



STATE OF
YOUTH

TOOLKIT ON HEALTH



THE SUSTAINABLE DEVELOPMENT GOALS

#3 HEALTH AND WELLBEING

At State of Youth, our ambition is to empower youth around the world to help create positive change within their local communities. In order to do so we focus on the Sustainable Development Goals, tackling one each quarter. We are excited to start this new quarter on SDG #3 – ensuring healthy lives and promoting well-being for all at all ages.

SDG #3 addresses all major health priorities, including sexual, reproductive, maternal, newborn, child and adolescent health, communicable, non-communicable and environmental diseases, universal health coverage and access for all to safe, effective, quality and affordable medicines and vaccines. It also calls for more research and development, increased and diversified health financing, enhanced health workforce and strengthened capacity of all countries in health risk reduction and management.

Major progress has been made in improving the health of millions of people, increasing life expectancy, reducing maternal and child mortality and fighting against leading communicable diseases. But, there are still gaps in our system with regard to addressing major diseases. In addition, at least half the global population does not have access to essential health services and many of those who do, suffer undue financial hardship when trying to access them.



PROGRAM ACTIVITIES

FOR SDG 3

On the next few pages you can find ideas for events on SDG #3 – Healthy living and well-being. These are just to give you some inspiration on what you could do, but of course you are more than welcome to come up with your ideas, or even try and make these activities your own. In any case, please do submit your activity through the registration form mentioned in the toolkit. Below are some extra tips on how to prepare for activities:

- Start by thinking about what exactly you want to promote and who your target audience is.
- Select an event that is best suited for your cause and the group you would like to reach, for example, an event at your school would target your fellow students.
- Think about how feasible the activity is with the resources that you have and the current circumstances you are in.
- Please make sure that you first have the event approved by us before you move forward in the planning stage.
- Remember that you will need to plan the logistics of the event in advance, ie. The venue, the promotional materials, the materials you will need for the activity, etc.
- Assign different roles and tasks to different people in your Chapter, teamwork makes the dream work!

Final note:

- Make sure you report your activity! There is an online form that you must fill out at the end of each event. Please also submit any photos or videos you took during the event.



PROGRAM ACTIVITIES

FOR SDG 3



QUIZ NIGHT!

A quiz night is a simple way to create awareness on the topic of health. It is like a trivia game, there are different rounds, and each round can have a different micro-theme or topic.

- In order to facilitate this event, you will need to create a Zoom account. You can do this for free at: <https://zoom.us/home>. Once you have created a free account you can schedule in a time and date. You will then be provided with a link that you can send out to your participants. Please make sure that you test run this link before you send it out and note that you can only have a call for 45 minutes on Zoom for free.
- Once you have selected a date and time, you can start to promote the event. Post on your Instagram account's feed and stories. Reach out to your friends and other accounts on social media in your local community that are promoting a similar cause or that you think would be interested in partaking in the activity.
- Next you need to create the questions you want to ask. Start by selecting a few micro-topics that you want to highlight. For example, access to healthcare, abuse, drugs and alcohol, etc. Once you have selected 4-5 micro-topics you can begin to write questions around them.
- Checkout the WHO website or the UN's SDG website as they have some great statistics that you can incorporate. This is where you can be creative! Choose interesting and relevant information that people would not have known before taking the quiz.
- Once you have created your questions, approximately 5-7 questions for each micro-theme (be aware of the time limit), put them into a document and have them ready for the 'quiz master.' Make sure you do a practice run and time it to see how long it takes you to get through everything. If it is over 35 minutes, cut some of the questions.
- Once you have created a zoom account, promoted the event, and created the questions, there is not much more to do besides preparing what you want to say... Make sure you select a Chapter member to have a brief introduction at the beginning of the event to explain who you are and how the quiz will be run.
- You will also need to select someone to read the questions. Each question should be read twice and time should be given for the participants to write down their answers. At the end of each round you can reveal the answers and each person can see how many they got correct.
- You can choose to reward the winner with something. Maybe a feature on your Instagram page?
- Once each round is complete, there should be a few minutes left for you to thank everyone for participating and this is also an opportunity for you to ask them to join your Chapter if you wish.
- Remember to take a picture and report all the activity on our online forum.

PROGRAM ACTIVITIES

FOR SDG 3

WRITE A LETTER FOR CHANGE

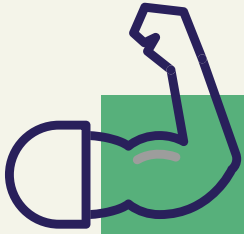
A simple way to advocate for a cause is to write a letter to your local Minister of Health and reach out to your local media channels.

- Start by researching the stakeholders you wish to target, gather their contact details (email addresses or postal addresses).
- Then begin to draft the letter. It should be written in a formal manner.
- Start by introducing who you are and what your Chapter's goal is.
- Once you have done that, highlight some of the issues in your community that you wish that they would address. For example, maybe your school does not have healthy food options and you want that to change, or maybe not everyone in your community has access to affordable healthcare and you would like them to provide better access for more community members. Brainstorm the issues that are most relevant to your community and write them down in a clear and coherent manner.
- Once you have drafted your letter reach out to the contacts you found.
- Also reach out to your followers and friends. The letter you drafted can be a 'model letter' that others can share as well. Since the more letters sent, the bigger the IMPACT!
- Remember to record your event and the results on our online forum once you have completed it.



PROGRAM ACTIVITIES

FOR SDG 3



ORGANISE A 'WALKATHON' OR 'VIRTUAL FITNESS EVENT'

We know that not all events are possible right now with Coronavirus, so they will depend on the circumstances in your country and the rules and regulations your government currently has in place.

That being said, you can create an online campaign where you ask people to record their physical activity each day in order to reach a total goal that you set. For example, maybe you want to walk/bike the distance of your country. It is roughly 650 miles or 1000 km from the west of Kenya to the east, collectively over 2-3 weeks you can aim to walk or run this total. It does not have to be the distance of your country, but you could find something simple that will put things into perspective, just remember to keep it feasible in the set time period.

- Have participants post on their Instagram stories how far they ran/walked/biked that day and have them tag your State of Youth Chapter account. You can then repost their stories and tally them together to reach your goal.
- Make sure you create a post at the end of each day/week to showcase the progress and how much further you still have to go. At the end of the campaign, thank everyone for participating and announce who walked/ran/biked the furthest in total.
- Alternatively, you can also host a one-off virtual fitness event. For example, 'De-stress with Yoga'. Maybe you know someone who would be willing to lead a yoga or other form of fitness event?
- Like the quiz night, you will need to create a Zoom account and schedule in a date and time.
- Ask your fitness friend if they would be willing to conduct a 30-minute class. If they agree, start promoting your event on social media.
- Send the link to anyone who wishes to participate.
- On the day of the event make sure you test run the link and put the fitness instructor in 'presenter mode'.
- Briefly introduce who you are, the Chapter you are a part of, and highlight the benefits daily physical activity has on our health. Add in a few statistics to keep the event educational as well!
- Make sure to take a few pictures and videos along the way!
- At the end of the event, take a few moments to thank everyone for participating and ask them to join your Chapter or follow your Chapter's account on Instagram if they have not done so already.