ADVANCING SELF-CARE TO STRENGTHEN HEALTH SYSTEMS FOR ALL

Self-care enables individuals to exercise greater autonomy, power, and control over their body and improve their health and well-being. While self-care has contributed to the improved health of individuals for ages, it is a relatively new concept as an approach to strengthen health systems.

EXAMPLES OF SELF-CARE

- **HEALTH SYSTEMS**
  - SELF-CARE
    - SELF-MANAGEMENT
    - SELF-TESTING
    - SELF-AWARENESS

- **EVERYDAY LIFE**
  - Over the counter medicine, self-injections, self-examination
  - Self-collection of diagnostic samples, self-diagnosis, self-monitoring
  - Self-help, self-education, digital platforms, and mobile application

THE CHALLENGE

- Half the world's population lack access to essential health services.
- 925 million people spend more than 10% of their household's budget on healthcare.
- 218 million women and girls of reproductive age have an unmet need for modern contraception.
- 100 million people fall into extreme poverty each year due to health expenses.
- 18 million more health workers are needed by 2030 to prevent global shortage.

THE OPPORTUNITY

Self-care can contribute towards universal health coverage and help achieve Sustainable Development Goal 3 by making health systems stronger, more equitable, and more efficient.

**GOOD HEALTH AND WELL-BEING**

- Target 3.8: Achieve universal health coverage

WHAT’S NEXT?

To achieve a world where the practice of self-care leads to a more inclusive, equitable, and people-centered approach to optimizing health and well-being, let’s work together to ensure:

- National policies, programs, and regulations support self-care as an essential part of UHC.
- Increase awareness and demand for promising practices in self-care— including expanding the use of digital solutions and information technologies in health.

JOIN THE #SELF CARE4UHC MOVEMENT

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