

Ariadni Koutsouraki C2

Good health and well being

3 GOOD HEALTH
AND WELL-BEING



GOOD HEALTH AND WELL BEING

Over the last 15 years the number of childhood deaths has been reduced .Nowadays we can fight against almost every disease. The word "health" refers to a state of complete emotional and physical well-being. Healthcare exists to help people maintain this optimal state of health.

- Health can be defined as physical, mental, and social wellbeing, and as a resource for living a full life.
- It refers not only to the absence of disease, but the ability to recover and bounce back from illness and other problems.
- Factors for good health include genetics, the environment, relationships, and education.
- A healthful diet, exercise, screening for diseases, and coping strategies can all help us have a good health.

Illnesses which effect our health

- Some diseases like malaria, TB, and HIV AIDS still claim millions of lives every year, and Ebola outbreak in West Africa shows how weak many countries' health systems are. The good news is that life-changing progress is already happening. We've cut child deaths in half, HIV infections are down by more than 40%, and more than 6 million malaria deaths have been prevented. Smoking is also a huge problem which can not be easily solved, but we try to eliminate it.



I SUPPORT
GOAL 3
GOOD HEALTH
AND WELL-BEING

IT IS
HEALTH
THAT IS REAL
WEALTH
AND NOT
PIECES OF GOLD
AND SILVER

MAHATMA GANDHI

#GlobalGoals

Some tips for good health

People who want to have good health should exercise and have a balanced nutrition. It is also very helpful if they avoid the use of alcohol, tobacco and illegal drugs.

- To conclude good health and well being are the most important things in everyone's life. We are responsible for our health and that is why we should be very careful with what we eat, drink, use and generally with whatever we do

websites

- <https://www.medicalnewstoday.com/articles/150999.php>
- <https://www.one.org/us/globalgoals/good-health-and-well-being/>
- <http://worldslargestlesson.globalgoals.org/global-goals/good-health/>