

Picture of health in a nutshell

A guide for philanthropists and changemakers
toward **better health for all**



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

In 2015, the United Nations adopted 17 Sustainable Development Goals (SDGs).¹ The goals aim to inspire everyone to achieve a better and more sustainable future for all.² SDG 3 is focused on health and well-being.

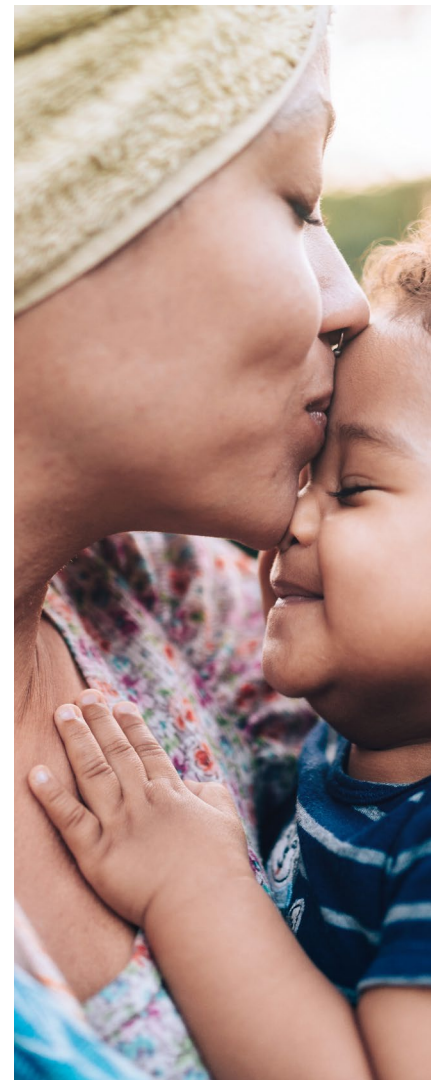
As the World Health Organization defines it, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” SDG 3 is centrally focused on ensuring that health services, particularly primary health, are accessible to all – especially those who are most vulnerable. Investment in increasing equity in health systems is critical to improving people’s health and well-being. And this reduction of inequity of health is uniquely positioned to be an enabler for other SDGs. Good health is the foundation on which all else is built: families, communities, economies. Children need to be healthy to learn. Adults need to be healthy to be productive and earn a living. Countries need healthy communities to promote a healthy economy.

The pandemic has made all too clear just how fragile our health can be. It also revealed how interconnected our health is with all members of the global community. And how similar some basic health needs are. We’ve learned that what we need to do to safeguard our health for the future is to build strong, responsive and resilient health systems.

A well-functioning health system does more than just address one disease or health issue. It is an adequately funded organization of people, institutions and resources that deliver evidence-backed healthcare – from basic preventative and primary care at the community and primary health center level to hospital and specialist care.

We need to invest in these health systems now to improve access, quality, equity and efficiency. Not only so we’re better prepared to detect and respond to the next pandemic. But also so children everywhere – not only those living in the wealthiest countries – are able to survive and thrive, breaking the cycle of poverty for their families and their nations.

Together, let’s help lay the groundwork for healthy and wealthy societies across the globe.



¹ United Nations. (n.d.) About the Sustainable Development Goals.

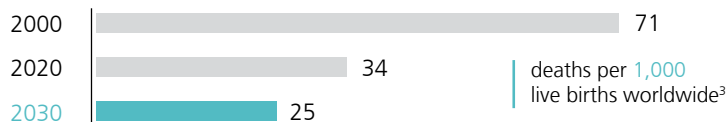
² The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by all United Nations Member States in 2015 as a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030. Source: United Nations Development Program (n.d.) Sustainable development goals.

Global health indicators at a glance

COVID-19 has put progress further at risk and we need to accelerate our efforts now to achieve SDG 3 by 2030.

Child under-five mortality

(SDG target 3.2)



4 out of 5 deaths of children

under age 5 occur in sub-Saharan Africa and Southern Asia⁴



810

women died daily from preventable causes related to pregnancy and childbirth in 2017

94%

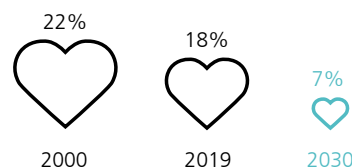
were in low and lower middle-income countries

In Afghanistan, Somalia and Chad, the maternal mortality ratio is over 1,000 out of 100,000 live births, while it is 21 for the European region.⁵

The world is likely to miss SDG 3.4 on **noncommunicable diseases (NCDs)**

Global premature mortality

Probability of dying from one of the four major NCDs between the ages 30 and 70 years⁶



The world is falling short on its promise of **universal health coverage** for all by 2030.



Universal health coverage means that all people have access to the health services they need, when and where they need them, without financial hardship.

(SDG target 3.8)

Half of the world's population lack access to essential health services.⁷

In Africa **83%** of people

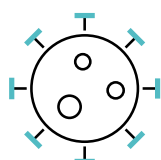
in rural areas are not covered by essential healthcare services, compared to 56% worldwide.⁸



3.16 billion people cannot reach a healthcare facility by foot within one hour¹⁰



100 million people are pushed into extreme poverty each year due to out-of-pocket health expenses¹¹



90%

105 surveyed countries reported disruptions to essential health services during the pandemic.⁹



Massive shortage of healthcare workers forecast to grow to 18 million by 2030¹²



Gender norms restrict women's movement and decision-making power

Key takeaways

What's most important to keep in mind when looking to **improve health and well-being** for all? Here's what we found:



Collaborate in collectives

- Join an existing collective to combine resources, roll out proven solutions and increase impact.
- If an issue is not currently being addressed, join forces with others to propose a solution.



Put people first

- Seek input from locals on local needs.
- Focus on primary care where there is the greatest opportunity to achieve better health equity.
- Use evidence of positive health impact in developing policies and programs.



Improve the workforce

- Support efforts to train and employ health workers locally.
- Make sure workforce investments don't further perpetuate women's low status with low or no pay.
- Promote greater gender equity within the health system, especially for leadership positions.



Support governments

- Partner with governments to help strengthen capacity of the public health system.
- Fund initiatives that build leadership and management skills.
- Improve national data systems (and integrate them).



Focus on impact

- Support interventions with evidence that they actually improve health outcomes.
- Create evidence that can justify scale-up.
- Link payments to achievement of results wherever possible.



Use tools wisely

- Don't donate medical equipment without also providing proper training on use and maintenance.
- Make lifesaving medicines more affordable and available by addressing weaknesses in supply chains and markets.
- Digital tools need to be fully embedded within the health system and owned by governments to have impact and be sustained over time.



Use innovative finance

- Invest in blended finance solutions that use philanthropic funds to attract commercial capital for sustainable projects, while potentially providing returns for investors.
- Invest in sustainable investments that put money to work for good while aiming to provide returns comparable to traditional investments.



Take a systems view

- Address all health needs, not just one disease or one aspect of health.
- Strengthen existing health systems rather than reinventing the wheel.
- Focus on equity and quality of care.



Scale effective solutions

- Support programs with a scalable model and encourage iterations based on learning, with an eye toward deployment elsewhere (with the necessary local tweaks) and an ultimate exit.
- Scale through governments or market solutions.
- Use solutions that already exist when possible.



Be prepared for the next pandemic

- Improve awareness of health issues and acceptability, availability and affordability of health services by addressing inequities in health systems.

Expert tips for philanthropists

We asked respected experts to share their **top tips** with you. Here's what they said...

- **Take risks.** Fund positive outliers to demonstrate and generate evidence to change a policy. Governments need exemplars to get behind to finance at scale. And stay at it. That can sometimes seem boring – but a fundamental commitment and consistency have created some of the best businesses in the world. That same philosophy applied to social change will make a big impact, too.
[Raj Panjabi, US Global Malaria Coordinator for the President's Malaria Initiative](#)
- **Learn and share learnings.** Philanthropists need to move away from one-off, independent projects to a portfolio approach with shared learning. Sustainability requires both building on the evidence generated by other philanthropists and actors, as well as contributing to the evidence base for others to learn.
[Warren Ang, Managing Director, East Asia, Global Development Incubator](#)
- **Prioritize equity.** Now more than ever, it's time to think about how you can help the vulnerable with an entrepreneurial spirit and with equity in mind. Use data so that you're sure you're making positive impact. Health is not a commodity – it's a human right. You can help this right to be exercised.
[Agnes Binagwaho, Vice Chancellor of the University of Global Health Equity](#)
- **Think long term.** Accept that behavior change requires a long-term commitment. Short-term programs that target individuals with a few months' training at a prestigious business school will never be enough to realize lasting change at an institutional level.
[Robert Newman, Executive Director, AMP Health](#)
- **Think local.** Health systems need long-term partners who can help build a local team to care for local people. Help strengthen the system and you will achieve genuine, transformative impact.
[Garreth Wood, Co-Founder and Chairman, KidsOR](#)
- **Don't reinvent the wheel.** We don't need new innovations to save lives. We need to scale proven solutions. Activating women around the world to work as professional community health workers will get this job done and produce ripple effects across economies and societies.
[Jennifer Schechter, CEO and Co-Founder, Integrate Health](#)

Want to know more?

Go to ubs.com/health

³ Bill & Melinda Gates Foundation. (2021). Global Progress and Projections for Under-5 Mortality.

⁴ World Health Organization. (2020). Children: improving survival and well-being.

⁵ Lankester, T., Grills, N. J. (Eds.). (2019). Setting up Community Health Programmes in Low and Middle Income Settings. Oxford Medicine Online.

⁶ World Health Organization. (Accessed 2022, January 19). World health statistics 2021: A visual summary.

⁷ McNeill, K., Jacobs, C. (2019). Half of the world's population lack access to essential health services – are we doing enough? World Economic Forum.

⁸ Lankester, T. and Grills, N. J. (eds.). (2019). Setting up Community Health Programmes in Low and Middle Income Settings. Oxford Medicine Online.

⁹ Willmer, G., (2021, May 18). How the 'expressway' to UHC can help prepare for the next pandemic. Devex.

¹⁰ Weiss, D. J., et al. (2020). Global maps of travel time to healthcare facilities. Nature Medicine, 26(12), 1835–1838.

¹¹ World Health Organization. (Accessed 2022, January 19). Universal Health Coverage.

¹² World Health Organization. (Accessed 2022, January 19). Health Workforce.

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