

# 3 GOOD HEALTH AND WELL-BEING



# Why is health a human right?

Health is a state of complete physical, mental and social well-being and is not limited to the absence of an illness or disease

It is a fundamental right of every human being, without distinction of race, religion, political belief, economic or social condition

Health is essential for the achievement of peace and security. It depends on the broad cooperation of individuals and states

Source: WHO Constitution, 1946

## Types of health

### Physical



General physical condition at a given time. It is the well-being of the body, and its optimal functioning



According to WHO, 23% of adults and 81% of school-age adolescents in the world do not workout as much as they should

### Mental



Emotional, psychological, and social well-being. It affects the way we think, feel, and act when we face life. It includes the prevention of mental health disorders and the treatment and rehabilitation of those affected

#### According to WHO

800 000

#### Mental health

people die by suicide every year around the world (1 death every 40 seconds)

<2%

#### Financing

Mental health was given less than 2% of the global median health budget in 2017

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#### Human resources

is the median number of health workers per 100,000 inhabitants

### Social



Adaptation and self-management to changes and challenges in the environment, as well as the ability to develop satisfactory relationships with other people

According to the WHO (2017), 23% of Latin American countries monitor the progress of their national health policy, strategy or plan regularly

In 2015, 54% of the world's population lived in urban areas. The projection to 2030 shows an increase to 60%, and for 2050, an increase to 66% (WHO, 2021)

The United Nations estimates that more than 90% of the future urban population growth will occur in low- and middle-income countries (WHO, 2021)

### Environmental



External physical, chemical and biological factors surrounding a person. It encompasses environmental factors that could affect health and is based on the prevention of diseases and the creation of environments conducive to health

71%

#### Drinking water

of the world's population had access to safely managed drinking water services in 2017

2 billion

#### Sanitation

people lacked basic sanitation services in 2017

3 billion

#### Hygiene

people lacked basic facilities in their homes for washing their hands with soap and water in 2017

24%

#### Total environment

of all estimated deaths in the world are related to the environment

3,8 million

#### Household air pollution

annual deaths are the result of exposure to smoke from cooking fuels

4,2 million

#### Ambient air pollution

deaths per year are the result of exposure to fine particles

Source: The Global Health Observatory – WHO