



# 3 GOOD HEALTH AND WELL-BEING



GOAL



CHALLENGES



DATA



ACTIONS



If, in any sector (education, technology, communication, infrastructures, etc.), the difference that separates us from developing countries is great, in matters of health care this is alarming. Whereas, for us, health care is a basic protected universal right, in those countries it is a matter of survival.

We live in a globalised world in which times and distances have been shortened thanks to communications and new technologies. However, the difference in health care is growing between countries in the “North” and “South”. Despite the significant advances and progress in research and health, people all over the world are still dying due to such basic reasons as a lack of vaccinations, insufficient hospitals, food shortages, or something as essential as difficulties in accessing drinking water.

Health and welfare are closely related to socio-economic development. Being able to guarantee a healthy life and promoting wellbeing for everyone does not appear to be simple, bearing in mind factors such as poverty, natural disasters, armed conflicts, migratory movement, work conditions or pollution. This scenario can only be overcome through solidarity, commitment and outside help from countries in the North.

Although the position is quite different in our own social surroundings (we have better access to health care and more specialised professionals), the situation of constant stress and a faster pace of life set by agendas do not contribute to improving health and wellbeing.

We therefore need to change certain habits and focus our lifestyle on protecting our health. We should be aware of the risks involved in certain future practices and attitudes, if we want to connect life expectancy to the quality of life. At Auren, we optimise the health of our staff, improving the working conditions of our professionals, providing the appropriate means for achieving this and becoming aware of the importance of this for the good of people and of society in general.





**BY 2030:**

- Reduce the global **maternal mortality** ratio to less than 70 per 100,000 live births.
- End **preventable deaths** preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births.
- **End the epidemics** of AIDS, tuberculosis, malaria, and neglected tropical diseases and combat hepatitis, water-borne diseases, and other communicable diseases.
- Reduce by one-third pre-mature mortality from non-communicable diseases (NCDs) through prevention and treatment, and **promote mental health and wellbeing**.
- Strengthen prevention and treatment of substance abuse, including narcotic drug abuse and **harmful use of alcohol**.
- **Halve** global deaths from road **road traffic accidents**.
- Ensure **universal access to sexual and reproductive health care services**, including for family planning, information and education, and the integration of reproductive health into national strategies and programs.
- Achieve **universal health coverage** (UHC), including financial risk protection, access to quality essential health care services, and access to safe, effective, quality, and affordable essential medicines and vaccines for all.
- Substantially reduce the number of deaths and illnesses from **hazardous chemicals** and air, water, and soil pollution and contamination.
- Strengthen implementation of the Framework Convention on **Tobacco Control** in all countries as appropriate.
- Support research and development of vaccines and medicines for the communicable and non-communicable diseases that primarily affect developing countries, provide access to affordable essential medicines and vaccines, in accordance with the Doha Declaration which affirms the right of developing countries to use to the full the provisions in the TRIPS agreement regarding flexibilities to protect public health and, in particular, provide **access to medicines for all**.
- Increase substantially health financing and the recruitment, development and training and **retention of the health workforce in developing countries**, especially in least developed countries (LDCs) and Small Island Developing States (SIDS).
- Strengthen the capacity of all countries, particularly developing countries, for **early warning**, risk reduction, and management of national and global health risks.



- Every year, more than 6 million children die before the age of 5, and 16 thousand minors die each day from diseases such as measles and tuberculosis.
- Only 56% of births taking place in rural areas are attended by a trained professional.
- AIDS is the main cause of death among sub-Saharan adolescents.
- Pneumonia is the main cause of infant mortality worldwide, especially in less developed countries: every year, it kills 940 thousand children under the age of five.
- In the year 2015, the global maternal mortality rate was 216 deaths per 100 thousand births. In order to achieve the goal set by the UN, the mortality rate must be reduced by 7.5%, more than twice that recorded between 2000 and 2015.
- The mortality rate of children under the age of 5 worldwide was 43 deaths per 1,000 live births in 2015. In comparison, the rate in sub-Saharan Africa is 84 deaths.



- The percentage of children under the age of 1 vaccinated against hepatitis was 29% in the year 2000 and 84% in 2015.
- 1.3 million Spaniards miss at least one working day a year.
- The rate of absenteeism from the workplace is 5.35% in Spain. In Europe, it is 4%.
- According to sources from the Ministry of Employment and Social Security, accidents in the workplace in Spain fell from 938,000 in 2002 to 489,000 in 2016. Proportionally, those incidents causing deaths have fallen faster.



### **The UN says “YOU CAN”:**

**Start** by promoting and protecting your own health and that of those around you, taking well-informed decisions, practising safe sex and vaccinating your children.

**Raise awareness** within your community as regards the importance of good health and a healthy lifestyle, and publicise everyone’s right to access quality health services.

**Act** through companies, schools, clubs, teams and organisations in order to improve everyone’s health, especially for the most vulnerable, such as women and children.

**Ask** your government, local leaders and others in a position of responsibility to adopt decisions providing accountability as regards their commitment to improving people’s access to health and health care.

### **Did you know that companies can be healthy?**

#### **A physiotherapist in the office!!!**

Every day, we spend a lot of time in the same position, and often come across someone with neck-ache or sore shoulders. This is why we think it would be



a good idea if, a couple of days a week, a professional physiotherapist came to the office to give anyone who wanted a small massage to release any tension in the neck and back. The cost would be divided equally between the company and the employee.



Few things are as relaxing and immediately effective as a good massage. In addition, it has been proven that, in the time it would take to have breakfast, both parties receive great benefits:

Advantages for the company:

- Increase in performance and productivity.
- Better working atmosphere for all employees.
- Better physical and mental health of its employees.
- Savings in costs caused by sick leave and absenteeism.
- Reduction in costs associated with stress-related conditions.
- Showing an interest in the welfare of its employees.
- Improvement in the impression the employees have of the company.

Benefits for the employee:

- Reduction in stress (physical and mental), fatigue and anxiety.
- Release of common muscular tension in the neck, shoulders, arms and wrists from constant use of a keyboard and mouse.



- Improvement in mental concentration.
- Relief from headaches and migraines.
- Relief from backache and improvement in posture.
- Relaxed nervous system.
- Improved blood circulation.
- Increase in energy and, therefore, productivity.
- Improvement in the general state of health of the employees.



### 15 Consejos para una vida saludable:

1. Include foods from all groups each day, and do at least 30 minutes of physical exercise.
2. Have 4 meals a day (breakfast, lunch, tea and dinner) including fruit, vegetables, greens, cereals, milk, yoghurt or cheese, eggs, meats and oils.
3. Do continuous or non-continuous physical exercise every day to maintain a healthy life.
4. Eat calmly, if possible in company, and moderate the size of the portions.
5. Choose homemade foods instead of processed.
6. Throughout the day, drink at least 2 litres of sugar-free liquids, preferably water. Don't wait to be thirsty before hydrating.
7. Eat at least 5 portions of fruit and vegetables a day, of different types and colours.
8. Eat at least half a plate of vegetables with lunch, half a plate with dinner, and 2 or 3 pieces of fruit a day. This reduces the risk of obesity, diabetes, colon cancer and cardiovascular disease.
9. Reduce the use of salt and consumption of food with a high sodium content. To replace it, use all types of condiments (pepper, parsley, garlic, paprika, oregano). Reducing the consumption of salt prevents hypertension and vascular and renal diseases, among others.
10. Limit the consumption of sugary drinks and foods with a high fat, sugar and salt content.
11. Restrict the consumption of butter, margarine, animal fat and cream.
12. Have milk, yoghurt or cheese daily (preferably low-fat).
13. When eating meat, remove any visible fat, increase your intake of fish and include eggs.
14. Include pulses and cereals (preferably wholegrain) in your diet.
15. Use unrefined oil as a condiment, dried fruit or seeds.

Source: NutriGlam



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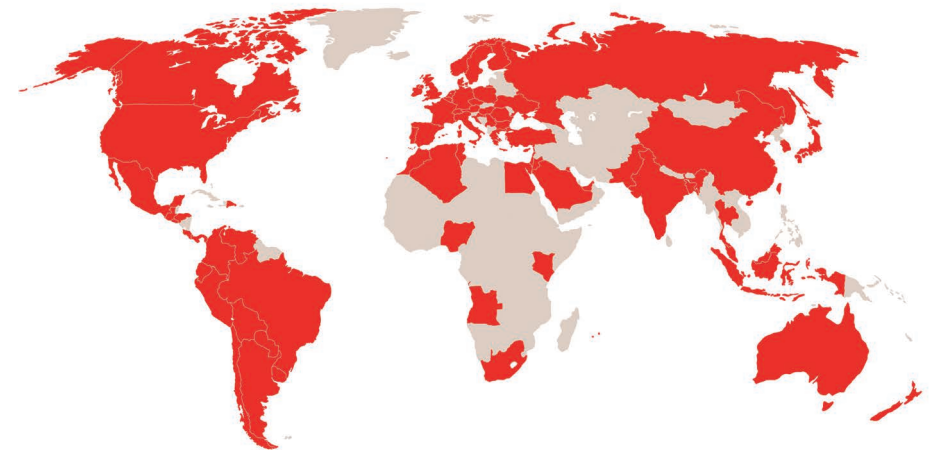
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