

Ensure healthy lives and promote well-being for all at all ages



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What does this objective seek?

SDG 3 seeks to improve the quality of life of all people by ensuring that every human being has access to health services, physical and mental well-being, and healthy living conditions from birth to old age.



Main goals



- ☹️ Reduce infant and maternal mortality.
- 🦠 Combat diseases such as HIV, malaria, and COVID-19.
- 🧠 Promote mental health and emotional well-being.
- 🏥 Ensure access to safe medical services and medicines.
- 🚗 Prevent traffic accidents and deaths.
- 🚫 Reduce drug, tobacco, and alcohol use.

Why is it important?

- Health is a fundamental human right.
- It allows people to study, work, and live life to the fullest.
- A country with good health improves its economy and social well-being
- Preventing disease is more effective and less expensive than curing it.



What can we do?



- Adopt healthy habits (diet, exercise, rest).
- Take care of your mental health and talk about it without fear.
- Avoid the use of harmful substances.
- Participate in vaccination and blood donation campaigns.
- Promote clean and safe environments.

Sustainable Development Goals

- “Every year, millions of people die from preventable diseases.”
- 📌 “Access to health care saves lives and reduces poverty.”
- 💬 “Health is not everything, but without it, everything else is nothing.” – Schopenhauer

