

Title of Sustainable Development Goal:

3 - Ensure healthy lives and promote well-being for all at all ages.

Good Health and Well-being

Short Description of SDG:

Sustainable Development Goal 3 of the 2030 Agenda for Sustainable Development is to “ensure healthy lives and promote well-being for all at all ages”. The associated targets aim to reduce the global maternal mortality ratio and prevent some other communicable and non communicable diseases, strengthen the prevention and treatment of substance abuse.

Action Area 1

Healthy lifestyles

Question 1 (Action Area 1)

How many times per week do you eat red meat (pork, beef, deer ...)?

1	More than 3 times a week
2	1 to 3 times a week
3	Once a week
4	Zero

Question Feedback:

The Harvard School of Medicine recommends limiting the consumption of red meat to a maximum of twice a week to reduce the risk of cancer and other health problems.

Question 2 (Action Area 1)

How often do you eat so-called "junk food", such as potato chips, prepackaged sweets, sugary drinks and fast food?

1	Almost always
2	Often
3	Sometimes
4	Never

Question Feedback:

The UNICEF 2019 report tells us that the levels of overweight and obesity in childhood and adolescence are increasing around the world. From 2000 to 2016, the percentage of overweight children between the ages of 5 and 19 doubled from 1 in 10 to around 1 in 5. Compared to 1975, the number of children and young people in this age group suffering from obesity is 10 times greater for girls and 12 times greater for boys.

Question 3 (Action Area 1)

How often do you buy and eat sustainable products, therefore products with a low impact on the environment?

1 Never

2 Sometimes

3 Often

4 Always

Question Feedback:

A sustainable diet involves the consumption of nutritionally healthy food, with a low footprint in terms of land use, water resources, carbon and nitrogen emissions and with a particular focus on biodiversity

Action Area 2

Hygiene and fitness

Question 1 (Action Area 2)

How many minutes a week do you dedicate to physical activity?

1 I don't do physical activity

2 Less than one hour per week

3 One hour per a week

4 More than one hour per week

Question Feedback:

WHO, in the document "Global recommendations on physical activity for health" for the age group 5-17 years, physical activity must not be below 60 minutes per week, beyond this time we begin to have benefits such as prevent cardiorespiratory, metabolic, musculoskeletal, tumor and depressive disorders.

Question 2 (Action Area 2)

How many times a day do you wash your hands?

1	Never
2	1 to 3 times a day
3	4 to 6 times a day
4	7 to 10 times a day
Question Feedback:	
A study by University College London suggests washing hands between 6 and 10 times a day to avoid contracting viruses and infections	

Question 3 (Action Area 2)	
How much time do you spend in nature per week (parks, canals, coast and beaches, countryside, etc..)?	
1	I do not go out in nature
2	A little
3	A lot
4	Almost all the time
Question Feedback:	
A new study published in Scientific Reports, found that in order to reap the health benefits of nature, the optimal amount of time to spend in green spaces (i.e., urban parks, the woods or beaches) is two hours per week. Two hours a week is a realistic target for many people. You can do it!	

Action Area 3
<i>Mental well-being</i>

Question 1 (Action Area 3)	
Do you feel nervous when you can't go online?	
1	Yes, I feel like I'm going crazy
2	Yes, quite nervous
3	Only in exceptional cases
4	No not at all
Question Feedback:	
Too many hours bent over the screen can make you lose precious hours of sleep, irritate the eyes, cause pain in the neck and shoulders, make you distracted and inattentive	

Question 2 (Action Area 3)	
Are you looking for comparison and support in times of difficulty between peers or adults?	
1	<i>No, I prefer not to talk about my problems</i>
2	<i>Sometimes, but it's not always easy to talk about my problems</i>
3	<i>Enough, but others don't always understand me</i>
4	<i>Always, it is important for me to confide in and compare myself</i>
Question Feedback:	
<i>Having good support with our peers and adults helps us to have the right mental and relational well-being.</i>	

Question 3 (Action Area 3)	
What do you do when your friends invite you to drink alcohol at a party?	
1	<i>I accept everything they give me</i>
2	<i>I drink more than I should. In the end, the goal is to have fun</i>
3	<i>I drink what I want without losing control of the situation</i>
4	<i>I enquire about what I'm drinking and know exactly my limits without falling into social pressures.</i>
Question Feedback:	
<i>During transition between childhood and adulthood, the brain is still in development and alcohol can hinder that process in different ways. The outcome will then be permanent in the adult brain.</i>	

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