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Global Self-Care Federation

Meeting:

152nd EB Individual Statements

Agenda Item:

- Reorienting health systems to primary health care as a resilient foundation for UHC and preparations for a HLM of the UNGA on UHC (EB152/5)

Statement:

The journey towards achieving UHC must consider self-care as a foundational building-block. At an individual level, self-care practices promote health literacy and empowerment enabling individuals to make decisions about health. Self-management and monitoring were critical during the COVID-19 pandemic. Promoting further self-care achieves better prevention, particularly for people living with NCDs. At a systems level, enabling individuals fosters the efficient use of healthcare resources, as the world grapples with rising costs and health worker shortages.

It is within our collective power to unlock the benefits of self-care enabled health systems globally, if only we set up adequate policy frameworks that embed self-care into the continuum. The UHC HLM offers an unprecedented opportunity to achieve collective political aspirations for UHC. Our constituency endeavors to elevate self-care in the global health agenda through a future new WHO Resolution on Self-Care for the benefit of individuals and society.