Ensure healthy lives and promote wellbeing for all at all ages



SDG 3





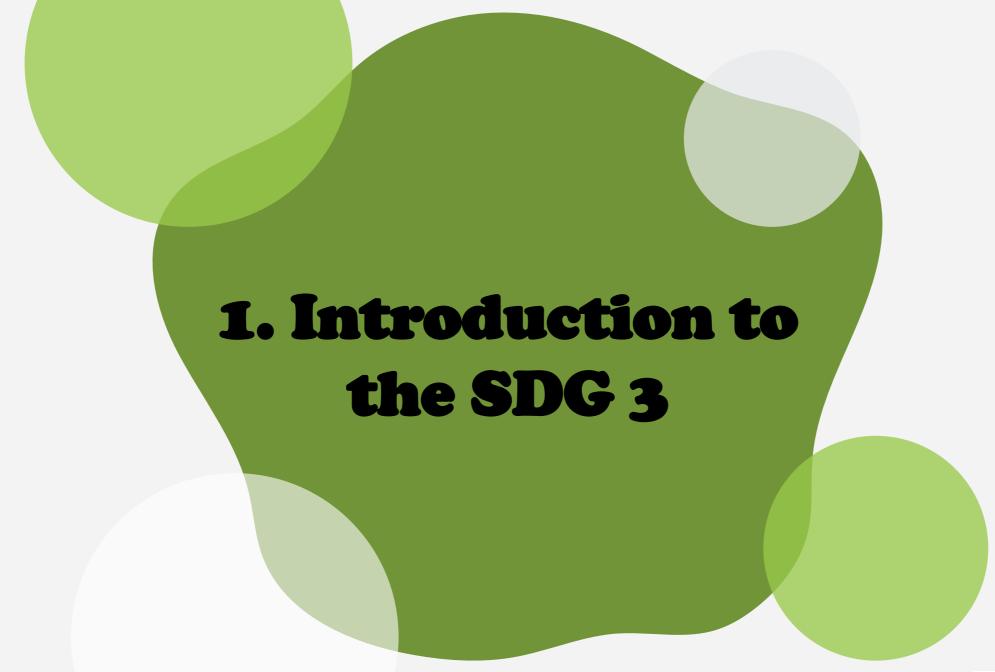






THE GLOBAL GOALS For Sustainable Development





What's the main aim of the SDG 3?

The main aim of this goal is to reduce preventable deaths, improve healthcare systems, and ensure equal access to health services worldwide. As the saying goes, "Health is not everything,"

but without health, everything is nothing."



SLIDESMAN

Why is SDG 3 important?

SDG 3 is important because good health allows people to live longer, learn better, and work productively. Healthy societies grow stronger, reduce poverty, and create a brighter future for everyone. Without health, progress in education, equality, and economic growth cannot be achieved. It also protects communities from diseases and health crises, making them more resilient. By ensuring well-being, SDG 3 supports sustainable development in every part of the world.



2. Current situation in our country, including challenges and problems

SDG 3: GOOD HEALTH AND WELL-BEING

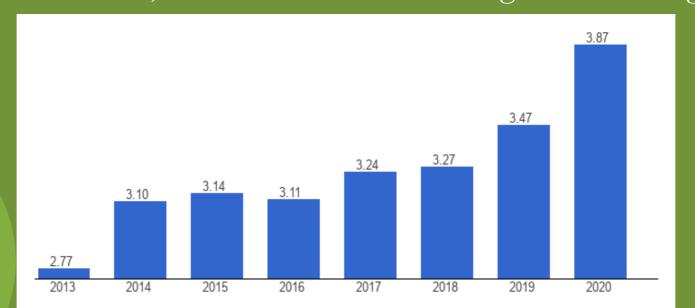






Mandatory health insurance

North Macedonia has a mandatory health insurance, with 90% of the population covered by the Health Insurance Fund. In 2019, public health spending was 4,3% of the GDP, which is below the regional average.





SLIDESMA

COVID-19, malaria, tuberculosis

COVID-19 stopped many health services and caused higher death rates. The vaccination program started with elderly people and health workers. By early 2022, about 40% of people were fully vaccinated.

From 1976 to 2017, there were 74 reported cases of malaria, primarily imported and 3 total deaths, with 4–6 imported cases per year in recent years of that period.

North Macedonia is considered a low-risk country for tuberculosis. In recent years, the number of new tuberculosis cases per year has ranged between 130 and 160, with deaths ranging from 6 to 15 annually.

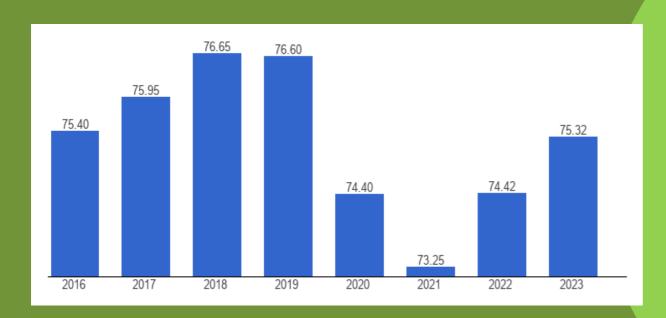
SLIDESN

Vaccination

Vaccination rates for children are going down, even before COVID-19, and they are still much lower than they should be. UNICEF and USAID are helping the North Macedonian government improve preventive care. Plans include a National Immunization Strategy, and rewards for medical workers.



Life expectancy



According to the latest statistics from 2020, life expectancy in North Macedonia is 74.45 years for men and 78.41 years for women, with an average of 76.4 years. The main health problems include strokes, heart disease, cancer, diabetes, and others. Fortunately, most death rates related to these conditions are improving.

3. Good practices or successful local/national initiatives

NATIONAL PRACTICES

- National vaccination programs protect children and reduce deadly diseases.
- Free health check-ups and screenings help in early detection of illnesses.
- Campaigns against smoking and unhealthy food improve public health.





LOCAL INITIATIVES

- Community health centers provide basic care in rural areas.
- Mental health awareness workshops support young people.
- School programs promoting sports and healthy nutrition encourage well-being.
- Partnerships between local NGOs and hospitals improve access to services.



4. Proposed solutions and the role of young people in achieving the goal





PROPOSED SOLUTIONS

In North Macedonia and globally



Global solutions

I | strengthening healthcare systems

Developing countries like North Macedonia, often lack resources for healthcare. Increased financial support, both domestically and internationally, is crucial.

02 | tackling communicable diseases

By 2030, SDG3 aims to end the epidemics of tuberculosis, malaria, and other diseases. Increasing the percentage of people vaccinated is crucial for preventing and controlling infectious diseases.



o3 | addressing environmental and social determinants of health

Improving access to clean water can help prevent many diseases.

Tackling air pollution, both indoors and outdoors, is important for respiratory health and overall well-being.



> 04 | international collaboration

Strengthening international collaboration and partnerships is key for sharing knowledge, resources, and best practices.





05 | promoting healthy habits

Promoting healthy habits through education and awareness campaigns, including nutrition, physical activity, and disease prevention, can empower individuals to take control of their health.



o6 | research and development

Supporting research and development of new medicines, vaccines, and diagnostic tools, is essential. Promoting policies that ensure access to affordable and quality medicines and vaccines for all is very important.



The role of young people in achieving this goal





ON A GLOBAL PERSPECTIVE

Young people bring new ideas and insights, especially on issues that directly affect them, that may not be apparent to older generations.

They are active on social media and other platforms, allowing them to raise awareness, organize campaigns, and mobilize their peers for positive change.

They can also identify and challenge outdated systems and biases that hinder progress towards better health outcomes.





WORKING WITH AND FOR YOUNG PEOPLE

2030





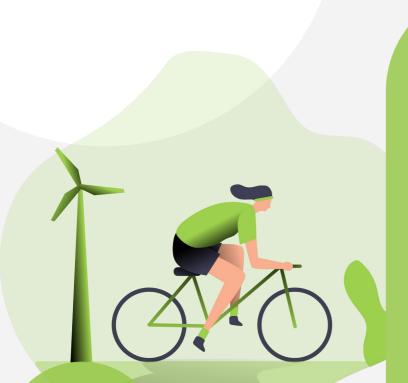




Health & Well-Being Quiz: SDG 3

START





RULES:

- 1. Categories & Points:
- Easy \rightarrow 1 point
- Medium \rightarrow 3 points
- Hard \rightarrow 5 points
- 2. How to Play:
- Teams take turns choosing a question (e.g., Medium or Hard).
- Click on the box to reveal the question.
- Discuss with your team and give your answer.
- You have a maximum of 10 seconds, unless you chose a hard question which has a maximum of 15 seconds.
- 3. Scoring:
- Correct answer \rightarrow earn the points for that question.
- Wrong answer → no points, and the other team gets a chance to "steal."- if the other team gets the question correct, they get the points and they can choose to answer another question for points.
- 4. Winning:
- The team with the most points at the end wins
- 5. Fair Play:
- Only answer when it's your turn (unless it's a steal).
- Respect other teams keep it fun and friendly!





CATEGORIES!

Choose one!

Easy

Medium 3 points

Hard 5 points

PICK ONE



Easy Category

Question 1

Question 2

Question 3

Question 4

Question 5

PICK ONE



Medium Category

Question 1

Question 2

Question 3

Question 4

Question 5

PICK ONE



Hard Category

Question 1

Question 2

Question 3

Question 4

Question 5

Easy category



Why is SDG3 Important for everyone?

it allows people to live short er

It protects communities fro m diseases

Allows education

Doesn't improve relations w ith others

Easy category



What's the main aim to the SDG 3?

To promote global trade a nd economic growth

To explore space and coloni ze other planets

To reduce taxes worldwide

To ensure healthy lives and prom ote well-being for all at all ages



Easy category



Who is helping North Macedonia improve vaccination for children?

NASA

UNICEF and **USAID**

McDonald's

FIFA

Easy category



Who was first to receive COVID-19 vaccines in North Macedonia?

Children under 5

Elderly people and health w rkers <u>O</u>

Tourists

School Teachers

Easy category



What do community health centers provide in rural areas?

Free movie tickets

Basic health care

Video game competitions

Shopping Discounts

Medium category



How does malaria spread to humans?

Through contaminated wat er

By touching animals

Through infected mosquito

By eating sugar

Medium category



Why do developing countries like North Macedonia need increased financial support for healthcare?

They have too many hospit als

They often lack resources fo r healthcare

They don't have any school

They want more sports tea ms

Medium category



Why is increasing vaccination important?

To prevent and control infe ctious diseases

To improve video game skill <u>S</u>

To grow taller

To travel faster

Medium category



Co-funded by the European Union

Which part of the body does tuberculosis mainly affect?

Lungs

Heart

Eyes

Brain

Medium category



How can improving access to clean water help people?

It increases video game skill

It improves singing ability

It makes buildings taller

It prevents many diseases

hard category



Why is strengthening international collaboration important for global health?

To reduce competition bet ween countries

To improve cultural exchan ge only

To focus only on national h ealth price 2024-1-FR01-KA220-SCH-000245902 ealth priorities

To share knowledge, resourc es, and best practices

hard category



How can education and awareness campaigns most effectively improve health?

By promoting healthy habits lik e good nutrition, exercise, and p revention

By giving general information w ithout practical steps

By focusing only on hospital tre atments instead of p revention

By targeting only adults and ign oring young people

hard category



Why is supporting research and development of medicines and vaccines essential?

To focus mainly on profit for ph armaceutical companies

To replace traditional knowledg e entirely

To create new and effective ways of diagnosing, preven ting.

To reduce the need for internati onal cooperation



hard category



What is the main reason for promoting policies that ensure access to affordable medicines and vaccines?

To guarantee equal healthcare o pportunities for all people

To increase the profit of local p harmacies

To reduce government involvem ent in heal
2024-1-FR01-KA220-SCH-000245902 ent in health systems

To prioritize developed countrie s over developing ones



hard category



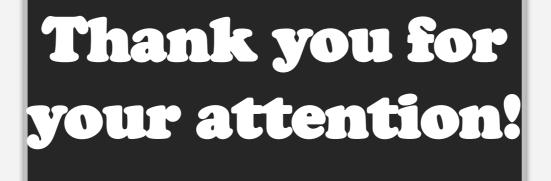
How can young people contribute uniquely to improving health outcomes?

By raising awareness, challengin g outdated systems.

By waiting for older generations to implement ch ange

By participating only in local hea SLIDES | SLI lth programs, not global ones

By limiting their role to voluntee ring without influencing policies



You are absolutely correct!!







That is wrong, sorry, try again next time!





