

Introduction

The topic of good health and well-being covers a wide range of issues, ranging from physical and mental health to creating an environment in which people can reach their full potential. The UN Sustainable Development Goal No. 3 is aimed at ensuring health for all and at all ages. This includes reducing child and maternal mortality, combating infectious diseases, access to medical services, improving mental health and eliminating factors that negatively affect the quality of life. Health and well-being are directly linked to the social, economic and environmental development of society. Good health is the foundation of prosperity at the individual and collective levels. Without a high-quality health care system, effective prevention programs and access to essential services, it is difficult for people to maintain their physical and mental well-being.

Problems and challenges in the fields of healthcare

Modern health systems face a number of challenges that hinder the provision of good health for all:

- **Unequal access to medical services.** Access to medicine varies significantly from country to country and region to region. In poor and remote areas, especially in low-income countries, there are often no necessary medical facilities, and people cannot receive qualified care. This leads to high mortality from preventable diseases and the spread of infections.
- **High medical expenses.** Even in advanced economies, many people face high costs for medical services, which reduces their access to necessary treatment. Health insurance does not always cover all types of care, and the cost of treating chronic diseases can be overwhelming for most people.
- **Diseases that are not directly transmitted.** Cardiovascular diseases, cancer, diabetes and other chronic ailments are becoming the main cause of death worldwide. They are associated with factors such as poor nutrition, low physical activity, smoking and alcohol consumption. Prevention and treatment programs for these diseases require significant resources and long-term efforts.
- **Infectious diseases.** Viral and bacterial infections such as HIV/AIDS, malaria, and tuberculosis continue to threaten public health, especially in poor countries. Outbreaks of epidemics, as was the case with COVID-19, also

demonstrate the importance of preparedness to combat new diseases.

- **Mental health.** Mental health issues such as depression, anxiety disorders and stress have become a serious problem in recent decades. High-quality mental health support is still inaccessible to a significant part of the population.

Measures to ensure good health



Ensuring good health and well-being requires an integrated approach that includes prevention, access to health services and improved living conditions.

✓ **Preventive programs.** An important part of the strategy for improving health is prevention programs that help to avoid diseases even before they appear. Vaccinations, campaigns against smoking, alcoholism, prevention of HIV infection and other infectious diseases play a key role in ensuring public health.

✓ **Access to medical basic services.** One of the main challenges is to ensure universal access to health services, especially in poor and vulnerable communities. This includes the construction of hospitals, the creation of mobile medical clinics in remote regions, as well as the training of medical workers.

✓ **Mental health support.** Reducing stress levels and supporting mental well-being are important for overall human health. Mental health support programs need to be developed so that people can receive help with depression, anxiety and other mental disorders.

✓ **Rational nutrition and physical activity.** A healthy diet and physical activity are the basis for the prevention of chronic diseases. Programs aimed at

promoting healthy eating in schools and workplaces, as well as creating infrastructure for sports, contribute to improving the health of society.

The role of international organizations

International organizations such as the World Health Organization (WHO) and the United Nations (UN) play an important role in the development of the global health system:

- ❖ **WHO.** The World Health Organization is actively working to improve access to health services, combat infectious diseases and develop global strategies to improve health. WHO is also coordinating international efforts to combat pandemics such as COVID-19.
- ❖ **The UN.** The UN develops and supports programs aimed at achieving the Sustainable Development Goals (SDGs), including improving health and well-being. SDG 3 provides for the elimination of epidemics, reduction of maternal and child mortality, as well as ensuring universal access to health services by 2030.
- ❖ **Global funds.** International programs such as the Global Fund to Fight HIV/AIDS, Tuberculosis and Malaria fund projects in low-income countries to help contain the spread of dangerous diseases.

Successful examples of countries

Some countries have made significant progress in improving the health of their citizens through the introduction of innovative programs:

- ♦ **Costa Rica.** The country has made great strides in ensuring universal access to medical services by implementing a public health system that makes medical care accessible to all segments of the population.
- ♦ **Japan.** Thanks to its focus on disease prevention, Japan has achieved one of the highest life expectancies in the world. The Government actively supports healthy eating and physical activity programs, which allows citizens to maintain good health throughout their lives.
- ♦ **Cuba.** Cuba is famous for its healthcare system, which provides free medical services to all citizens. Despite limited resources, the country has developed an effective system for the prevention and treatment of diseases.

Good health and well-being are fundamental human rights and important conditions for achieving sustainable development. This requires coordinated efforts at the international, national and local levels. Prevention programmes, improved access to health services and the development of health infrastructure should be the focus of each country's policy. Education and healthy lifestyle support also play a key role in achieving this goal. Success depends on investments in health and well-being, which will improve the quality of life of people around the world.

Practical experience of the world's universities in maintaining good health and well-being

Jones Hopkins University implements projects to study global health, promote vaccination and support mental health. The University is also actively working with local and international organizations to improve access to medical care.

Mental Health Support Centers: For example, the University of Cambridge offers round-the-clock assistance to students through specialized hotlines and consultations.

Health Research Centers: Universities such as Oxford are setting up laboratories to study infectious and non-communicable diseases, vaccines and new treatments.

On-campus medical centers: The establishment of clinics at the university where students and local residents can receive free or inexpensive medical services. Harvard University actively supports such initiatives.

Proposed measures of the South Kazakhstan University named after M. Auezov

Educational campaigns: Organization of events dedicated to awareness of healthy lifestyle, vaccination, mental health and prevention of chronic diseases.

Seminars and trainings: Training students and staff in first aid skills and basic medical knowledge. The discipline "Fundamentals of life safety" has been introduced for students of all educational programs of the university, where practical classes on first aid are conducted.

Fitness programs: Fitness rooms, group workouts, yoga and meditation programs for students and staff have been created, a swimming pool with free access for all students and staff of the university is being built.

Stress prevention programs: Various stress management and sleep quality improvement trainings have been introduced, and free psychological offices are functioning for all students and university staff.

Courses and lectures: Educational programs and lecture courses are being developed on the issues of maintaining good health and well-being.

Research grants: Research grants are being developed for international and government funding for research in the field of achieving good health and financing

