



Sustainable Development Goal 3, "Good Health and Well-being," aims to ensure healthy lives and promote well-being for all at all ages

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# Two Targets of SDG 3:



## TARGET 3.4

- **Reducing Mortality from non communicable diseases and promote Mental health**
- *By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.*



## TARGET 3.C

- **Achieve Universal Health Coverage**
- Achieve universal health coverage, 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.

# Reducing Mortality from Non-communicable diseases

## Biases Against Women



- **Globally 90 % of Men and WOMEN hold biases AGAINST women**
- NCDs caused an estimated 43 million deaths in 2021, accounting for 74% of all death

## What Bias looks like at a clinical site

- Women not being "heard" by healthcare providers. Which can cause misdiagnoses
- Women not being valued enough to participate in their health care goals
- Limited research on women and funding dedicated to women's health
- Delayed in treatment and lack of access to care.

• Barnes,2020

## Medical Research & Education Reform



- **Close the gender research gap**
- **Train health professionals** on gender and implicit bias
- Promote **sex- and gender-specific medicine** in curricula—recognizing that men and women may experience diseases differently.
- **Support and PARTICIPATE** in Research efforts geared toward women and girls.

# Success Story: HPV Vaccine and the Fight Against Cervical Cancer



HPV



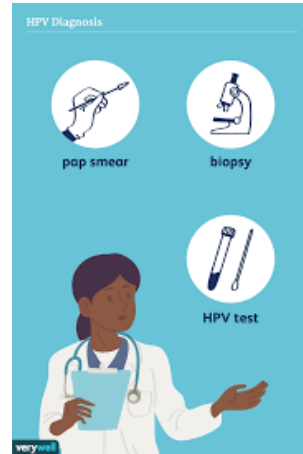
## The Problem

Cervical cancer is one of the **most preventable but deadliest cancers**

**1990s–2000s:** Researchers identified the link between HPV and cervical cancer.

**2006:** The first HPV vaccine (Gardasil) was approved for use.

It targets the most cancer-causing HPV strains (types 16 and 18), responsible for ~70% of cervical cancers.



## Global Impact

- **Australia – A Model Case:**
- **Universal school-based vaccination program** began in 2007.
- **Result:** Cervical cancer rates dropped dramatically.
- **By 2028**, Australia is on track to become the **first country to eliminate cervical cancer** as a public health problem.
- Hall, 2019

# *Promote Mental Health*

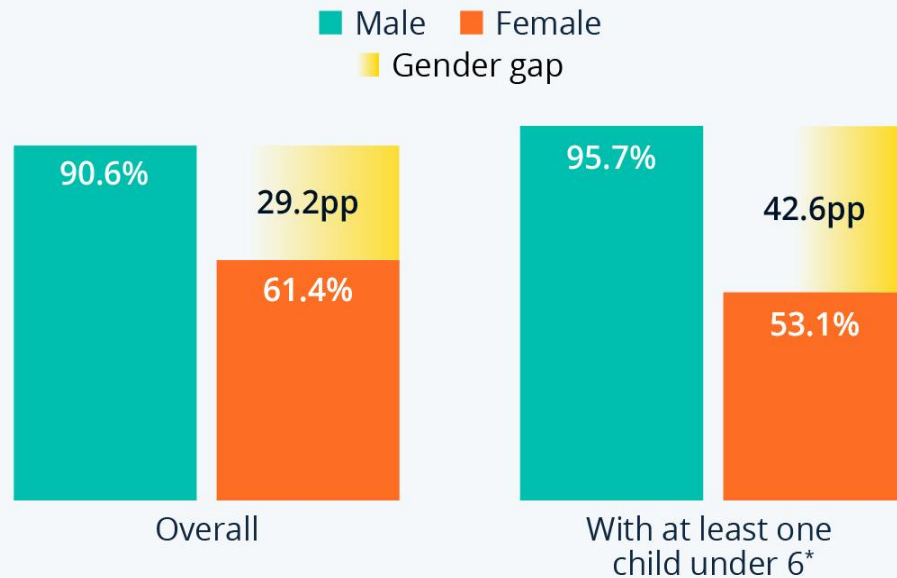
## Time Poverty

- The burden of unpaid care work
- The balance between work and caring for children, elderly and disabled
- Limited time in education
- Limiting their participation in paid work
- Limiting their participation in social activities



# The Motherhood Penalty in Labor Force Participation

Global labor force participation rate of people aged 25-54 in 2022, by sex and presence of children under 6



\* couple households only

Source: ILO



statista

- Lower Pay
- Fewer Opportunities for Advancement
- Stereotyping
- Workplace Flexibility
- Emotional Labor
- Social Stigma

Richter, Felix (n.d)



# Stress –Trigger for Non Communicable Disease

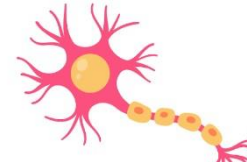
- Stress



## Dis-“ease

### Some risks of chronic stress

Trouble sleeping,  
feeling unrested



Disregulated nervous  
system, fatigue

Anxiety, depression,  
mood changes



High blood pressure,  
heart attack, stroke



Menstrual cycle changes,  
trouble conceiving



Weight gain, trouble  
losing weight





# How can we support Mothers?

- Affordable and Accessible Childcare Services
- Paid Parental Leave
- Workplace Flexibility
- Support for informal Caregivers
- Cultural and Social Shifts
- Public Awareness and Advocacy



# Chile –Work Life Childcare

- A member of the Gender Equality Seal –United Nations Development Equality
- Surveyed staff what women needed at work.
- Established a childcare center in front of the IBM Building
- Back up care for children on specific days.
- After school
- After hours program

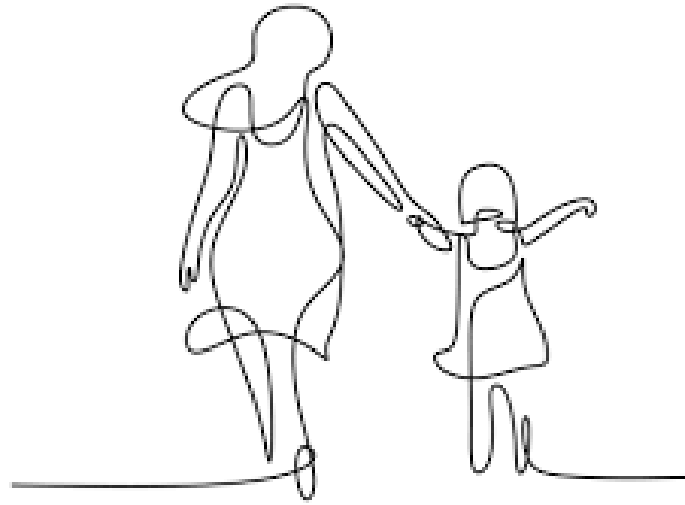


# Chile Labour work code –Law 21.645

## December 2024

- ***Preferential Granting of Holidays:*** During school holidays, employees caring for children under 14 or disabled teenagers under 18 receive preference in the granting of annual leave.
- ***Maternity and Paternity Leave:*** Chile's Social Security system covers maternity leave (18 weeks paid leave for mothers) and paternity leave (5 days paid leave for fathers).
- ***Nursing Breaks:*** Nursing mothers are entitled to breaks of up to one hour to breastfeed children under two years of age.

# Role Modeling for our Daughters



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