


# WORLD HEALTH DAY

7<sup>th</sup> April, 2021

World Health Day is celebrated annually to draw attention to a specific health topic of concern to people all over the world.

Theme: "Building a Fairer, Healthier World" 



In recent years, countries have experienced rapid economic growth, migration and urbanization. The COVID-19 pandemic has undercut recent health gains, pushed more and more people into poverty and food insecurity, and health inequities.

Health inequities are preventable with strategies that place greater attention to improving health equity, especially for the most vulnerable and marginalized groups. COVID-19 impact has been harshest on those communities which were already vulnerable, less likely to have access to quality health care services.

## Precautions for COVID-19



## FACTS ABOUT HEALTH CARE



For the first time in **20 years**, global poverty levels are predicted to rise and hinder the progress towards the Sustainable Development Goals



Up to **60%** of people living in some countries of the Region lack coverage with essential health services



**52%** of the Asia-Pacific population remains unconnected to the internet & unable to reach virtual health services.



More than **1 billion** people living in informal settlements or slums are facing increased challenges in preventing infection and transmission of the corona virus



**5.9 million** children in the Asia-Pacific Region are at risk of not returning back to school due to the disruption to education and the economic impact of the pandemic

## Good habits that can help you stay healthy:

- Eat healthy & balanced diet.
- Boost your immune system with yoga & exercise
- Don't panic, be productive
- Have sound sleep
- Follow precautions at home, work or play
- See your health-care provider if you think something may be wrong