

GOOD HEALTH AND WELL-BEING

Sustainable Development Goal 3



TOOLS FOR T
Tools for becoming a T-Shaped professional



3 GOOD HEALTH AND WELL-BEING



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Sustainable Development Goal 3



Lessoncard Guide:



Lesson Overview:

In this overview you can find everything that you need and/or have in your packet to teach about the third Sustainable Development Goal (SDG): Good health and well-being.



Learning Objectives:

- How health is defined
- How they measure health globally
- That being healthy doesn't only mean eating healthy
- Why our life expectancy has been increasing over the years



Key Objective:

Getting the students into motion so they think about the Sustainable Development Goal and how they can improve themselves to make a contribution to it.



What to find in this lesson card:

- Informational video's
- Questionnaires
- Interesting facts
- An immersive VR experience

Let's Talk About Feeling Good and Living Well

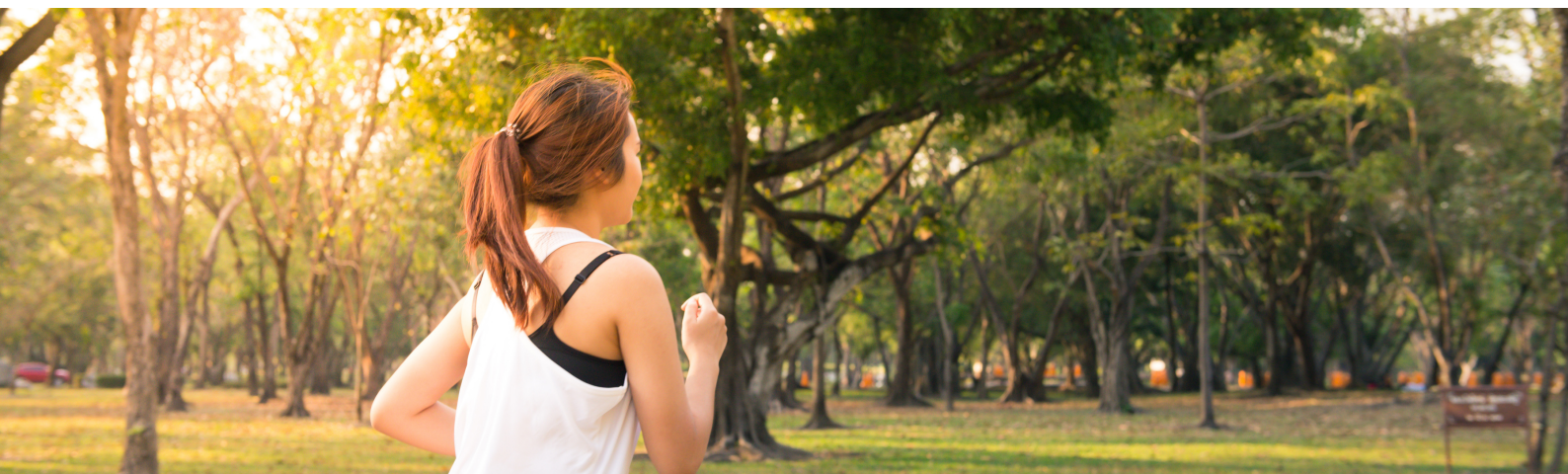
"Health is wealth," and the United Nations agrees! They created the Sustainable Development Goals (SDGs), a global to-do list for a better world. SDG 3, the "Good Health and Well-being" goal, is all about ensuring everyone can be healthy and happy.

SDG 3 tackles various aspects, from keeping moms and babies healthy, to fighting diseases like malaria and HIV/AIDS. It's not just about going to the doctor when sick; it's also about learning how to stay healthy and making healthcare accessible to all.

Think of it this way: when people are healthy, they can do more for their communities. SDG 3 aims to make healthcare accessible, affordable, and promote healthy choices for everyone.

Achieving this goal requires teamwork! Governments, NGOs, doctors, and everyday folks like you and me need to pitch in. SDG 3 is like a roadmap for ensuring everyone, regardless of where they live, can live their best and healthiest lives.

As we work together for a better world, let's keep SDG 3 in mind. It's a mission to ensure everyone experiences the joy of feeling good and living well, building a world that's not just healthy but happy too.





Learn more: Video

Recognizing health as a universal right, the UN champions good health for all. Italy's Mediterranean lifestyle and accessible healthcare set an example. Yet, challenges persist from personal choices and external factors. Collaborative efforts drive positive changes, boosting global life expectancy and advancing initiatives like improved maternal health and vaccine research. Prioritizing personal health contributes to a happier, healthier world.



Source: Understand Goal 3: Good Health and Well-Being (Secondary) https://www.youtube.com/watch?v=9qiVBF_7wvY



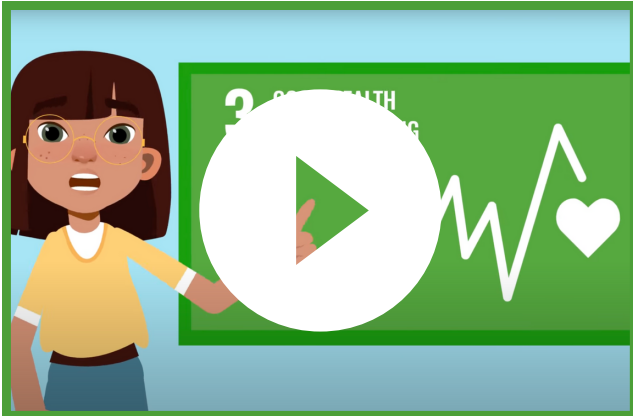
Questions

- What has the UN designated as a global priority regarding health?
- Why is Italy recognized as the healthiest country globally, and what factors contribute to this status?
- How do unhealthy habits impact individual health, and what role does infrastructure play in public health challenges?
- What positive trends in global health have been observed between 2000 and 2015, and what factors contribute to these improvements?





For more information...



Source: Good Health and Well-Being 🩺💊 SDG 3 🧑🏻🧑🏻
Sustainable Development Goals for Kids
<https://www.youtube.com/watch?v=ARmBCI4nid0>



Source: Understand Goal 3: Good Health and Well-Being (Primary)
<https://www.youtube.com/watch?v=JMfDkjO2ZcE>



Source: Sustainable Development Goal 3 - Good Health and Well Being - Kristen Beek and Sophia Lin
https://www.youtube.com/watch?v=ZVqSC_hN2Ik



Source: SDG 3 Good Health and Well Being - UN Sustainable Development Goals - DEEP DIVE
<https://www.youtube.com/watch?v=6i51aW405e8>



Did you know?



Every year, millions of lives are saved through immunization programs supported by SDG 3. Vaccines prevent diseases like measles, polio, and tuberculosis, contributing significantly to the improvement of global public health. Immunization is a cost-effective intervention that not only saves lives but also plays a crucial role in achieving the goal of good health and well-being for all.

Maternal mortality rates have seen substantial declines due to the implementation of SDG 3. Increased access to skilled healthcare during pregnancy and childbirth, as well as efforts to address underlying health issues, has contributed to a significant reduction in maternal deaths globally. This progress aligns with SDG 3's commitment to ensuring the well-being of mothers and promoting safe childbirth practices.



Access to proper healthcare significantly impacts life expectancy. Over the past few decades, global efforts aligned with SDG 3 have led to remarkable progress, increasing average life expectancy worldwide. This improvement reflects advancements in medical treatments, disease prevention, and overall healthcare accessibility.

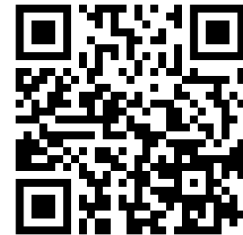


Safe & healthy food

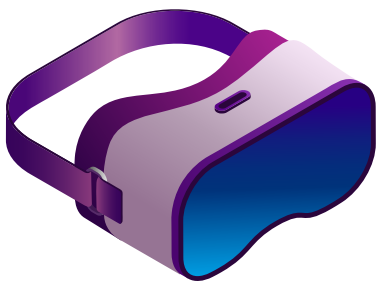
This VR video is about the world of healthy and safe food. It showcases answers to challenges in the field of healthy and safe nutrition, future farming and the bio-circular economy, united by the Brightlands Campus Greenport Venlo. Bundling the strengths of companies, universities and government, one unique ecosystem for future food has been created. This VR broadcasts Dutch expertise in the whole process from food production to digestion.

How to get there

Visit the virtual experience by clicking the following link: [Safe & Healthy food](#) or by scanning the QR code.



Source: <https://youtu.be/1E5cPgYQbc8?si=m1-jXKfxdawv6j5E>



Instructions for VR goggles

If you have a VR-headset you can watch this video in VR.

1. Put on VR goggles and open the web browser in the VR-set.
2. Type in or enter the link in the address bar.
3. Look around, listen well and enjoy the video!



Questions

- How does the Netherlands contribute to producing healthy and safe food?
- Why are greenhouses considered the ideal solution for growing food?



What you can do

3 GOOD HEALTH AND WELL-BEING



Prioritize Personal Well-being: Adopt a healthy lifestyle with exercise, balanced nutrition, and sufficient sleep.

Stay Informed: Learn about health issues, preventive measures, and the importance of vaccinations.

Donate to Health Charities: Contribute financially to reputable health-focused charities.

Be a Responsible Consumer: Support companies and products with ethical and sustainable practices.

Promote Safe Practices: Encourage safety measures such as seatbelt use and adherence to traffic rules.



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