

# LET'S GLOCALIZE – COMMUNITY FOUNDATIONS DRIVEN BY SDGs SPIRIT

## 3 GOOD HEALTH AND WELL-BEING



Sustainable Development Goals

**SDG 3: Ensure healthy lives and promote well-being for all at all ages.**

### Why is it important?





Well-being and health are affected by both physical and mental condition. Today's lifestyle has made that cardiovascular diseases, cancer, diabetes and depression have become named the diseases of civilization. Although basic examinations allow early detection of these diseases, in many countries preventive health care is still not at an appropriate level. We also increasingly struggle with maintaining balance and mental health.

It is better to prevent than cure, so it is worth to be motivated to take care of ourselves, to pay attention to quality of sleep, relax, relations with other people, healthy daily habits related to diet and physical activity, as well as regular preventive medical examinations.

## ARE YOU A PROMOTOR OF HEALTHY LIFESTYLE PRACTICES AND WELL-BEING IN YOUR LOCAL COMMUNITY? TAKE A TEST!

Think about the activity your **community foundation** runs, actions and events you organize, projects that you target to local stakeholders ... and answer the questions below:

**YES or NO**

- |  |                       |                       |
|--|-----------------------|-----------------------|
| <p> <b>Do you educate about the importance of regular, annual medical check-ups such as basic blood and urine tests and screening for common cancers (e.g., breast, ovarian, prostate) that can be likely cured when detected at an early stage?</b></p> | <input type="radio"/> | <input type="radio"/> |
| <p> <b>Do you promote a healthy lifestyle that includes elements of physical activity (at least 5 hours per week), good nutrition, avoiding tobacco and maintaining basic hygiene?</b></p>   | <input type="radio"/> | <input type="radio"/> |
| <p> <b>Do you pay an attention to the importance of such well-being issues as: mental health, time to rest and regenerate, sound relationships with family and friends?</b></p>  | <input type="radio"/> | <input type="radio"/> |
| <p> <b>Do you conduct or support educational campaigns on medical first aid and/or road safety as a driver and as a pedestrian?</b></p>  | <input type="radio"/> | <input type="radio"/> |

**THE MORE "YES" YOU TICK, THE GREATER IS YOUR CONTRIBUTION TO THE SDG 3. THE "NO" ANSWERS MAY BE AN INSPIRATION WHAT YOU CAN DO!**

Check the **SDG 3 indicator** in your country [CLICK HERE](#) and find out what the situation is in your local community.