



NURSES

A VOICE TO LEAD

ACHIEVING THE SDGS



NURSES' ROLE
IN ACHIEVING THE SUSTAINABLE
DEVELOPMENT GOALS



REPUBLIKA HRVATSKA
Ministarstvo
zdravstva



GRAD
ZAGREB

**Pod pokroviteljstvom predsjednice Republike Hrvatske, Ministarstva
zdravstva Republike Hrvatske, Hrvatske komore medicinskih sestara i
Grada Zagreba**

(SDGs) CILJEVI ODRŽIVOG RAZVOJA

- UN (2015.) kao nastavak Millennium Development Goals (MDGs) do 2030.
- Sadrže 17 ciljeva
- Prepoznat je njihov utjecaj na zdravlje pojedinca
- CILJ - smanjiti razlike među nacijama
- Zdravstvena (ne)jednakost i socijalne odrednice zdravlja prepoznate kao kritične komponente
- Medicinske sestre kao primarni davatelji zdravstvenih usluga imaju ključnu ulogu u ostvarivanju ciljeva održivog razvoja te utjecaj na socijalne odrednice zdravlja¹ (SDH).



¹UVJETI U KOJIMA SU LJUDI ROĐENI, RASTU, ŽIVE, RADE I STARE
(siromaštvo, ekonomska (ne)jednakost, socijalni status, stres, edukacija i njega u ranoj dobi, socijalna isključenost, zaposlenost i poslovna sigurnost, socijalna podrška, adekvatna prehrana)

MEDICINSKE SESTRE I SDGs

ZAŠTO?

1. MEDICINSKE SESTRE BRINU O POJEDINCU I POPULACIJI

- temeljna postavka sestrinske profesije

2. "IT IS THE RIGHT THING TO DO"

- predstavljaju priliku da primjenimo svoje znanje u svrhu stvaranja zdravijeg i boljeg okruženja

3. PROMJENE SU MOGUĆE

- MDGs su pokazali kako je napredak moguć
(produžen životni vijek, smanjena smrtnost djece, poboljšanje obrazovanja djece, smanjenje ekstremnog siromaštva...)

4. "TO JE NAŠE ZDRAVLJE"

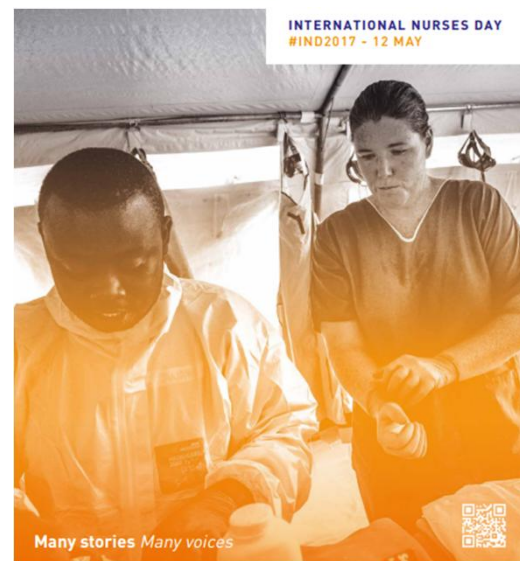
- SDGs su povezani sa cjelokupnom populacijom



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"People want, need and are seeking not simply health care, but humanised health care"
- Dr Frances Hughes, CEO, ICN

International Nurses Day is celebrated internationally every May 12. This year we are inviting nurses around the world to share their stories and show how their work is focused on the Sustainable Development Goals. To follow the conversations use #VoiceToLead and #IND2017. For more information please visit www.internationalnursesday.com



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"The wealth of our nations depends on the health of our populations, and the health of our populations depends on nursing."
- Dr Judith Sherman, President, ICN

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SDGs 1. BEZ SIROMAŠTVA

- Siromaštvo ima izravan utjecaj na zdravlje
- Materijalna, psihosocijalna i politička bespomoćnost
- Ograničavanje intelektualnog i socijalnog razvoja od rane dobi
- Ono što se događa u ranoj dobi utječe na daljnji razvoj pojedinca kasnije
- Medicinske sestre na čelu rada s ranjivima i bespomoćnima vide zdravstvene potrebe pojedinca izvan medicinskih dijagnoza

Nurses must break down walls between professions to create cost-effective interventions to improve the lives of patients with complex health and social needs.



EVERY DAY IN 2014, 42,000 PEOPLE had to abandon their homes to seek protections due to conflict.^[20]



INDIGENOUS PEOPLE make up about **5%** of the world's population but for some **15%** of the world's poor.^[21]



GLOBALLY, 1.2 BILLION PEOPLE (22 percent) live on less than \$1.25 a day. Increasing the income poverty line to \$2.50 a day raises the global income poverty rate to about **50%, or 2.7 BILLION PEOPLE.**^[22]



In developing countries (where 92% of children live) **7 IN 100 WILL NOT SURVIVE BEYOND AGE FIVE.**^[23]



A THIRD OF ALL POOR in the developing world are children 0–12 years.^[23]



SDGs 2. NEMA GLADI, BOLJA ISHRANA

- Pothranjenost pogađa 1 od 3 čovjeka i uzrokuje 45% smrti djece
- Ograničava ljude u postizanju njihovog punog potencijala
- WHO nepravilnu prehranu smatra najozbiljnijom prijetnjom svjetskom zdravlju
- Problemi s prehranom utječu na brojne sfere ljudskog života
- Otvaranje kruga siromaštva i ekonomske stagnacije
- Medicinske sestre identificiraju problem te razvijaju moguća rješenja

The cost of malnutrition^[25]



Malnutrition costs \$3.5 trillion per year to the global economy



Undernutrition and micronutrient deficiencies cost up to \$2.1 trillion per year



The cost of obesity and overweight-related non-communicable diseases was estimated at US \$1.4 trillion in 2010



Child and maternal malnutrition is by far the largest nutrition-related health burden in the world

OUT OF A WORLD POPULATION
OF 7 BILLION



About 2 billion people suffer from micronutrient malnutrition



Nearly 800 million people suffer from calorie deficiency

OUT OF 5 BILLION
ADULTS WORLDWIDE



Nearly 2 billion are overweight or obese



One in 12 has type 2 diabetes

OUT OF 667 MILLION CHILDREN
UNDER AGE 5 WORLDWIDE



159 million under age 5 are too short for their age (stunted)



50 million do not weigh enough for their height (wasted)



41 million are overweight

OUT OF 129 COUNTRIES
WITH DATA, 57 COUNTRIES

have serious levels of both undernutrition and adult overweight (including obesity)^[24]



SDGs 3. DOBRO ZDRAVLJE I BLAGOSTANJE

- Zdravlje je osnovno ljudsko pravo
- Omogućavanje jednakopravnog pristupa zdravstvenom sustavu
- Brze socijalne i okolišne promjene; nezdravi stil života
- Porast populacije starije od 60 god. u odnosu na populaciju mlađu od 5 god.
- Sve veća zastupljenost kroničnih nezaraznih bolesti; vodeći uzrok smrtnosti
- Migracije u urbane sredine
- Universal healthcare coverage (UHC) nosi benefite
 - Ulaganje u sestrinsku profesiju
 - Svi ljudi su "pokriveni"
 - Nema prepreka u pristupu servisu
 - Zdravstveni sustav je opsežan
 - Svi su zaštićeni od financijskih tegoba
 - Zdravstveni sustav je fleksibilan, inovativan
- Potrebno vodstvo i doprinosi medicinskih sestara
- Uključivanje medicinskih sestara u više razine



UHC IS CRITICAL BECAUSE **1 BILLION** PEOPLE lack access to basic healthcare.^[35]



AT LEAST **400** MILLION PEOPLE GLOBALLY lack access to one or more essential health services.^[35]



On average, about **32%** of each country's health expenditure comes from OUT-OF-POCKET PAYMENTS.^[35]



HEALTH IMPROVEMENTS drove a quarter of full income growth in developing countries between 2000 and 2011.^[35]

The best way nurses support the development of the profession, is by creating a climate of cooperation, worthy and challenging workplaces, with interdisciplinary and ethical thinking.



SDGs 4. KVALITETNA EDUKACIJA

- Stupanj edukacije predstavlja značajan dio u uzrocima zdravstvenih problema
- Stupanj edukacije je snažan prediktor dugoročnog zdravlja i kvalitete življenja
- Edukacija "igra" značajnu ulogu u oblikovanju budućnosti pojedinca
- Razina edukacijskih postignuća važna je socijalna odrednica zdravlja
- Medicinske sestre provode edukaciju o promociji zdravlja i prevenciji bolesti, ranom skriningu i detekciji bolesti
- Olakšani pristup sustavu



A CHILD WHO IS BORN TO A MOTHER WHO CAN READ IS **50%** more likely to survive past age five.^[54]



171 MILLION PEOPLE COULD BE LIFTED OUT OF POVERTY if all students left school with basic reading skills.^[54]



Enrolment in primary education in developing countries has reached **91%** BUT **57** MILLION CHILDREN REMAIN OUT OF SCHOOL.^[54]



103 million youth worldwide lack basic literacy skills, and **MORE THAN 60% OF THEM ARE FEMALE**.^[54]



ACROSS THE OECD COUNTRIES, A **30 YEAR OLD MALE TERTIARY GRADUATE** is expected to live eight years longer than a male who has not completed secondary education.^[53]



80% OF TERTIARY GRADUATES VOTE WHILST ONLY **54%** of young adults who have not completed secondary education vote.^[53]



THE PREVALENCE OF SMOKING IS MUCH HIGHER IN LOWER EDUCATED PEOPLE.^[54]



INCREASING GIRLS' EDUCATION HELPS WOMEN CONTROL HOW MANY CHILDREN THEY HAVE. In Mali, women with secondary education or higher have an average of three children whilst those with no education have an average of seven children.^[54]



SDGs 5. RAVNOPRAVNOST SPOLOVA

- Fundamentalno ljudsko pravo
- Utjecaj spolne neravnopravnosti je dalekosežan i prožima sve zajednice
- (Ne)ravnopravnost spolova ima utjecaj na ljudsko zdravlje te na (ne)mogućnost izbora i donošenja odluka
- Spolna neravnopravnost "oštećuje" zdravlje milijuna žena i djevojaka u svijetu
- Sestrinstvo kao dominantno ženska profesija ima izravan utjecaj na reduciranje nejednakosti te promociju ravnopravnosti spolova

Better understanding that nurses are autonomous, educated science professionals will strengthen nursing care, education and research, allowing nurses to save more lives.



495 MILLION WOMEN
are illiterate (64% of all
illiterate adults).^[56]



**PROPORTION OF WOMEN IN
NATIONAL PARLIAMENTS:
27%.^[56]**



**WOMEN ARE PAID
20-30% lower than men**
for equivalent work.^[56]



1 in 9 GIRLS ARE MARRIED
before the age of 15.^[56]



SDGs 6. ČISTA VODA I HIGIJENA

- Dostupnost čiste vode je važna za javno zdravlje/zdravlje zajednice
- Nedostatak čiste vode onemogućava adekvatnu prevenciju i kontrolu infekcija
- Prijava voda i nedostatak sigurnih sanitarnih čvorova su u top 5 "ubojica žena"
- Pristup čistoj vodi, sanitarni čvorovi i higijena u zdravstvenim ustanovama su bitni za osiguranje kvalitete te unapređenje zdravlja
- Higijena ruku je jedna od najboljih cost-effective (benefit) intervencija
- Medicinske sestre su dužne osigurati navedeno u svim sustavima

Hunger

Access to water leads to food security. With less crop loss, hunger is reduced. Schools can feed students with gardens, reducing costs.

Education

When students are freed from gathering water, they return to class. With proper and safe latrines, girls in school through their teenage years.

Poverty

Access to water can break the cycle of poverty.

Health

Safe water, clean hands, healthy bodies. Time lost to sickness is reduced and people can get back to the work of lifting themselves out of poverty.

ACCESS TO CLEAN WATER AND SANITATION IMPROVES



Presence of a water source or water supply in or near the facility (within 500m) for drinking, personal hygiene, medical activities, cleaning, laundry and cooking – **38% WITHOUT ACCESS.**



Globally, at least **1.8 BILLION PEOPLE** USE A DRINKING-WATER SOURCE contaminated with faeces.^[63]



Presence of latrines or toilets in the facility (does not consider functionality or accessibility) – **19% WITHOUT ACCESS.**



Contaminated drinking water is estimated to cause **502 000 DIARRHOEAL DEATHS EACH YEAR.**^[63]



663 MILLION PEOPLE WORLDWIDE rely on unimproved water sources, including **159 MILLION DEPENDENT ON SURFACE WATER.**^[63]



Availability of hand washing stations with soap or alcohol-based hand rubs within the facility – **35% WITHOUT ACCESS.**

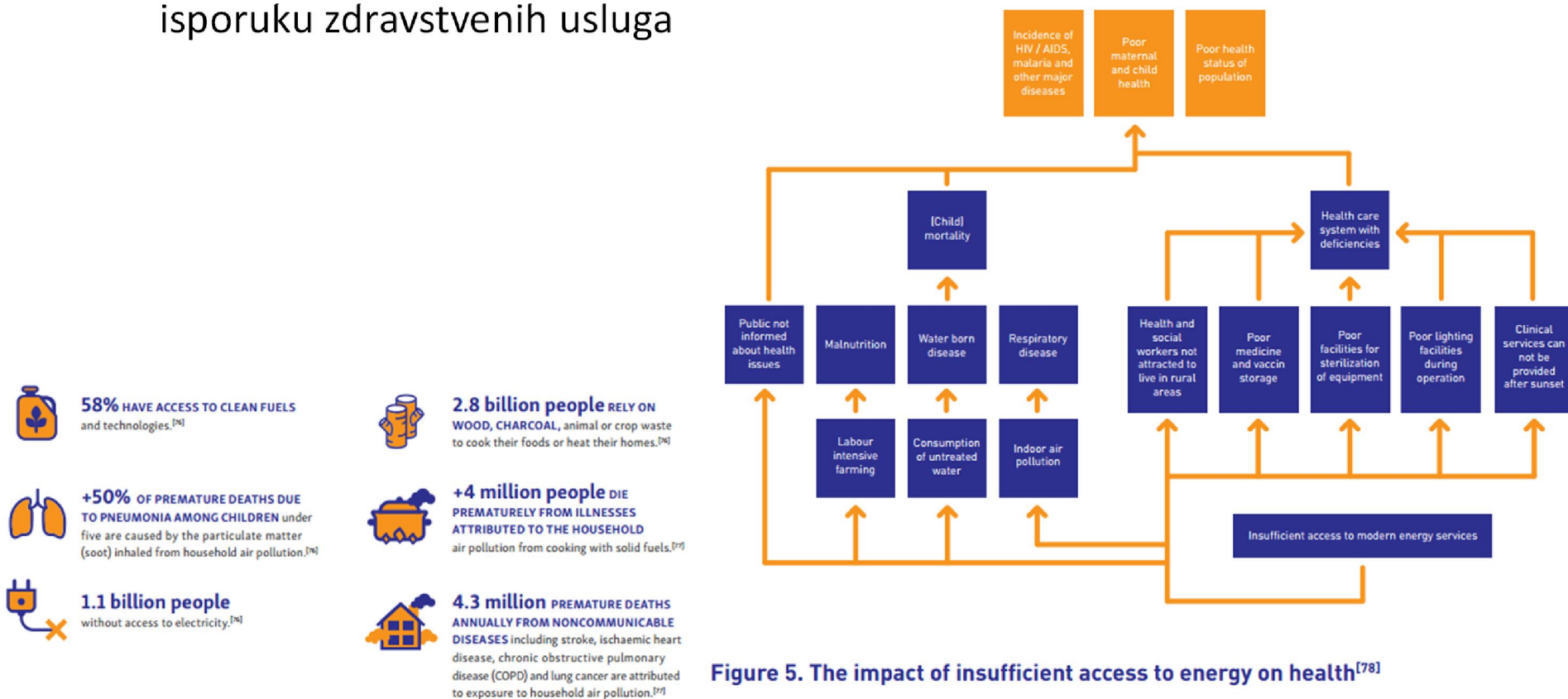


At least **10% OF THE WORLD'S POPULATION** is thought to consume food irrigated by waste water.^[64]



SDGs 7. PRISTUPAČNA I ČISTA ENERGIJA

- Nedovoljan pristup čistoj energiji i zraku ima "dubok i širok" učinak na zdravlje
- Postoje brojni uvjeti koji izravno utječu na zdravlje
- Bitno je prepoznavanje važnosti čiste energije i njezina utjecaja na zdravlje te isporuku zdravstvenih usluga





SDGs 8. PRISTOJAN POSAO I EKONOMSKI RAST

- Pristup i osiguranje vrlo vještog i educiranog zdravstvenog osoblja od izuzetne je važnosti za unapređenje lokalnih, nacionalnih i globalnih zdravstvenih ishoda
- "No health without a Workforce" (WHO, 2013.)
- Razvoj strategija za širenje sestrinske profesije; kontinuirana edukacija
- Zdravstveno osoblje ima utjecaj na socioekonomske prilike
- "The health sector is a key economic sector and a job creator"
- Medicinske sestre imaju ključnu ulogu u određivanju kvalitete, učinkovitosti i dostupnosti zdravstvene skrbi
- Potreba za istraživanjem i otključavanjem potencijala

VIOLENCE IN THE WORKPLACE^[92]

In the USA, around one in four nurses has been physically attacked at work in the last year. There are more violence injuries in the healthcare industry than in all other industries combined.

It is estimated that:

- Only 29% of nurses who are physically attacked report it.
- 18% of nurses fear retaliation if they report violence.
- 20% of nurses say they would not report physical violence because they say it is a normal part of the job.

Explore the manager and leader within yourself because that's what nurses are.



Global unemployment is increasing with **NEARLY 202 MILLION PEOPLE OUT OF WORK IN 2012.**^[86]



7.2 MILLION SHORTFALL OF HEALTH-CARE WORKERS.^[86]



An increased investment in health spending of US\$932 million annually over 20 years on top of current spending will prevent **54,000 DEATHS AND HAVE AN ECONOMIC RETURN OF US\$14 for every US\$1 spent.**^[87]



2.2 BILLION PEOPLE LIVE BELOW THE US\$2 POVERTY LINE.^[86]



SDGs 9. INDUSTRIJSKE INOVACIJE I INFRASTRUKTURA

- Potreba za osiguravanjem dostupnosti zdravstvene skrbi
- Jednostavan i pouzdan pristup zdravstvenoj skrbi je važan za:
 - Ukupno fizičko, socijalno i mentalno zdravlje
 - Prevenciju bolesti
 - Dijagnostiku i tretman bolesti
 - Smanjenje morbiditeta i mortaliteta

Developing a good relationship with our patients helps us better appreciate and understand their environment.



SDGs 10. SMANJENJE NEJEDNAKOSTI

- Okolnosti u kojima smo rođeni dramatično utječu na to kako se razvijamo i rastemo (prednosti i nedostaci)
- Pojedinci u manje nepovoljnom položaju s boljim socijalnim statusom imaju mnogo bolje zdravlje te posljedično tome bolju kvalitetu života
- Pojedinci u manje povoljnom položaju imaju veću potrebu za zdravstvenom skrbi, ali su manje voljni primiti je
- Medicinske sestre zagovaraju prava pacijenata; postojanje socio-ekonomske razlike nije prihvatljivo
- Podizanje glasa za zdravstvene potrebe svih ljudi predstavlja bogato naslijeđe sestrinske profesije



INCOME INEQUALITY INCREASED BY **11%** in developing countries between 1990 and 2010.^[105]



INDIGENOUS PEOPLES' LIFE EXPECTANCY IS UP TO **20 YEARS** lower than their non-indigenous counterparts.^[106]



Globally, more than **50% OF** INDIGENOUS ADULTS SUFFER TYPE 2 DIABETES.^[106]



In parts of Ecuador, indigenous peoples have **30 TIMES GREATER RISK** OF THROAT CANCER THAN THE NATIONAL AVERAGE.^[106]



In the USA, a Native American is **600 TIMES MORE LIKELY TO CONTRACT TUBERCULOSIS** AND **62% MORE LIKELY TO COMMIT SUICIDE**.^[106]



In Canada, indigenous incarceration rates are **10 TIMES HIGHER**; AND IN AUSTRALIA IT IS **14 TIMES HIGHER**.^[106]



THE RICHEST **1% OF THE WORLD** POPULATION CONTROLS UP TO **40%** of global assets.^[105]



50% OF THE POOREST POPULATION OWNS JUST **0.5%** of global assets.^[105]



SDGs 11. ODRŽIVI GRADOVI I ZAJEDNICE

- Do 2050. godine se procjenjuje da će 70% populacije živjeti u urbanim sredinama
- Život u urbanim sredinama je povezan s poboljšanjem razine prihoda i zdravstvenih ishoda
- Pritisak na urbane sredine doprinosi nastanku društvenih i zdravstvenih nejednakosti
- "The big cities are everything, the first world, the second world and the third world come together in one city"
- Problem jednakosti građana

It is possible to improve the health outcomes of people living on the streets, end their homelessness and save money on the hospital system.



In 2015, **50% OF PEOPLE**
(3.5 BILLION) LIVED IN CITIES.^[110]



828 MILLION PEOPLE
LIVE IN SLUMS.^[110]



By 2030, **60% WILL LIVE**
IN URBAN AREAS.^[110]



1.6 BILLION PEOPLE LACK
ADEQUATE HOUSING.^[110]



95% OF URBAN EXPANSION will take
place in the developing world.^[110]



The last time a global survey was
attempted by the UN, an estimated
100 MILLION PEOPLE WERE
HOMELESS.^[110]

SDGs 12. ODGOVORNA POTROŠNJA I PROIZVODNJA

- Zdravstveni sustav je veliki potrošač resursa i proizvođač značajne količine otpada (7000 tona/dnevno)
- Unutar zdravstvenog sustava troši se 2,5 puta više energije
- Zdravstvene ustanove imaju značajan doprinos na održivost resursa, kao i direktan utjecaj na zdravlje pojedinca
- 58% otpada ispravno uskladišteno (WHO)
 - Opasnost od kontaminacije okoline i širenja infekcije u zajednici



85% OF THE WASTE GENERATED BY HEALTH FACILITIES is general, non-hazardous waste.^[120]



Each year, there are **16 BILLION INJECTIONS**, but not all of the syringes are disposed of correctly.^[120]



Unsafe injections are responsible for as many as **33,800 NEW HIV INFECTIONS, 1.7 MILLION HEPATITIS B INFECTIONS AND 315,000 HEPATITIS C INFECTIONS.**^[120]



15% OF WASTE IS CONSIDERED HAZARDOUS MATERIAL that may be infectious, toxic or radioactive.^[120]



1/3 OF ALL FOOD PRODUCED ends up being disposed of (1.3 billion tonnes of food).^[120]



3 MILLION TONS OF RUBBISH is generated every day.^[120]



SDGs 13. KLIMATSKE AKCIJE

- Medicinske sestre i drugi zdravstveni djelatnici vide iz prve ruke učinke klimatskih promjena na zdravlje i kvalitetu života zajednice
- Klimatske promjene su jedan od najvećih izazova našeg vremena
- Klimatske promjene utječu na cjelokupnu svjetsku populaciju
- Utjecaj na osnovne odrednice zdravlja
 - Dovoljno hrane, čisti zrak, ispravna voda za piće, siguran smještaj

Climate change is not just an environmental issue, as too many people still believe. It is an all-encompassing threat.



THE NUMBER OF WEATHER RELATED NATURAL DISASTERS HAS TRIPLED SINCE THE 1960S. These disasters claim 60,000 deaths each year.^[124]



+1/2 OF THE WORLD'S POPULATION LIVE WITHIN 60KM OF THE SEA. People may be forced to leave increasing risks of health effects, from mental disorders to communicable diseases.^[124]



In 2012, **12.6 million DEATHS WERE ATTRIBUTED TO THE ENVIRONMENT.** This represents 23% of all deaths.^[127]



If conditions are to continue, between 2030 and 2050 **CLIMATE CHANGE IS EXPECTED TO CAUSE 250,000 ADDITIONAL DEATHS** per year due to malaria, malnutrition, diarrhoea and heat stress.^[128]



SDGs 14. ŽIVOT ISPOD VODE

- Briga o vodenim resursima od ključne je važnosti
- Oni pružaju prirodne resurse poput hrane, lijekova, biogoriva i ostalih proizvoda
- Potrebno ostvarenje čistih i samoodrživih resursa

*The health of our planet as well as our own health and future food security
all hinge on how we treat the blue world.*

15 LIFE
ON LAND



SDGs 15. ŽIVOT NA ZEMLJI

- Stabilni ekosustav je od vitalne važnosti za održivost ljudskih života
- Svi aspekti ljudskog blagostanja ovise o resursima ekosustava koji ovise o biološkoj raznolikosti
- Mijenjanje krajolika i biološke raznolikosti može biti ključan čimbenik za razvoj i nastanak bolesti
- Smanjenje biološke raznolikosti i promjene ekosustava mogu dovesti do razarajućih posljedica

SDGs 16. MIR, PRAVDA I JAKE INSTITUCIJE

- Djeca u nezavidnom položaju
 - Najteži pokazatelj nepravde, nejednakosti i rata
- Definiran odnos prema siromašnima, osuđenima, raseljenima i zatvorenima
- Za rješavanje kriza potrebno je riješiti se siromaštva, nejednakosti i kaosa te ga zamijeniti mirom i pravednošću
- Humanost ovisi o humanosti svjetske populacije
- Medicinske sestre mogu biti nosioci promjena
 - Povjerenje javnosti, rješenja za pomoć pojedincima, adekvatni načini reakcije u kriznim situacijama
- Zaštita medicinskog osoblja



Corruption, bribery, theft and tax evasion cost approximately
US\$1.26 TRILLION
PER YEAR.^[141]



Only **50% OF CHILDREN** IN CONFLICT AREAS have finished primary school education.^[141]



There are **21.3 MILLION** REFUGEES WORLDWIDE.^[142]



21 MILLION PEOPLE ARE VICTIMS OF FORCED LABOUR.^[142]



34,000 PEOPLE ARE FORCIBLY DISPLACED EVERY DAY.^[143]



4.5 MILLION ARE VICTIMS OF FORCED SEXUAL EXPLOITATION.^[142]



SDGs 17. PARTNERSTVO ZA OSTVARIVANJE CILJEVA

- Porast nezaraznih bolesti je skup za svaku državu
- Prevencija kroničnih nezaraznih bolesti je najbolja opcija
 - Smanjuje troškove zdravstvenom sustavu i poboljšava kvalitetu života zajednice
- Rad zdravstvenog sektora s partnerima donosi ogromna poboljšanja

Nursing leaders around the world should actively strive to make a voice on behalf of nurses and participate in the actions that may change health policy to advance the influence of nurses.

KAKO POSTATI GLAS PROMJENE?



Nurses collaborate with patients and use their influence to empower them to make positive changes themselves.

Health is one of the most precious commodities in life. But it is highly influenced by politics and it requires investment. As such, you need political leadership; You need commitment; And you need a conversation with the public.

THE SDGS ARE RELEVANT TO ALL OF US - IN OUR PROFESSIONAL LIVES AND OUR PERSONAL LIVES. EACH ONE OF YOU CAN AND ARE MAKING AN IMPACT. CELEBRATE YOUR ACHIEVEMENTS, SHARE YOUR STORY, AND USE YOUR VOICE TO LEAD.

"Be the change you wish to see in the world."

Mahatma Gandhi