

# HEALTH AWARENESS

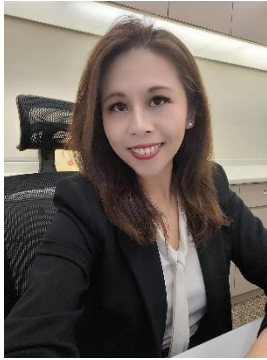
APRIL 7, 2024

WORLD HEALTH DAY



*Written by* Dr Chrystal Fong Chern Ying (MBBS Melb (Aus), FRACGP)

Family Physician



Date of publication: 7.4.24



7 April marks the anniversary of the founding of WHO in 1948.

The World Health Organization is an agency of the United Nations that focuses on the public health of the world at large.

## Theme for World Health Day 2024 is 'My health, my right'

This year's theme focuses to highlight the right of everyone, everywhere to:

1. Have access to quality health services
2. Education
3. Information
4. Safe drinking water, clean air
5. Good nutrition
6. Quality housing
7. Decent working and environmental conditions
8. Freedom from discrimination

### How can we celebrate World Health Day?

1. Care for your own personal health and your family's health
  - Attend regular health screening, eating a nutritious balanced diet, maintaining regular exercise, avoidance of smoking, alcohol and addictive substances, sleep 7-8 hours a night, managing stress levels with mindfulness and maintaining social connections.
2. Learn more about local health
  - Being aware of the current local health issues. For example, being aware of the news reports of dengue cases in Singapore.
  - By eliminating all possible sources of standing water as a breeding ground for mosquitoes, we are doing our part in preventing and reducing dengue outbreaks.
3. Get Involved with World Health Day Events
4. Share World Health Day with Others
5. Organise World Health Day Fundraisers

# HEALTH IS A HUMAN RIGHT

## For the individual

- **Know your health rights.** You have the right to:
  - safe and quality care, without any discrimination.
  - privacy and confidentiality of your health information.
  - information about your treatment and to informed consent.
  - bodily autonomy and integrity.
- **Make decisions about your own health.**
- **Protect your right to health as a basic human right.**

Everyone should have access to the health services they need when and where they need them, without facing financial hardship. So, if you cannot access healthcare, that's not right. Here are some ways to take action:

  - Advocate – appeal to political leaders, join health communities demanding action, participate in petitions and discussions.
  - Organize your community – e.g. at work, church – to agree what needs to change and how.
- **Promote the right to health as an intrinsic pillar of our broader human rights.**

Respecting our right to health means respecting our rights to access safe drinking water, clean air, good nutrition, quality housing, decent working conditions, and freedom from violence and discrimination.
- **Champion health as a priority.**

Get involved with decision-making around health. Examples of how to participate include: town-hall meetings and citizen assemblies, focus groups and consultations, health councils, steering groups and review boards.

# You have the right to:

**1** Safe and quality health care  
without any discrimination

**2** Privacy and confidentiality of your... health information

**3** Information about your treatment and to informed consent

**4** Bodily autonomy and integrity

**5** Make decisions about your own health

## Health is a human right!

## **For Governments**

- **Every law counts;** every ministry can and should legislate to realise the right to health across the full range of sectors:
  - Finance: tax tobacco, sugar, and alcohol.
  - Agriculture: eliminate trans fats; reduce amount of antimicrobials in the agri-food system by 30-50% by 2030.
  - Environment: stop fossil fuel subsidies and subsidize or exempt tax of **clean energy** and fuels such as solar-, hydro- and wind-based electricity.
  - Justice: prohibit all forms of discrimination.
  - Transport: build up cycling infrastructure, support pedestrianization.
  - Labour: Ensure decent work, worker rights and protections, and create fair, equal and gender-responsive working conditions for health and care workers.
  - Social affairs / social development: Ensure access to social protection (e.g. health-care protection, pensions, unemployment benefits) to reduce households' vulnerability to poverty and counteract the negative impacts of unexpected life events on income, wealth or health.

Together, we can each take responsibility of our own health and advocate for areas of health that we can bring an impact to in our daily lives.

## ***Towards better health outcomes as one***

#towardsbetterhealthoutcomes

## About Asia HealthPartners

Conveniently located in the heart of Orchard Road, offering health screening, aesthetic surgery and laser treatments, gastrointestinal and liver treatments, and diagnostic imaging services.

At Asia HealthPartners we bring you the benefits and healthcare solutions that can only come from a combination of our medical expertise and technology with an emphasis on holistic medical care.

Our mission is to enrich the quality of our patients' lives through exceptional preventative, diagnostic and therapeutic medical services.

### **About the author:**

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia. She has a special interest in health prevention and incorporates sports psychology and lifestyle medicine principles in her health screening and advocacy in health promotion.

<http://www.asiahealthpartners.com/>

<http://www.asiahealthpartners.com/wellness-health-screening-packages.html>

<http://www.asiahealthpartners.com/wellness-health-screening-multi-cancer-early-detection.html>

<https://www.health365.sg/editors-list-where-to-go-for-health-screening/>

<https://www.health365.sg/trusted-healthcare-information-singapore/>

 [www.linkedin.com/in/dr-chrystal-fong-7b3ba6100](https://www.linkedin.com/in/dr-chrystal-fong-7b3ba6100)