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Our goals in 2030



Ensure **healthy lives** & promote **well-being** for all at all ages

22.3% <sup>children under age 5</sup> affected by **STUNTING** <sup>in 2022 (FAO 2023)</sup> <sup>1</sup>



Stunting means people are too short for their age.

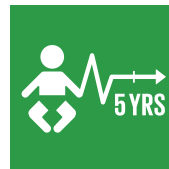
The prevalence of **Mental Disorders** <sup>among the adolescents in Hong Kong was</sup> **16.6%** <sup>(HKU, 2023)</sup> <sup>2</sup>



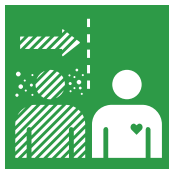
Key Targets



Reduce maternal mortality



End all preventable deaths under 5 years of age



Fight communicable diseases



Reduce mortality from non-communicable diseases and promote mental health



Prevent & treat substance abuse



Universal access to sexual & reproductive care, family planning & education



Achieve universal health coverage



Improve early warning systems for global health risks

1. FAO, IFAD, UNICEF, WFP and WHO, *The State of Food Security and Nutrition in the World 2023, Transforming food systems for affordable healthy diets*, FAO, Rome, 2023

2. The University of Hong Kong, *The Hong Kong youth epidemiological study of mental health (HK-YES)-A population-based psychiatric epidemiology study of youth mental health in Hong Kong: A study protocol*, HKU, 2023

# Why good health & well-being are relevant to child rights?

The goal addresses the health-related risks children facing throughout their life cycle, from under-five mortality to noncommunicable diseases.

United Nations  
Convention on the  
**Rights of  
the Child**



## ARTICLE 4

Governments must help children realize their rights, with the maximum extent of their available resources.



## ARTICLE 6

Every child has the rights to life, survival & development.



## ARTICLE 19

Laws must protect children from being hurt or mistreated.



## ARTICLE 24

Good health, clean water & nutritious food are a child's right.



## ARTICLE 27

All children must have their basic needs met, no matter how disadvantaged or marginalized.



## ARTICLE 33

Children must be made safe from dangerous drugs.



# Actions to take

**3** GOOD HEALTH AND WELL-BEING



Keep yourself healthy. Stay away from alcohol, tobacco and drugs.



Take care of our mental health, e.g. talk to your friends and family, and seek professional help to relieve stress.



Saves lives by supporting blood donation and organ donation after death. Give love and hope to the people in need.



Promote awareness of affordable health coverage and its significance, e.g. share the information on the Voluntary Health Insurance Scheme to your friends and family.



Find out more about the SDG 3 and activities' ideas, visit:  
UNICEF HK Education Web Portal: <https://edu.unicef.org.hk>  
UNICEF Club: <https://club.unicef.org.hk>  
SDG 3: <https://www.un.org/sustainabledevelopment/health/>





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## 2030年的 願景



確保

### 健康的 生活方式

及

### 促進 各年齡階層人士的 福祉

1 全球的5歲以下兒童受到 **22.3%** 發育遲緩的影響  
(2022年數據) (聯合國糧農組織, 2023)



發展遲緩：即較同齡  
正常身高的兒童為矮。

2 本港青少年患上 **16.6%** 精神病  
的盛行率為  
(香港大學, 2023)



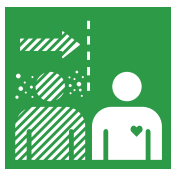
## 主要目標



降低孕婦的死亡率



消除5歲以下兒童  
所有可預防的死亡



對抗傳染病



降低非傳染性疾病  
導致的死亡率，  
推廣身心健康



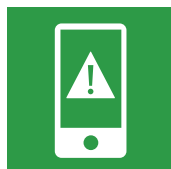
預防和治療  
藥物濫用



普及性健康和  
生殖健康保健服務，  
包括家庭計劃及教育



實現全民健康保障



改善各國早期預警和  
全球健康風險的能力

1. FAO, IFAD, UNICEF, WFP and WHO, *The State of Food Security and Nutrition in the World 2023, Transforming food systems for affordable healthy diets*, FAO, Rome, 2023

2. The University of Hong Kong, *The Hong Kong youth epidemiological study of mental health (HK-YES)-A population-based psychiatric epidemiology study of youth mental health in Hong Kong: A study protocol*, HKU, 2023

# 為甚麼良好健康與福祉和兒童權利相關？

此目標應對兒童在其整個生命週期中面臨的健康風險，包括從五歲以下兒童死亡率到非傳染性疾病。

## 聯合國 兒童權利 公約



### 第4條

政府應該盡最大資源，確保兒童享有權利。



### 第6條

兒童有生存和發展的權利。



### 第19條

法律須保護兒童免受傷害或虐待。



### 第24條

健康的身體、清潔食水和有營養的食物，都是兒童的權利。



### 第27條

不論貧困或弱小，所有兒童必須享有基本生活所需。



### 第33條

兒童應受到保護，遠離危險藥物及毒品。



## 你可以做甚麼？

### 3 良好健康與福祉



保持健康，遠離酒精、煙草和毒品。



照顧自己的精神健康，例如與朋友和家人交談，或尋求專業幫助以舒緩壓力。



支持捐血和死後器官捐贈，以拯救生命。將愛和希望傳遞給有需要的人。



提高大眾對價錢合宜的醫療保險及其重要性的認識，例如向朋友和家人分享有關自願醫保計劃的訊息。



了解更多可持續發展目標 3 及相關活動點子，瀏覽：  
UNICEF HK教育資源網：<https://edu.unicef.org.hk>  
UNICEF Club：<https://club.unicef.org.hk>  
目標 3：<https://www.un.org/sustainabledevelopment/zh/health/>

