

3 GOOD HEALTH
AND WELL-BEING



FU⁺UREPLUS



SDG 3: GOOD HEALTH & WELL-BEING

A FU⁺UREPLUS GUIDE



+ “ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES.” (By 2030)

Target 3.1 – Reduce maternal mortality

Target 3.2 – End all preventable deaths under 5 years of age

Target 3.3 – Fight communicable diseases

Target 3.4 – Reduce mortality from non-communicable diseases and promote mental health

Target 3.5 – Prevent and treat substance abuse

Target 3.6 – Reduce road injuries and deaths

Target 3.7 – Universal access to sexual and reproductive care, family planning and education

Target 3.8 – Achieve universal health coverage

Target 3.9 – Reduce illnesses and death from hazardous chemicals and pollution

Target 3.A – Implement the WHO Framework Convention on Tobacco Control

Target 3.B – Support research, development and universal access to affordable vaccines and medicines

Target 3.C – Increase health financing and support health workforce in developing countries

Target 3.D – Improve early warning systems for global health risks

+ PROGRESS & INFO

Ensuring health lives and promoting well-being at all ages is essential to sustainable development. COVID-19 has demonstrated the critical need for preparedness – It provides a watershed moment for health emergency preparedness and for investment in critical public services.

Child health – in 2018, an estimated 6.2 million children and adolescents under the age of 15 died, mostly from preventable causes. Despite global progress, an increasing proportion of child deaths are in sub-Saharan Africa and Southern Asia, with 4 out of every 5 deaths of children under age five occurring in these regions.



+ THE ROLE OF BUSINESSES

The following business themes are addressed by SDG 3:

- Occupational health and safety
- Access to medicines
- Access to quality essential health care services
- Air and water quality

At a minimum, businesses have a responsibility to respect all human rights, including the right to universal healthcare. Companies of all sizes can benefit from and contribute to achieving healthy societies. The SDGs provide a new opportunity for the private sector to support the delivery of health needs around the world through their products, services and business activities, including communication activities, occupational health and safety practices, and value chains and distribution networks.

By ensuring the workers have safe working conditions and access to health services, companies establish healthier staff and better relationships which in many cases has positive effects on productivity.

+ BUSINESS ACTIONS

- Provide **mental health support** to your employees, offering benefits above and beyond the minimum standards. We can send you a guide on this.
- Provide a work environment that promotes health and human experience through design (i.e. air purification, plants, considered light levels, etc.).
- Ensure you have a Health & Safety Policy that meets the highest industry standards.
- Ensure you have the necessary sanitation measures and procedures in place that consider employee sickness.
- Provide, produce or promote healthy diets and lifestyles for all employees.



+ ADDITIONAL ACTIONS

- Utilise your **corporate resources** (e.g. R&D and distribution) to support health care delivery by public and international organisations.
- **Facilitate** and **invest** in affordable medicine and health care for low-income populations.
- Offer your employees a monthly allowance or subsidies for health and wellbeing activities, such as a gym membership.
- **Extend healthcare provisions** to employees' families where possible.
- Look into the **working conditions** of employees across the value chain and exchange best practice for areas that may need improvement.
- Create a wellness programme, host mental health workshops, appoint Mental Health First Aiders (MHFAs).

+ NEED MORE HELP?

We also offer consultancy services if you would like more comprehensive support with achieving your sustainability goals.

Please let us know if you would like more information – we would be happy to provide you with a quote: team@future-plus.co.uk