

Health and Human Development - Summary Notes

UNIT 4 – Health and Human Development in a Global context

Area of Study 1 - Health and Wellbeing in a Global Context

Characteristics of high-, middle- and low-income countries:

	Defined by the world bank as...	Economical characteristics	Social Characteristics	Environmental characteristics
High-income countries	-has a GNI per capita of \$12476	-strong economic growth -highly industrialised -low levels of unemployment -export and trades good	-large amounts of money -high levels of education -gender equality is more prominent -not dependent on foreign aid	-good water quality -access to adequate toilet Regular garbage disposal
Middle-income countries	Has a GNI per capita of \$1026 - \$4035	-high economic gross -industrialisation often high	-gender inequality and social exclusion -min. level of support of human rights Variation in literacy and education levels	-quality of water varies - indoor air quality is poor - quality of road is inconsistent - some areas have high level of technology whilst some don't
Low-income countries	GNI per capita of \$1025 or less	-low levels of economic growth - poor trade agreements - dependence on agriculture to generate jobs and income	- low levels of education Low gender equality -high dependence on foreign aid -abuse of human rights	-poor water quality/availability - poor sanitation - poor outdoor/indoor air quality -high exposure to toxic substances

Factors that contribute to similarities and differences in health status and burden of disease

Access to Safe Water and Sanitation

- Average person requires a min. of 50L of safe water a day to survive
- Disease and infection can be contracted by the lack of safe water and sanitation
- Women are affected as they have to trek miles to collect water and carry it back
- Can contract diarrhoea
- Swamps and dams can provide a breeding ground for disease causing parasites
- People from low- and middle-income countries are at a greater risk of the effects of unsafe water because they less likely to have an infrastructure to supply clean drinking water.
- Sanitation: is the provision of facilities and services for the safe disposal of human urine and faeces, as well as the maintenance of hygienic conditions

Poverty:

- **Absolute/Extreme Poverty:** Those living on less than a certain amount per day (often US\$1.90 a day)
- **Relative Poverty:** Those living on less than 50% of their country average income

6 things poverty prevents access to

1. Government Services
2. Nutritious Food
3. Clean Water and Sanitation
4. Education
5. Healthcare
6. Adequate housing

Double Burden of Disease: Is experiencing issues and diseases associated with both poverty and wealth in one country. Developing countries are dying from infectious diseases and experiencing malnutrition. Western countries are having diseases from westernised food.

- Malnutrition is the result of an inability to afford nutritious foods.
- Poverty restricts the ability of governments to provide such as clean water and sanitation. Increases risk of infectious diseases
- Poverty enables people to have access and afford healthcare

Housing:

- Adequate housing can reduce the risk of infectious diseases such as malaria by reducing exposure to the mosquitos that spread it
- Lack of ventilation/ reliable electricity/ lack of insulation
- Results in morbidity and mortality

Inequality and Discrimination

	Definition of the issue/affects on health
Race	<ul style="list-style-type: none">- Racial discrimination is when a person is treated less favourably than another person in a similar situation because of their race.- Prevents people from education, access to healthcare
Religion	<ul style="list-style-type: none">- Members of religious belief communities face discrimination based on religion- Can affect their ability to access to public education
Sex	<ul style="list-style-type: none">- Refers to psychological characteristics, including DNA and sex organ- Females often have less power over resources than males
Forced marriage	<ul style="list-style-type: none">- Forced marriages occurs when one or both of the parties are married against his or her will- Many girls under the age of 18 are being forced to be married
Female genital mutilation	<ul style="list-style-type: none">- Procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons
Sexual Orientation	<ul style="list-style-type: none">- Refers to the sex that an individual is sexually and romantically attracted to- People are refused job, healthcare, subjected to sexual assault
Gender Identity	<ul style="list-style-type: none">- Refers to how an individual perceives themselves as male, female, a blend of both or neither

Global distribution and global marketing

- Globalisation: The interconnections of the world through the transfer of goods, services, capital, people and information
- More business links=economy increases
- Creates risk of double burden of disease

Global marketing:

- Tobacco- developing populations are targeted and uptake rate is high
- Alcohol- high usage rate. Can decrease productivity
- Processed/fast food- more middle income countries have high fast food consumption from targeted advertising and eating

Alcohol:

- Sales increased in developing countries
- No legislations to control excess alcohol

Processed Foods:

- Have neglected their traditional diets for highly processed westernised foods
- Contributes to an increase in consumption and availability of processed food, oil and soft drinks in developing countries
- Result in dietary change there are now a number of developing countries where childhood malnutrition and obesity are both health concerns

Sustainability, Human Development and Human Development Index

Sustainability: refers to meeting the needs of the present without compromising the ability of the future generations to meet their own needs

ECONOMIC SUSTAINABILITY:

- Capacity of future generations to earn an income and allow for economic sustainability
- Ensuring that the average income in all countries are adequate to sustain a decent standard living and continue to rise in line with inflation and living costs
- Adequate funding also means that the government receives more funds through taxation and can provide services to promote H + W of citizens

Promotes health and wellbeing (globally)

- Ensuring employment opportunities and the payment of fair wage for goods and services (Safety, food and shelter: physical h+w
- Promoting economic growth at the national and international levels
- Investing in education and improving the skills and knowledge of the workforce
- Having access to adequate/appropriate technology, transport, communication, system tools and energy

SOCIAL SUSTAINABILITY

- Future generations having same or improved access to social resources such as human rights and political stability
- Aims to ensure that everyone has their human right upheld, they can participate in the society in which they live in. Participate in decisions that affect their lives and experience equal access to resources such as food, shelter and education
- Progress must lead to improvement in the h+w of all people over time, participating to those who experience inequality

Promote health and wellbeing (globally)

- Empowering people to take control of their lives
- Respecting their values and knowledge of people
- Promoting equity by including all people in decisions and activities that will impact on their community

ENVIRONMENTAL SUSTAINABILITY

- Ensuring that the natural environment is used in a way that will preserve resources for future generations
- Involves making decisions and implementing practices that minimise the degradation of the planet and having an awareness of natural resources and fragility of the physical environment

Promote health and wellbeing (globally)

- Protecting natural resources
- Reducing energy usage and promoting greater efficiency in the use of energy
- Reducing pollution
- Encouraging industry and agriculture to use natural resource responsibly

Human Development

Definition:

- Creating an environment in which people can develop to their full potential and
- Lead productive and, creative lives in accord with 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 the decisions affecting their lives

Focuses on allowing people to have more choices in order to lead the life they value

Human Development Central Ideas

People: Rather than focussing on economic growth and assuming that this will result in improvements in wellbeing for all, human development has a focus on improving the lives of people

Choice: Happiness and satisfaction in life cant be guaranteed, nor can we ensure that all people will always make the right choices in life

Opportunities: providing people with more freedom to live a life that they value is also a central theme in the human development concept. It is about providing people with a range of skills and abilities and the opportunities to use them.

Human Development Index:

United Nations developed a measurements system that attempt to reflect the level of human development being experienced in different countries and regions

- Measured by: long and healthy life, knowledge and a decent standard of living

Advantages	Disadvantages
<ul style="list-style-type: none"> - Considers more than just average income - Opportunities for education - Life expectancy - Considers other areas - Effective in analysing progress made in other countries - More awareness of time about the use of it 	<ul style="list-style-type: none"> - Complex concept and focusses on many elements of people’s lives - Still based on averages in terms of income - Doesn’t consider the feelings and issues faced within a community - Collecting data can be difficult, time consuming and not necessarily accurate

Global Trends and Health and Wellbeing

Climate Change:

- Rising sea levels:
- Peoples land are being submerged underwater
- Saltwater seeps into fresh water supply
- Farmers have less arable land
- Change of weather patterns: weather becomes more extreme and more natural disasters
- Warmer temperatures increase mosquitos to breed
- High heat increase pollen to trigger asthma
- Weather effect what crops are being grown, if farmers cant adapt to this it can lead to hunger

Conflict and mass migration

Levels conflict increased worldwide

- Governments spend money on weapons rather than healthcare/education
- Physical environment destroyed
- Women are at a greater risk of rape and abuse

Mass migration: Occurs during conflict

- Overcrowding in urban areas

- Children drop out of school
- Refugee camps have very poor sanitation

World trade and tourism

Tourism

- Develops jobs for local people, improving sustainable economic growth – higher incomes can improve family's ability to access quality food
- Promotes local culture and social inclusiveness
- Promotes global peace
- Can cause overcrowding and strain on local resources

World trade

- Boosts productivity and economic growth
- Increased employment levels

Technology that enable knowledge sharing

Technology growth rapidly increase

- SMS services can be used to issue disaster warnings and phone technology used for emergency relief
- Health services can access from home, people therefore more likely to be proactive with their health issues such as quitting smoking
- Invasion of privacy if too much information is shared, puts children at a greater risk of cyberbullying

Area of Study 2 – Health and Sustainable Development Goals

Sustainable Development Goals

Objectives:

1. End Extreme Poverty
2. Fight inequality and injustice
3. Tackle Climate Change

Rationale

- Seeks to build on the Millennium Development Goals (MDG's), and create a new set of goals and targets where needed
- Progress in all areas which were uneven across the regions and countries, therefore more work must be done
- New global challenges emerged that had to be addressed

Areas of Importance

- **People** – End poverty and hunger in all forms and ensure dignity and equality
- **Planet** – Protect our planet's natural resources and climate for future generations
- **Prosperity** – Ensure prosperous and fulfilling lives in harmony with nature

- **Peace** – Foster peaceful, just and inclusive societies
- **Partnership** – Implement the agenda through a solid global partnership

THE SDG'S

SDG 1: NO POVERTY

- **Poverty:** not having the resources to meet basic needs such as food, clothing and shelter
- Extreme Poverty
- Relative Poverty
- **AIM:** Seeks to remove poverty and inequality within and among nations. They aim to eradicate extreme poverty, implementing social protection systems, ensuring equal rights and access to essential resources
- **Social Protection measures:** measure put in place to prevent individuals and families from suffering from poverty because of a crisis or another unexpected event.

Affect on health and wellbeing and human development

- Decreases rates of waterborne disease such as: cholera and typhoid
- Affordability of healthcare they are more likely to get treated for easily treatable conditions
- Major causes of ill-health
- People can afford healthy food and assists in obtaining the nutrients required to strengthen immune systems allows the body to function effectively and reduce risks of developing communicable diseases
- when individuals in a country do not live in poverty, the country does not either, because the government can generate revenue via tax. There is enough money to provide public services

Link to SD3: Good Health and Wellbeing

- Poverty needs to be eradicated
- Eradicating poverty allows governments in low-income countries to be able to contribute money towards public health and wellbeing
- Having access to an income allows individuals access to healthcare and medications
- Many of the economic, sociocultural and environmental actions, which need to be taken to achieve both goals which requires collaboration across sections

SDG 2: Zero Hunger

- Aims to end all forms of hunger and malnutrition. Ensuring that everyone has access to food
- Being malnourished can lead to inadequate intake of micronutrients
- Having access to food is essential for achieving good health and wellbeing and human development
- Having a good nutrition allows people to grow and gain energy
- It weakens their immune system if they aren't absorbing the right nutrients

Affect on Health and Wellbeing and Human Development

- Children who suffer from hunger experience severity of diseases such as pneumonia.
- Eradicating hunger will decrease the risks of severe disease
- Having energy due to access to nutrients increases mental and physical health and wellbeing
- When people are nourished, this strengthens the immune systems and fed people are less likely to suffer from diseases such as: pneumonia and reducing the burden of disease for these conditions
- People who are nourished they have the energy to be able to go to work and earn an income. Which allows them to be able to go to school and have an education, which increases literacy and numeracy rates, which improves their quality of life.

[Link to SDG3: Good Health and Wellbeing](#)

- When people have access to food, they are less likely to develop malnutrition this reduces the levels of morbidity
- Food provides people with nutrients to develop a strong immune system, which promotes physical health and wellbeing
- If people aren't hungry: they have the energy to go to work, can grow and harvest their own food. This contributes to food security, assisting in preventing chronic undernutrition

SDG 3: Good Health and Wellbeing

- It aims to achieve health and wellbeing for everyone, at every stage of life.

Key Features:

Key Feature 1 – Maternal and Child Health and Wellbeing

- Aims to improve Maternal and Child Health and Wellbeing.
- Reduces Maternal, Child and Under-five mortality rates

To improve:

- Access to vaccinations, health care systems
- Access to safe water, sanitation and adequate food
- Increase investments by governments in healthcare services
- Access to antenatal care
- Access to safe childbirth practices

Key Feature 2 – Communicable Diseases

Tuberculosis

- TB affects the lungs caused by bacteria that's spread via coughing and sneezing
- Prevented by vaccinations or can be treated if caught early

HIV/AIDS

- Acquired Immune Deficiency Syndrome (AIDS) is caused by the Human Immunodeficiency Virus (HIV), damages and weakens the immune system of individuals
- Transmitted via bodily fluids and mothers can pass it onto their children
- Cannot be cured
- If people have access to education, they would gain knowledge about HIV
- Need access to prevention services

Malaria

- Parasite passed via female mosquitoes
- Young children and pregnant women are at risk
- Vector control most effective
- Preventable medications

Neglected Tropical Diseases

- Group of 18 diseases that mainly occur in tropical and subtropical environments
- They receive little funding from the governments and other organisations for research and prevention
- Lack of access to clean water and sanitation, limited access to health and wellbeing services
- Need: creation of drugs, vector control, vets for public health

Hepatitis

- Inflammation of the liver caused by a viral infection
- Prevention: immunisations, blood screening before transfusions, safe sex and safe injections

Key Feature 3 – Non-Communicable diseases

- Cardiovascular disease, cancer, diabetes and chronic respiratory disease accounts for 2/3 of deaths globally

Road Traffic Accidents

- Poor quality roads, unsafe vehicles and driver behaviour are responsible for most of the road traffic accidents worldwide with driver behaviour being significant factor
- Aims: To halve the number of global deaths and injuries from road accidents

Drug and Alcohol misuse

- Is a significant public health issue worldwide with drug misuse increasing
- Alcohol is a dependent drug and many people need specialised medical assistance to help them change their behaviour
- Most common illicit drugs is cannabis followed by cocaine and amphetamines

Air Pollution

- Indoor air pollution: fuels from particles from cooking and heating that enter the lungs
- External air pollution: caused by energy production and traffic fumes

Water Pollution

- Contamination of drinking water and soil, mainly through poor sanitation

Mental Health and Wellbeing

- When people experience good mental health and wellbeing they are able to realise their potential, cope with stressed life, work productivity and contribute to their communities
- Stressful work conditions, gender discrimination, social exclusion,
- Safe and supportive environment
- Need leadership from government, strategies development

Key Feature 4 – Ensure Universal Health access to sexual and reproductive healthcare services

- Ensures all people obtain the health services they need without suffering financial hardship when paying for them
- Access to medication/technology
- Capacity of well-trained health workers
- Women needing access to family planning, modern contraceptives methods need to increase

How does it increase global health and wellbeing?

- Decrease the rate of maternal and infant mortality
- Increase life expectancy in all countries
- Decrease mortality from communicable and non-communicable disease

SDG 4: Quality Education

- Addresses the importance of girls and boys having equal access to high quality education at all levels, from pre-school through to tertiary and to develop vocational skills needed for employment
- Ensures all people receive education to ensure the numeracy and literacy
- Girls are less likely to enrol into or complete education. Due to : poverty, child labour and HIV/AIDS which contribute to low school enrolment and high group-out rates.
- Another reason why females don't attend school because of the lack of sanitation facilities, some schools don't have separate and private toileting facilities.

How it improves Health Status

- Education provides people with the ability to develop literacy skills. With these skills they can engage with health promotion messages such as understanding the risk of smoking, which can reduce smoking rates and reduce mortality levels of lung cancer

How it improves Human Development

- Education enhances literacy, which leads to greater employment prospects and increase income. Income provides the capacity to purchase nutritious food, shelter, clean water and healthcare, therefore a decent standard of living.

Link to SG3: Good Health and Wellbeing

- The children of educated mothers are healthier than those whose mothers have not had a basic education
- Affording healthcare means that women who are pregnant are more likely to have access to skilled birth attendants, reducing levels of maternal mortality. If children are at school receiving a quality education, they can learn knowledge and skills related to the importance of safe sex, which can reduce the transmission of HIV and other sexually transmissible infections

SDG 5: Gender Equality

- Aims to end discrimination and violence against women and girls by addressing the barriers that exist to gender equality.
- Its where women and men have the same level of power and control over all aspects.
- It's a basic right. Yet, women don't experience gender equality

How it improves Health Status

- Educated girls tend to marry later, less likely to experience sexual violence and are more likely to be able to protect themselves from HIV/AIDS and other diseases. This assist them to increase their life expectancy

How does it improve Human Development

- Educating and empowering women and girls boosts their chances of getting a job and earning an income, which allows them to access a decent standard of living and allows them to participate in society and decisions that affect their lives

Link to SDG3: Good health and wellbeing

- Gender equality means that women have increased opportunities to access education.
- Educated women marry later and have children at an older age. This decreases the risk of birth complications and reduces the risk of maternal mortality. Gender equality also means that women are less likely to be discriminated against in the workplace. This improves women self-esteem and contributes to improved mental health.

SDG 6: Clean Water and Sanitation

- Ensuring that all people can enjoy clean water and adequate sanitation.
- It reduces pollution and the risk of communicable/ non-communicable disease

How does it improve Health status

- Access to clean water and sanitation means that people are less likely to control waterborne disease. Which impacts physical health and wellbeing.

How does it improve Human Development

- Access to clean water and sanitation means that people have access to a decent standard of living and therefore able to stay well
- Healthy people can attend school and work where they can enhance their capabilities and develop to their full potential

Link to SDG3: Good Health and Wellbeing

- Increased access to safe drinking water means women and children spend less time walking long distances to collect water
- Therefore, they can go to school or work. If girls are at school it increases the likelihood, they will learn about safe hygiene practices to decrease, cholera and typhoid thereby helping to decrease mortality and morbidity from these conditions.

SDG 13 – Climate Action

- It is concerned with the impact of climate change and the need for all countries to take urgent action to reduce its impact

Impact on health and wellbeing

- Increase in infectious diseases due to the humidity and heat.
- It affects physical health and wellbeing: allergies/asthma is increased due to air pollution

How does it improve Health status

- A reduction in the rise of global temperature may contribute to less extreme weather events such as: hurricanes and extreme droughts, reducing the amount of death and destruction and improving health status

How does it improve Human Development

- Reducing the rising of sea levels will allow people who live in coastal areas to continue using land to farm and earn an income. This will ensure these people can continue to have access to a decent standard of living and to contribute to the life of their community.

Link to SDG3: Good Health and Wellbeing

- a reduction in natural disasters related to climate change would reduce levels of injury and death, increasing life expectancy and reducing injury-related mortality and morbidity
- Reduce the impact on agricultural resources that many people rely on for food. This would reduce levels of burden of diseases for malnutrition
- Improvement in how countries respond to climate-related natural disasters

THE WORK OF THE WHO (WORLD HEALTH ORGANISATION)

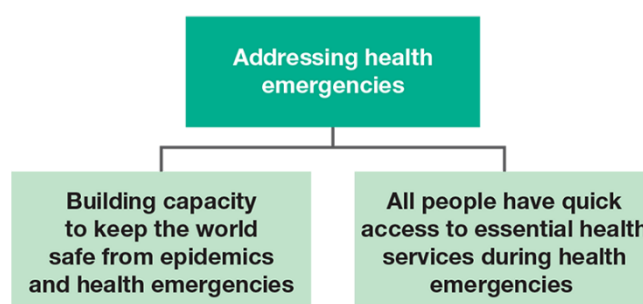
People Can Still Develop Positive Minds

<u>Function</u>	<u>Explanation</u>	<u>Example</u>
Provide leadership and create partnerships to promote health and wellbeing	WHO works with member states and other agencies to develop international policies and regulations to prevent and manage disease outbreaks and coordinate relief efforts in times of disaster	<ul style="list-style-type: none"> - Partnerships have helped produce effective vaccines against meningitis, Ebola and the first malaria vaccine.
Conduct research and provide health and wellbeing information	WHO works with others to ensure the most up-to-date research is available to help inform decisions that promote health and wellbeing; prevent and control diseases, improve health systems; and help achieve universal access to healthcare. WHO provides expertise in research and development to improve the way in which diseases can be prevented, diagnosed, managed and treated	<ul style="list-style-type: none"> - Their work has led to guidelines and advice on preventing and treating conditions such as asthma, hepatitis and Zika
Set norms and standards, and promote and monitor their implementation	WHO works with other agencies and governments to standardise the way research is carried out, the use of common indicators for the collection of data and the health and wellbeing terminology that is used. This makes it more effective and efficient to share information, monitor the impact of disease and evaluate the effectiveness of programs and initiatives	<ul style="list-style-type: none"> - International Classification of Diseases, which enables all countries to use a common standard for reporting diseases - WHO Essential Medicine List that provides a guide for countries on the main medicines that a health system needs. - WHO's work has led to global standards for air and water quality and safe and effective medicines. An emerging challenge is the protection of the effectiveness of antibiotics as a result of drug resistance

<p>Develop policies to help countries take action to promote health and wellbeing</p>	<p>Policies help governments and the global community implement action that is known to be effective in bringing about improvements in health and wellbeing. WHO helps countries adapt these policies to meet their local context and helps governments implement them</p>	<ul style="list-style-type: none"> - Global Framework Convention on Tobacco Control - The Stop TB Strategy - Healthy Eating and Physical Activity Guidelines - Guidelines on the intake of sugars to reduce the risk of non-communicable diseases in adults and children
<p>Provide technical support and help build sustainable health systems</p>	<p>WHO provides advice and support to countries to implement changes in areas such as the provision of universal healthcare, health financing and a trained workforce. They help countries strengthen their capacity for early warning, risk reduction and the management of health and wellbeing risks.</p>	<ul style="list-style-type: none"> - Assisting countries with health finance through developing a national health finance strategy - Providing policy briefs on the importance of free healthcare
<p>Monitor health and wellbeing and assess health and wellbeing trends</p>	<p>WHO has developed a Global Health Observatory which stores and shares health related data. It helps countries identify who is getting ill, from which diseases and how and where they are getting ill so resources can be targeted to where they are needed most.</p>	<ul style="list-style-type: none"> - Each year, WHO studies influenza trends to determine what should be included in the following season's influenza vaccine

Strategic Priorities and goals:

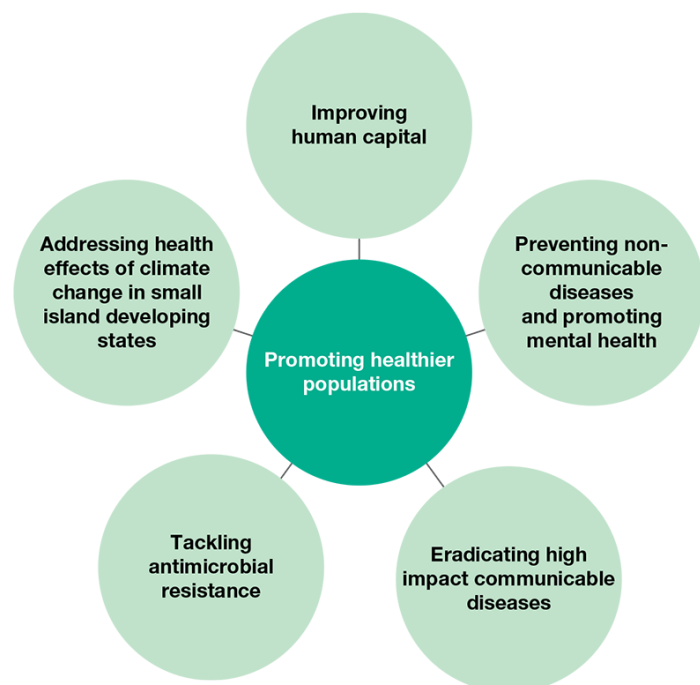
Addressing Health Emergencies



Achieving Universal Health Coverage:



Promoting Healthier populations:



TYPE OF AID:

Emergency/ Humanitarian Aid

“rapid assistance given to people or countries in immediate distress to relieve suffering during and after emergencies such as wars and natural disasters, for example floods, tsunamis or earthquakes. Emergency aid is also called ‘humanitarian aid’.

- It is short term and needed to keep people alive
- Provision of food, water, medicines and shelter.
- Involve personnel: Health doctors, workers or emergency workers from other countries
- Does not address underlying causes of poverty
- Australian government responds quickly and provides personnel and material resources
- Australia works with multilateral and NGO partners to ensure emergency aid is provided

Bilateral Aid

the provision of aid from the government of one country to the government of another country”

- to help reduce poverty and bring about long term sustainable development.
- Donor country works with the government of the country receiving the aid to ensure that programs implemented meet the needs of the country and its people
- It aims to help governments of recipient countries strengthen their economic, political, health and education systems and eventually become self-sufficient
- Some countries favour their economy and political interests
- Bilateral aid can neglect the poorest people

Multilateral Aid

aid provided through an international organisation, such as the World Bank, United Nations or World Health Organization. Multilateral aid combines donations from several countries and then distributes them to the recipients

- Through an international organisation (World Bank, United Nations or WHO)
- - donations from several countries and then distributes to countries in need
- Used to address global issues
- Contributes to the achievement of equity in health and wellbeing and to promote human development
- Less likely to be tied to political interests of individual donor countries
- Australian government provides multilateral funds to international aid

DFAT – Department of Foreign Affairs and Trade

Non-Government Organisations (NGO)

NGOs take different approaches to aid, which can include specific projects or programs, emergency aid, volunteering, education and development. The aid provided by NGOs often focuses on communities

- Non-profit; work separately from governments
- Focuses on smaller community-based projects that are targeted to meet basic health and wellbeing needs and promote community development and participation

PRIORITIES OF THE AUSTRALIAN GOVERNMENT AID PROGRAM (ABEIGE)

Agriculture, fisheries and water

- Provides employment and an income for workers in middle- and low-income countries
- Provides opportunities for improvement in economic development
- Improving agricultural and water management, gender equality can be achieved

Priorities:

- Strengthening markets
- Innovating for productivity and sustainable resource use
- Promoting effect policy, governance and reform

Australian Government:

- Work with partner governments
- Help maintain the diversity of food crops
- Agricultural and fisheries research

Building Resilience: humanitarian assistance, disaster risk reduction and social protection

- Humanitarian assistance is provided in crisis situations, where life is at immediate risk
- Sending staff to affected areas to provide immediate support
- Providing funds to NGOs
- Working in partnership with the UN World Food Programme
- Providing food, shelter, water, sanitation and medical care
- Works to reduce the risk of disaster

Education and Health:

- Critical to improving the lives of all people, especially the poor
- Education is the best investment that can be made to reduce poverty, improve health and wellbeing and promote human development
- People are able to gain the skills to enable them to contribute to the country's economy

Australian Government:

- Improving teacher training and the development of high-quality curriculum
- Funding initiative to assist children
- Investing in early childhood care and focusing on gender and disability inclusiveness
- Investing in high quality secondary and technical education
- Enabling girls living in poverty and children with a disability
- Contributing to global partnership for education to improve access to education worldwide

Infrastructure, trade facilitation and international competitiveness

- Promotes economic development, improves trade opportunities and reduces poverty.
- Provision of a reliable energy supply, better roads and transport systems, clean water, accessible health care and telecommunication systems
- Allows people to gain access to markets to buy and sell goods
- Infrastructure helps families to access healthcare when needed and for children to attend school, which improves health and wellbeing and promotes human development

Gender equality and empowering women and girls

- Women and girls often lack the same opportunities available to men and boys in terms of education, employment and making decisions that affect their lives
- Empowering women and girls allow them to: higher average incomes, greater levels of education and healthier families
- Without gender equality, countries are less likely to prosper

Main areas focussed:

- Enhancing women's voice in decision making, leadership and peace building
- Promoting women's economic empowerment
- Ending violence against women and girls

Effective governance: policies, institutions and functioning economies

- An effective government provide the foundations for economic growth, private sector investment and trade
- able to deliver education and health services that build a skilled, prudctive and healthy workforce
- When governance is poor, human development outcomes are also poor

Non-Government Organisation Programs:

World Vision:

- Works with children, families and communities around the world to overcome poverty and injustice

- Funded through variety of activities such as, child sponsorship, 40 hour famine, general donations, emergency relief appeals and corporate support of projects through cash donations

Humanitarian and emergency relief:

- provides rapid emergency relief to people affected by conflict, flood, drought, earthquake, famine and other natural disaster
- workers provide food, shelter, medicine and other immediate needs

promotion of health and wellbeing and human development globally

- world vision works with communities to deliver a range of projects that directly/indirectly improve the health and wellbeing and human development of community members, pregnant women, mothers and children
- World visions **7-11 strategy for maternal and child health** provides framework in which how they address the health and wellbeing and nutrition of women and children

The 7 Core Interventions for the Mother

1. Adequate diet
2. Iron/folate supplements and deworming
3. Infectious disease prevention
4. Malaria prevention, treatment access and preventative treatment
5. Healthy timing and spacing of pregnancy
6. Birth preparedness
7. Facilitating access to quality maternal health services, including antenatal and postnatal care, and a skilled attendant at birth

The 11 Core Interventions for the Child

1. Appropriate breastfeeding
2. Essential newborn care
3. Adequate diet, including appropriate complementary feeding and Vitamin A supplementation
4. Adequate iron
5. Full immunisation for age
6. Hand washing with soap
7. Oral Rehydration Therapy and zinc
8. Prevention and care-seeking for malaria, and prevention and care-seeking for acute respiratory infection
9. Prevention and care-seeking for acute malnutrition
10. Prevention and care-seeking for paediatric HIV
11. Deworming

The Red Cross:

- Main task is to create parcels of soap, toiletries, games and food to be given to sick and wounded soldiers
- Aims to 'improve the lives of vulnerable people in Australia and internationally by mobilising the power of humanity'
- **Humanity:** aid without discrimination to the wounded on the battlefield. To prevent and alleviate human suffering where it may be found

Promotion of health and wellbeing and human development globally:

- Works to save lives, alleviate human suffering and protect dignity
- Reducing the impact of disasters promotes health and wellbeing
- Preventing or reducing the impact of a disaster can save many lives and reduces the human suffering which can result, increasing health and wellbeing
- People are more empowered, which promotes human development
- Restoring safe water prevents illness and promotes physical health and wellbeing
- When people are being cared for and looked after when sick and injured can contribute to spiritual health and wellbeing by developing a sense of belonging and connection
- Providing hygiene kits and emergency relief supplies can keep people alive and helps promote their physical and emotional health and wellbeing

Oxfam:

- "We believe all lives are equal and no-one should live in poverty. Together we are on the ground, empowering communities to tackle poverty"
- Purpose is to create lasting solutions to the injustice of poverty. It is part of a global movement for change, one that empowers people to create a future that is secure

Their basic rights:

- The right to life and security
- The right to a sustainable livelihood
- The right to be heard
- The right to have an identity
- The right to have access to essential services

promotion of health and wellbeing and human development globally

- Goal 1: people claiming their right to a better life. Oxfam helps people claim rights for themselves, which contributes to improved human development, as people are provided with the skills, knowledge and opportunity to participate in decisions that affect their life of their community. Promotes spiritual health and wellbeing as people a part of, and connected to the community

seek textbook for the other goals

Features of Effective Aid: (PORT)

Partnership

- Local communities need to have input into the design and implementation of a program
- It ensures that programs are sociocultural appropriate and builds the capacity of the community by training locals to develop the necessary knowledge and skills
- Partnerships can include the government of the recipient country, the government of the donor country, a multilateral aid agency, an NGO and the leaders in the local community

Ownership

- Countries receiving the aid must be involved in deciding the type of aid that will best meet their needs
- Programs need to consider the sociocultural and political aspects of the community and be implemented in a socio-culturally sensitive way.
- Delivering messages in local languages and using visual aids for those who are illiterate demonstrates an understanding of the community

Results

- Focusing on results means that changes to patterns of disease, levels of poverty and other relevant health and wellbeing indicators are monitored to ensure the program being implemented is having the intended effects of improving health and wellbeing

Transparency and Accountability

- Transparency means that all necessary information is made available to everyone who is involved in developing and implementing a program
- Ensures that funding is not used for commercial gain
- Accountability involves the regular monitoring and assessment of progress against the aims and objectives of the program, which is then published and available to the community

Aid program addressing SDG 3: Good Health and Wellbeing

Sexual and reproductive health and wellbeing program in Cambodia

- Seek textbook and notes

TAKING SOCIAL ACTION

Social action is about doing something to help create positive change

Ways of taking social action

Volunteering:

- to assist in raising funds or be part of a volunteer program designed to help improve the lives of others and their communities

Donate money to non-government organisations:

- It allows NGO to continue their work in low- and middle-income countries. People can donate money to fund development programs, provide emergency assistance.

Conduct fund-raising events:

- In the school or community to support a social change project

Show support for a social change campaign:

- by signing online petitions, involved in online competitions and other social media activities

Purchasing Power:

- to buy products that support actions to promote social change.

Lobby Government:

- organising a group of people to write letters to newspapers, send emails to politicians and invite politicians to attend a community gathering to answer questions

Boycott:

- people collectively decide to not buy particular products because of how they are made, how the workers are treated or the impact they have on the environment

Social enterprise:

- A social enterprise activity is based on identifying and researching a problem, planning a solution, developing an action plan and then taking action to solve the problem