



## Goal 3: Ensure healthy lives and promote wellbeing for all at all ages

### Goal 3 Targets:

- 3.1) By 2030, **reduce the global maternal mortality ratio** to less than 70 per 100,000 live births.
- 3.2) By 2030, **end preventable deaths of newborns and children under 5** years of age, with all countries aiming to **reduce neonatal mortality** to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births.
- 3.3) By 2030, **end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases** and combat **hepatitis, water-borne diseases** and other **communicable diseases**.
- 3.4) By 2030, **reduce by one third premature mortality from non-communicable diseases** through prevention and treatment and promote mental health and well-being.
- 3.5) **Strengthen the prevention and treatment of substance abuse**, including narcotic drug abuse and harmful use of alcohol.
- 3.6) By 2020, **halve the number of global deaths and injuries from road traffic accidents**.
- 3.7) By 2030, **ensure universal access to sexual and reproductive health-care services**, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.
- 3.8) Achieve **universal health coverage**, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all.
- 3.9) By 2030, substantially **reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution** and contamination.
- 3.a) **Strengthen the implementation of the World Health Organization Framework Convention on Tobacco Control** in all countries, as appropriate.
- 3.b) Support the **research and development of vaccines and medicines** for the communicable and non-communicable diseases that primarily affect **developing countries**, provide **access to affordable essential medicines and vaccines**, in accordance with the Doha Declaration on the TRIPS Agreement and Public Health, which affirms the right of developing countries to use to the full the provisions in the Agreement on Trade-Related Aspects of Intellectual Property Rights regarding flexibilities to protect public health, and, in particular, provide access to medicines for all.
- 3.c) Substantially **increase health financing** and the recruitment, development, training and retention of the **health workforce in developing countries**, especially in least developed countries and small island developing States.
- 3.d) **Strengthen the capacity of all countries**, in particular developing countries, **for early warning, risk reduction** and management of national and **global health risks**.

*See further resources on goal 3 and health on page 5.*

# Take action toward achieving goal 3

## Take action locally:

- **Congregational actions:** *Engage members of your congregation in action either through volunteering, advocacy, exercises, or wider congregational changes.*
  - **Organize a fundraiser or volunteer group for your local free clinic.** Find your local free clinic in the U.S. [here](#).
  - **Hold a blood drive at your congregation.** See more information on hosting one with the Red Cross [here](#).
  - **Promote a healthy lifestyle for members of your congregation** by organizing healthy vegan or vegetarian cooking workshops or exercise classes, such as yoga or jazzercise.
  - **Hold a congregational observation of the World Health Organization's (WHO) annual [World Health Day](#)** on April 6<sup>th</sup> or any of [these](#) national days for a non-communicable disease or risk factor.
  - **Start the UUA's [Our Whole Lives program](#) at your congregation**, if it does not already have one. Reduce the spread of STIs in your community by contributing to the global conversation on sexual health.
  - **Host a commemoration of the anniversary of Roe v. Wade at your congregation** using the [UUA's resources](#) to do so.
  - **See the UUA's resources on [addiction ministry](#) and [trauma response ministry](#).** Take steps in your congregation to support those who may be battling with these and other mental health issues.
- **Petitions:** *Sign the following petitions advocating for greater and more equitable access to health care in the U.S. and Canada. Collect signatures at your congregation by book a table during coffee hour.*
  - **[Urge U.S. Congress to take on mental health care reforms](#).** Stand with the [National Alliance on Mental Illness](#) in demanding the passage of a mental health bill.
  - **[Call on U.S. presidential candidates to take action to increase paid family leave](#)** to reduce infant mortality and improve maternal health in the U.S.
  - **[Tell U.S. Congress that you stand with Planned Parenthood](#)** and women's health care rights in the U.S.
- **Films for screening:** *Host a film screening and discussion of any of the following documentaries health issues and access to health care in the U.S. and Canada at your congregation.*
  - **[How to Survive a Plague](#):** An award-winning documentary on the formation and rise of the HIV/AIDS activist groups [ACT UP!](#) (AIDS Coalition to Unleash Power) and [TAG](#) (Treatment Action Group). See information on hosting a film screening [here](#).
  - **[Sicko](#):** A Michael Moore documentary on the U.S. health care system and its organization around profit-oriented health maintenance organizations (HMO). Moore travels to Canada, France, and the U.K. and examines their systems of free universal health care and patient experiences in comparison with the U.S.

- [\*\*The Waiting Room\*\*](#): A documentary chronicling the happenings of the emergency room at an under-resourced publicly funded hospital in Oakland, California that predominantly serves Medicaid patients. Request a screening [here](#).
- [\*\*Ted Talks on health\*\*](#): Screen any of the following talks related to health and health care in the U.S.
- **Book club reads**: *Consider forming a book club with a few members of your congregation to read and discuss any of the following books on health issues and access to health care in the U.S. and Canada.*
  - [\*\*The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care\*\*](#) -- T.R. Reid conducts a comparison of the U.S. health care system with those of other industrialized democracies, including France, Germany, the U.K. and Canada, studying the problems these countries have faced in conducting health care reform.
  - [\*\*And the Band Played On: Politics, People, and the AIDS Epidemic\*\*](#) -- Randy Shilts follows the movement of the AIDS epidemic in the U.S. and the government's response (or lack thereof) to it.
  - [\*\*Mama Might be Better Off Dead: The Failure of Health Care in Urban America\*\*](#) – Laurie Abraham tells the story of four generations of the Banes family as they seek treatment in a medically-underserved urban neighborhood, highlighting inequalities in health care access in the U.S.
  - [\*\*Undivided Rights: Women of Color Organizing for Reproductive Justice\*\*](#) – A group of powerful authors use historical research, interviews, and case studies to tell the story of the role of women of color in the fight for reproductive rights.
- **NGOs working toward the cause**: *Hold a fundraiser or collection plate for any of the following NGOs working to increase access to health care in the U.S. and Canada.*
  - [\*\*AIDS Community Research Initiative of America \(ACRIA\)\*\*](#): An NGO that conducts research on HIV/AIDS treatment and the lives and needs of those infected, provides health education programs for those infected with HIV and their caregivers, and provides consulting services for other HIV/AIDS service NGOs across the U.S.
  - [\*\*Health Leads\*\*](#): An organization that tackles social determinants of morbidity by connecting patients to the resources they need to remain healthy, including food, housing, and transportation.
  - [\*\*American Red Cross\*\*](#): This network of volunteers across the U.S. provides emergency relief in disaster situations, collects and supplies blood donations to patients, and provides First Aid and CPR certification programs to ensure citizen preparedness in every day emergencies.

### **Take action internationally:**

- **Petitions**: *Sign the following petitions advocating for the right to health care across the globe. Collect signatures at your congregation by book a table during coffee hour.*
  - [\*\*Urge Iranian authorities to protect women's reproductive health care knowledge and access\*\*](#), by reinstating funding for family planning services and repealing bills that will ban contraception and family planning education programs. Lack of funding for contraception puts women at risk and allows for increased transmission of STIs.

- **Tell the UK government to reform their system for developing new medicines** by taking on the package of reforms proposed by the WHO Research and Development system.
  - **Tell world leaders to increase funding for Polio eradication worldwide** through the [Global Polio Eradication Initiative](#).
  - **Petition the government of Ireland to change its abortion law**, which denies women access to safe and legal abortion unless their life is at extreme risk, and makes abortion punishable for up to 14 years in prison, even in cases of rape and incest.
  - **Urge the government of El Salvador to repeal their total ban on abortion**, which criminalizes abortion in *all circumstances*. Write letters or [collect petition signatures](#) to tell the government that this restrictive law places women's reproductive health at extreme risk.
- **Films for screening:** *Host a film screening and discussion of any of the following documentaries on health issues and access to health care across the world at your congregation.*
    - **A Closer Walk**- A film that follows the HIV/AIDS pandemic across the world, exploring contraction methods, prevention initiatives, and the day-to-day struggle faced by those infected.
    - **A Walk to Beautiful**- A film that follows the journey five Ethiopian women make to a hospital in Ethiopia's capital, Addis Ababa to seek treatment for obstetric fistula, a disorder induced by obstructed or prolonged labor.
    - **Afflictions: Culture and Mental Illness in Indonesia**- A six-part documentary film series documenting the journey of six patients with mental illnesses, through their diagnosis, care, and stigma from their communities.
    - **No Woman No Cry**- A documentary following the stories of at-risk pregnant women and their lack of adequate care across the world.
    - **Yesterday**: In a place where life is full of adversity, one woman shows how courage, compassion and love can change the course of tomorrow. This 2004 Oscar nominee for Best Foreign Language Film puts a human face on the politics and statistics of the AIDS crisis in Africa through the story of a woman dying of the disease who vows to live to see her daughter go to school. (Available on HBO)
- **Book club reads:** *Consider forming a book club with a few members of your congregation to read and discuss any of the following books on health issues and access to health care across the world.*
    - **The Fever: How Malaria has Ruled Humankind for 500,000 Years** – Sonia Shah tells the story of the development of the disease and the history of human attempts to address it.
    - **The Invisible Cure: Why We Are Losing the Fight Against AIDS in Africa** – Helen Epstein's account of AIDS in Uganda and the political and medical attempts to address it.
    - **Betrayal of Trust: The Collapse of Global Public Health** – Pulitzer prize-winning author Laurie Garrett discusses globalization, its impact on global health, and government interventions (or lack thereof) to protect the health of people.
- **NGOs working toward the cause:** *Hold a fundraiser or collection plate for any of the following NGOs working to increase access to health care across the world.*
    - **Nothing but Nets**- An organization that works with UN agencies to distribute mosquito nets to countries with high rates of malaria.

- [\*\*The International AIDS Alliance\*\*](#)- An NGO that works with vulnerable communities internationally to start HIV prevention and treatment programs.
- [\*\*Jamie Oliver Food Foundation\*\*](#)- An international foundation that educates school teachers and communities on nutritional cooking and eating and advocates for food policy reform in the U.S, U.K., and Australia.

**Further resources on goal 3 and health:** Check out these resources to learn more, and consider passing them around at your congregation for their knowledge.

- [\*\*Goal 3 targets and related publications\*\*](#) on health care access and equity.
- [\*\*UN facts and figures\*\*](#) on Goal 3 and the state of health and access to care worldwide.
- [\*\*Global Goals images\*\*](#) and infographics relating to goal 3.
- **WHO [\*\*Global Strategy on Diet, Physical Activity and Health\*\*](#).**
- [\*\*WHO Country Statistics\*\*](#) on global health issues.