Seventy Third Session of the WHO Regional Committee Meeting for the Eastern Mediterranean

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Organization Name : *Global Self-Care Federation (GSCF)*

Agenda item : *5(g) Building resilient health systems to advance universal health coverage and ensure health security in the Eastern Mediterranean Region (*Document EM/RC73/INF.DOC.7)

English version:

The Global Self-Care Federation (GSCF) welcomes this progress report and WHO's continued leadership in supporting Member States to build resilient, equitable and people-centred health systems that advance both universal health coverage and health security. We particularly welcome the report's focus on primary health care, equitable access to health products, health workforce development and community engagement as essential components of resilient health systems.

To strengthen health system resilience and make universal health coverage a reality for individuals and communities, we highlight self-care as a practical, evidence-based and people-centred approach that complements health system strengthening. Self-care can support health promotion, disease prevention, early action, self-management of minor ailments and chronic conditions, and continuity of care, helping individuals maintain their health while reducing avoidable pressure on overstretched health services. The EcoSoc 2.0 report further demonstrates that self-care can help preserve healthcare capacity through appropriate management of common health conditions and improved prevention, allowing scarce health system resources to be directed towards more complex care needs.

We welcome the report's emphasis on primary health care-oriented models of care and on improving access to medicines, vaccines and other health products. Self-care should be recognized as an important component of these efforts, enabled through access to quality-assured products, trusted health information, health literacy and appropriate support from healthcare professionals, including pharmacists and other community-based providers.

We encourage WHO and Member States to continue integrating self-care within primary health care, health financing, access to medicines and health system resilience initiatives, so that individuals are empowered to take a more active role in their health while contributing to stronger, more sustainable and more equitable health systems.

Thank you.