



# The Global Social and Economic Value of Self-Care

## INTRODUCTION

Demographic changes, medical advances and political instability are placing considerable pressure on healthcare systems. COVID-19 has highlighted how stretched the capacities of national healthcare systems are, emphasizing the need to maintain essential health services to individuals through alternative forms of care.

## AIMS & OBJECTIVES

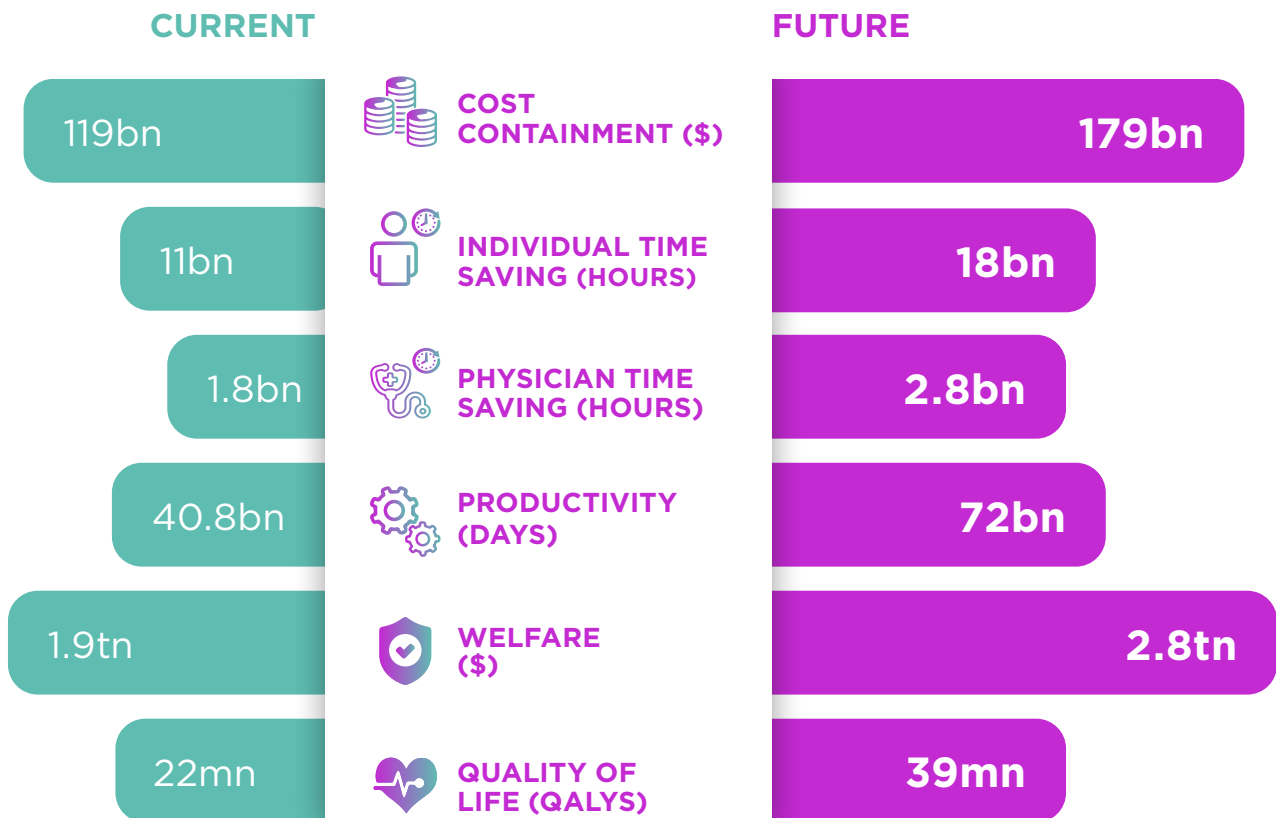
This research study *“The Global Social and Economic Value of Self-Care”* aimed to distinguish self-care as a key contributor to the health of individuals and healthcare systems worldwide. It also enriched the evidence-base to further support the economic, political and legislative framework in which individuals, healthcare professionals as well as all other stakeholders and the industry operate.

## METHODOLOGY

The study evaluates the value of self-care as savings in monetary cost, physician time and individuals’ time as well as gains in welfare, productivity and quality of life. The level of significance of these value categories for self-care varies across global regions due to differences in economic standards, healthcare infrastructure and individuals’ needs.

## RESULTS

### YEARLY SAVINGS THROUGH SELF-CARE



## We recommend

- Coherent healthcare policy and regulation supporting self-care is required.
- Accountability and collective action is required from all stakeholders to ensure that self-care is a key driver in accelerating the delivery of Universal Health Coverage.
- Health literacy to be recognised as a fundamental catalyst for change, ensuring individuals understand and act upon credible health information to become active self-managers of their health.
- Self-care to be understood as a multi-faceted and multidimensional concept which includes a variety of health-related practices. There needs to be a greater recognition of these elements and the benefits of self-care from all key stakeholders.