**WORLD HEALTH DAY 2024**

**THEME: MY HEALTH-MY RIGHT**

Around the world, the right to health of millions is increasingly coming under threat. Conflicts are devastating lives, causing death, pain, hunger and psychological distress.

The burning of fossil fuels is simultaneously driving the climate crisis and taking away our right to breathe clean air, with indoor and outdoor air pollution claiming a life every 5 seconds.

The WHO Council on the Economics of Health for All has found that although at least 140 countries recognize health as a human right in their constitution, only 4 countries have mentioned how to finance it.

To address these types of challenges, the theme for World Health Day 2024 is **'My health, my right’**.

This year’s theme was chosen to champion the right of everyone, everywhere to have access to health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

**World Health Day** is celebrated on April 7th each year, serving as an opportunity to raise awareness about health-related issues and advocate for improvements in global health. In 2024, amidst ongoing challenges and triumphs in healthcare, World Health Day carries particular significance as nations strive to overcome the impacts of the COVID-19 pandemic and address emerging health concerns.

The Theme 2024 is **My Health, My Right**, which emphasizes a fundamental truth: access to good health is a basic human right. We all deserve to live healthy lives, no matter who we are or where we live. This **World Health Day 2024**, let's take a stand together. We'll explore what you can do to advocate for a healthier world, starting with taking charge of your well-being. So stick around, because on this World Health Day, we're getting healthy, informed, and empowered!

Millions around the world lack access to quality healthcare, education, and essential resources for a healthy life. This can be due to factors like poverty, geographical location, discrimination, or conflict.  The WHO aims to raise awareness about this disparity and push for a world where everyone, everywhere, can achieve optimal health and well-being.

World Health Day 2024 is a chance for us all to take action. Here are a few ways you can contribute:

1. **Educate Yourself**: Learn more about global health challenges and the right to health.
2. **Spread Awareness**: Talk to friends and family about the importance of World Health Day and the theme. Share information on social media.
3. **Support Health Initiatives**: Donate to organizations working to improve global health equity. Volunteer your time or skills at local health clinics or community centers.
4. **Take Charge of Your Own Health**: Make healthy choices about your diet, exercise, and lifestyle. Get regular checkups and screenings. By prioritizing your own well-being, you become an advocate for a healthier world.

Together, we can create a future where health is not a privilege, but a right enjoyed by all. This World Health Day, let's pledge to work towards a healthier, more equitable world for everyone.

**Addressing Current Health Priorities**

In the context of World Health Day 2024, attention must be given to pressing health priorities, including:

* **COVID-19 Recovery:** Despite progress in vaccination efforts and containment measures, the COVID-19 pandemic continues to pose challenges to global health. World Health Day serves as a reminder of the importance of ongoing vigilance, equitable vaccine distribution, and strengthening healthcare systems to mitigate the impact of the pandemic.
* **Mental Health Awareness:** The mental health repercussions of the pandemic have been profound, highlighting the need for increased awareness, support, and access to mental health services. World Health Day provides an opportunity to prioritize mental health advocacy and destigmatize conversations surrounding mental illness.
* **Non-Communicable Diseases (NCDs):** Diseases such as diabetes, cardiovascular conditions, and cancer remain leading causes of morbidity and mortality worldwide. World Health Day encourages efforts to prevent and manage NCDs through public education, lifestyle interventions, and healthcare policies aimed at reducing risk factors.
* **Health Equity:** Achieving health equity is central to the theme of World Health Day 2024. This entails addressing social determinants of health, promoting universal healthcare coverage, and ensuring that no one is left behind in accessing essential health services.