*

Implementation:

- *implemented by the United Nations Population Fund in partnership with UNICEF*

- *district leader are trained to conduct outreach information sessions to educate women about sexual health (such as optimal pregnancy diets, contraception, labour plans etc)*

- *organise health professionals to speak at the seminars on issues such as maintaining a healthy pregnancy*

How it promotes health and wellbeing and human development:

- *access to antenatal care during pregnancy will reduce deaths due to complications such as infection—reduced maternal mortality and promotes physical health and wellbeing*

- *giving birth in a relay facility reduced risk of infection due to a hygienic environment—promotes mental health (mother less stressed and can care for her baby)*

- *access to contraceptives will reduce strains in relationships due to unplanned pregnancy, promoting social health and wellbeing*

SOCIAL ACTION 4.5

Social action: doing something to bring about positive change e.g volunteering, media, boycotts, donating money

- important for progress in the Sustainable Development Goals: public pressure encourages governments to drive change

e.g who gives a crap

- sell environmentally friendly toilet paper, 50% of profits are directed to addressing water and sanitation issues such as WaterAid

- relies on purchasing power (people don't need to change their behaviour, just what they purchase)

*improves physical health and wellbeing by reducing water bone disease and improves mental and spiritual health and wellbeing of those who support the social enterprise due to feelings of purpose and fulfilment!