



SUSTAINABLE DEVELOPMENT : WOMEN'S HEALTH

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ABSTRACT:

Health is a vital factor for human being that it contributes to human well-being and helps in economic process globally. Sustainable Development Goal three inveterate health and well-being for all. Sustainable Development Goal three statements all major health priorities, including reproductive, maternal and child health. Recently, women in India needs to face numerous health problems, which finally affect not only on them but also on the economy's output. So researcher highlighted the women's health issues in present study. It is more important is that women's health issues are numerous and it influenced by various factors. Researcher described various factors in this study. Researcher focused on poorer health effects on women. Women form a vital pillar of society and they agonies more from health issues and that effects round the world - with repercussions not just for women, but also for his or her families, society. Descriptive research design has been used in the current research. Papers were moreover studied with regard of the most aims of Sustainable Development and health problems of women. Articles regarding sustainability and women health related issues were chosen as Secondary data collected for this present study. The present research accomplishes that women in India needs to face numerous health issues, which eventually affect the economy's output, family and society. Women's health issues are pregudised by various factors like gender disparities, early marriage, violence and sex offense, malnutrition, poverty, illiteracy and admittance to quality healthcare.

KEYWORDS:

Sustainable Development, women Health and well-being, health-issues and health-outcomes.

INTRODUCTION:

In sustainable development we must use nature for human development in such a way that nature does not damage the environment and maintains a balance between nature and development.

Sustainable Development (SDG) is the goal of upcoming development. These are the goals of the United Nations Neville, and its goal of sustainable development. With this goal, the Millennium Development Goals, which ended at the end of 2015, have additional space. This will be the case from 2015 to 2030. There are 17 goals in entire and 169 specific goals for this purpose.

Goals As of August 2015, 193 countries have approved the following 17 objectives. :

(1) No Poverty, (2) Zero Hunger, (3) Good Health and Well-being, (4) Quality Education, (5) Gender Equality, (6) Clean Water and Sanitation, (7) Affordable and Clean Energy, (8) Decent Work and economic process , (9) Industry, Innovation and Infrastructure, (10) Reduced Inequality, (11) Sustainable Cities and Communities, (12) Responsible Consumption and Production, (13) Climate Action, (14) Life Below Water, (15) Life On Land, (16) Peace, Justice, and Strong Institutions, (17) Partnerships for the Goals.

Goal 3-GOOD HEALTH AND WELL-BEING

Good health is imperative for sustainable development and therefore the 2030 Agenda reflects the complexities and interrelationships between the 2. It addresses developing challenges like growing financial and social inequality, rapid urbanization, threats to the climate and therefore the environment, the persistent load of HIV and other infectious diseases, and non-communicable diseases.

SDG 3 has 13 targets and 28 indicators to live growth toward targets. The first nine targets are "outcome targets". Those are:

1. decrease of maternal mortality;
2. finish all preventable deaths under five years of age;
3. fight communicable diseases
4. ensure reduction of mortality from non-communicable diseases and encourage mental health;
5. prevent and treat substance exploitation;
6. decrease road injuries and deaths;
7. grant universal access to sexual and reproductive care, birth control and education;
8. attain universal health coverage;
9. Decrease illnesses and deaths from hazardous chemicals and pollution.

GOOD HEALTH AND WELL-BEING OF WOMEN-

Gender equality is a right of women. The reproductive and sexual health of women, who cannot contribute to sustainable development, unless their right to health is met through enhanced access. Seven of the main 10 causes of death in women these are NCDs, led by ischaemic upset, stroke, chronic respiratory illness, diabetes, cancer, and kidney diseases. Women and men have an equal right to live healthily. But they've different health-care requirements. Several women and girls fully undermines their access to health maintenance due to gender discrimination. Women's capability to stay healthy it is depend on compounded by extra burdens assessed by gender disparities.

OBJECTVES

1. To understand the different health issues that plague women in this study.
2. To explore various factors affect women's health concern in this study.
3. To study the adverse effects of poor health of women.

HYPOTHESIS

1. women in India are plagued by various health problems has an impacts on the aggregate economy's output, family and society.
2. There are various factors like gender disparities, early marriage, domestic violence and sexual abuse, malnutrition, poverty, illiteracy and access to quality healthcare are influenced on women's health issues.

METHODOLOGY-

COLLECTION OF DATA:

Secondary data collected for this study such as articles concerning sustainability related issues were chosen, “Sustainable Development, women's health issues, social dimension, social aspects or sustainability” in key words and titles of papers were selected. As the focus of the paper is more on the terms Sustainable development and health of women, only articles which tend to concentrate more on the health issues were considered.

RESEARCH DESIGN:

Descriptive research design has been used in the present research. The purpose is to find out health issues of women in society for sustainable development. For further research, it is important to prove the positive effects of the health. Therefore, it was also of interest whether Sustainable Development and women health have impact on the society and economic development. Additionally, the articles are analysed concerning relations between Sustainable Development and women health. This is of importance when designing the framework of significance and relationship between Sustainable Development and women health.

RESULT:

- Health is an energetic factor for sustainable development that not only contributes to human well-being, but also supports in economic process globally. What's more important is that women's health concerns are many and influenced by various factors like gender disparities, early wedding, force and regulatory offence, malnutrition, poverty, illiteracy and access to excellence healthcare. Which are detrimental to sustainable development.
- Women are the first caretakers in family, but still, they agonize more and have poorer health outcomes. The outcome with repercussions not just for women, but also for his or her families.
- Women are usually liable to poor nutrition, its impact on their own growth and development, and are additional likely to possess babies with low birth weight. Gender-based discrimination (preference for a son) composed with other social pathologies just like the dowry system, early wedding, and often ends up in mistreatment and abuse of girls, which ultimately leaves a adverse impact on her overall health.
- The literacy level of girls affect reproductive activities, use of contraceptives, health and upbringing of kids, proper hygienic practices, access to works and therefore the overall position of girls within the society.

SUGGESTIONS AND RECOMMENDATION:

- We must generate health awareness among the women.as well as improving healthcare services together with edification may be the foremost important intervention to make women responsive to their rights, and also prevent them from becoming easy prey to severe sensitive and mental disturbances.
- Female healthcare workers can play a crucial role in educating society to acknowledge their health and nutrition requirements. Women professionals and empowerment of ladies in the least levels are mandatory for improvement of the health and nutrition arrangement in India.
- Providing employment opportunities for girls also will make a positive impact on women's health concerns. Female healthcare providers can play a vigorous role in educating society to recognize their health and nutrition wants likewise. And empowering women the least bit levels would assistance them to function productive members of society and develop healthy generations.
- It is necessary to Recover Women's and Girls' Nutrition in India. Some Essential Interventions for Reducing Malnutrition in Girls and ladies in India are- Recover the amount and excellence of food and nutrients for girls and girls, Prevent and manage micronutrient deficiencies, Improve sanitation and hygiene performs and access to safe drink, Increase access to elementary health services.

- It is necessary to provide data available to women not only on such problems as eating disorders, stress, alcoholism, addictions, and depression, but also on elementary topics like good nutrition, heart health, and workout. as an example, it's beneficial that a girl maintains her ideal weight. If a woman's waist size measures over 35 inches (89 cm), she is more likely to improve cardiovascular disease, high pressure level, and diabetes. Consumption sensible meals, eliminating after-dinner snacks, and making physical movement a component of existence are significant ways to support control weight and lower the danger of a protracted list of health problems. Women should bear in mind that they metabolize variation of medication differently than men. In some cases and for a limited medications, the speed of metabolism could also be slower, and in other cases, faster. It is, therefore, important that ladies are well informed about the kinds and suitable dosages of any drugs they're taking.

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