GLOBAL
SELF-CARE
FEDERATION

IMPACT REPORT 2024



CONTENTS

Executive summary 3
Introduction 5

Stakeholder engagement 6
Statements 7
Activities 9

United for Self-Care Coalition 12
About the Coalition 13
Activities 14
Materials developed 16

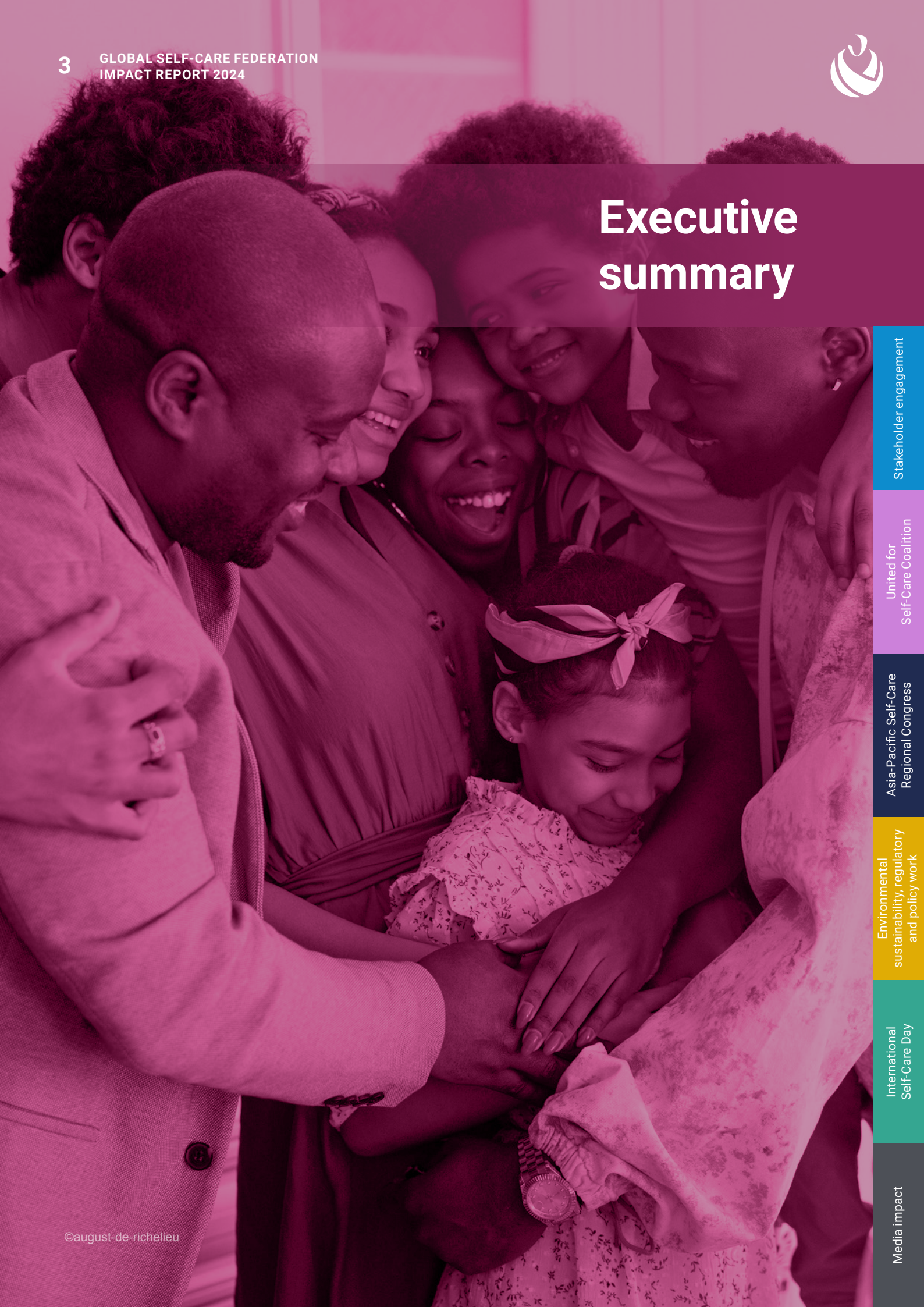
Asia-Pacific Self-Care Regional Congress 17

Environmental sustainability, regulatory and policy work 19
Environmental sustainability 20
Partnerships 22
Regulatory 24
Policy 26

International Self-Care Day 29
Social media 32

Media impact 33
Media engagement 34

Executive summary



©august-de-richelieu

Executive summary

January

WHO 154th Executive Board Meeting



February



GSCF becomes and an official member of Circularity in Primary Pharmaceutical Packaging Accelerator (CiPPPA) and Circular Economy for Flexible Packaging (CEFLEX)

April

GSCF enters into two new partnerships with the Alliance for Transformative Action on Climate and Health and RecyClass, as part of ongoing sustainability efforts



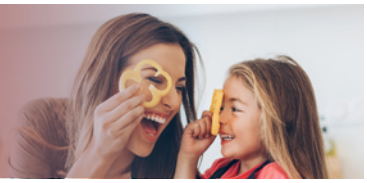
May



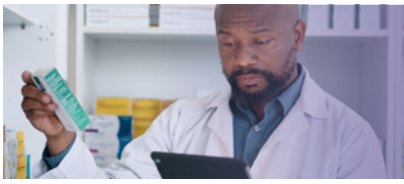
GSCF hosts first ever Global Self-Care Summit alongside WHA

July

International Self-Care Day: *Self-care is Healthcare* campaign



September



UN High Level Meeting on Antimicrobial Resistance (AMR)

October

World Health Summit: *Self-Care to Advance UHC* pre-conference symposium



November



Launch of the Joint Initiative on Self-Care at the first Asia-Pacific Self-Care Regional Congress. WHO Declaration on global oral health includes self-care as a key preventative strategy.

December

UN Plastics Treaty Joint Industry Statement



Introduction

Welcome to the Global Self-Care Federation's 2024 annual Impact Report, which highlights our commitment to advancing self-care as a key pillar of Universal Health Coverage (UHC).



This year was marked by significant milestones and partnerships that have amplified the organisation's voice and broadened our impact on global health policy, advocacy and sustainability.

We have seen increased awareness and support for self-care globally, but also at regional and national levels. Our first-ever Global Self-Care Summit, hosted alongside the World Health Assembly in May, was a key platform for dialogue on integrating self-care into health policy. In June, our International Self-Care Day campaign, Self-care is Healthcare, resonated globally, fostering awareness and action around self-care.

In November, we celebrated the launch of the "Joint Initiative on Self-Care" at the first Asia-Pacific Self-Care Regional Congress in Bangkok. We concluded the year with a collaborative UN Plastics Treaty Joint Industry Statement, reinforcing our dedication to adopting a holistic approach to sustainability that prioritizes patient safety and ensures continued access to medicinal and medical products.

Each of these milestones reflects our vision to place self-care at the heart of sustainable health systems. We invite you to explore this report and celebrate these achievements as we continue to champion self-care as a foundation of global health.



Stakeholder engagement

Stakeholder engagement

GSCF is a non-State actor in official relations with the World Health Organization and has been collaborating with WHO, having official relations since 1977.

Statements

WHO 154th Executive Board Meeting *22 - 27 January 2024*:

"Strengthening the global architecture for health emergency preparedness, response and resilience".

global innovative health industries alliance

WHO 77th World Health Assembly *27 May - 1 June 2024*:

Joint constituency statements

GSCF contributed the following statements as part of the WHA77 agenda:

1.1 Universal health coverage.

11.2 Follow-up to the political declaration of the third high-level meeting of the General Assembly on the prevention and control of non-communicable diseases.

11.8 Antimicrobial resistance: accelerating national and global responses.

13.4 Intergovernmental Negotiating Body to draft and negotiate a WHO convention, agreement or other international instrument on pandemic prevention, preparedness and response.

15.4 Climate change, pollution and health including Impact of chemicals, waste and pollution on human health and Climate change and health.

Co-signatories included:

- Global Diagnostic Imaging, Healthcare IT & Radiation Therapy Trade Association
- International Federation of Gynecology and Obstetrics (FIGO)
- Global Health Council
- International Confederation of Midwives
- International Federation on Ageing (IFA)
- International Federation of Pharmaceutical Manufacturers and Associations (IFMPA)
- International Generic and Biosimilar Medicines Association (IGBA)
- World Federation of Public Health Associations (WFPHA)
- Handicap International (HI)
- PATH
- Save the Children
- United Nations Foundation
- World Organization of Family Doctors (WONCA)
- World Hypertension League (WHL)
- World Vision

Joint industry statement during UN Environment Programme meeting in Busan, Republic of Korea:

Together with IFPMA, GSCF submitted a joint statement during the UN Environment Programme Fifth Session (INC-5) meeting in Busan, Republic of Korea from 25 November to 1 December 2024. The session was preceded by regional consultations on 24 November 2024, negotiating an international instrument to end plastic pollution. We expressed our support for a plastics treaty, encouraging a harmonized, global approach that prioritizes patient safety and ensures continued access to medicinal and medical products.

IFPMA

IGBA
INTERNATIONAL GENERIC AND BIOSIMILAR MEDICINES ASSOCIATION



Activities

World Health Assembly engagement:

High level roundtable discussion on "Global & National Multi-Sectorial Perspective: Framing Strategies for Self-Care Integration within Health Systems."



Bayer, BCIU and GSCF co-hosted a closed high-level roundtable discussion on May 28 2024, targeted to leaders from Ministries of Health (MOH), WHO, financing institutions, private sector, and non-governmental organizations (NGOs). Representatives from WEF, UNITAID, EIB, CIFF, UNICEF, IFC, G20 health Partnership, WHO, Ministry representatives from Nigeria/Egypt, Coalition and GSCF members were in attendance.

Ministerial engagement:

Over the course of the four days, representatives from the United for Self-Care Coalition, GSCF and Bayer had several bilateral meetings and met with both the Tunisian and Egyptian Health Ministries to discuss the topic of self-care and its critical role in health systems.

Together with ILAR, COMISCA (representing the Health Ministries of seven Central American countries plus the Dominican Republic) also convened a meeting with Ministers of Health and representatives from across the Latin American region including Costa Rica, Dominican Republic, Panama, Guatemala, El Salvador with GSCF in attendance.

Discussions took place about mobilizing additional countries to endorse the recent São Paulo Declaration, as well as the development of a dedicated Self-Care Action Plan to be integrated into the COMISCA Health Plan in 2025.

Webinar representation:

GSCF contributed through speaking opportunities at the following stakeholder events:

Self-Care webinar with World Patients Alliance



FIP Congress 2024



2nd World Patients Conference



GSCF/IFPMA webinar on UN Plastics Treaty



World Health Summit:
"Self-Care to Advance UHC - World Health Summit Pre-Conference Symposium"

We were delighted to join the "Partners Meeting on Self-Care" Symposium organized by the World Health Organization Department of Sexual and Reproductive Health and Research, in collaboration with Business Council for International Understanding (BCIU) on the fringes of the World Health Summit in Berlin.



We led a panel discussion on Partnerships, focusing on the multi-sectoral collaboration needed to drive self-care forward to advance UHC highlighting the work of the United for Self-Care Coalition.



United for Self-Care Coalition

United for Self-Care Coalition

About the Coalition

GSCF is a founding member of the **United for Self-Care Coalition**.



The Coalition is a global group of like-minded organisations unified by one common goal – to achieve UHC through codifying recognition of the value of self-care within the WHO system, encouraging a WHO Resolution on Self-Care and/or inclusion of self-care as a meaningful component of progress.

Activities

First ever Global Self-Care Summit alongside WHA:

Co-hosted by the United for Self-Care Coalition and WHO Member states including Costa Rica, Egypt and Malawi, the first Global Self-Care Summit took place on the fringes of the 77th World Health Assembly in May 2024. This groundbreaking event brought together top government officials, experts, and advocates in the field of public health and self-care.

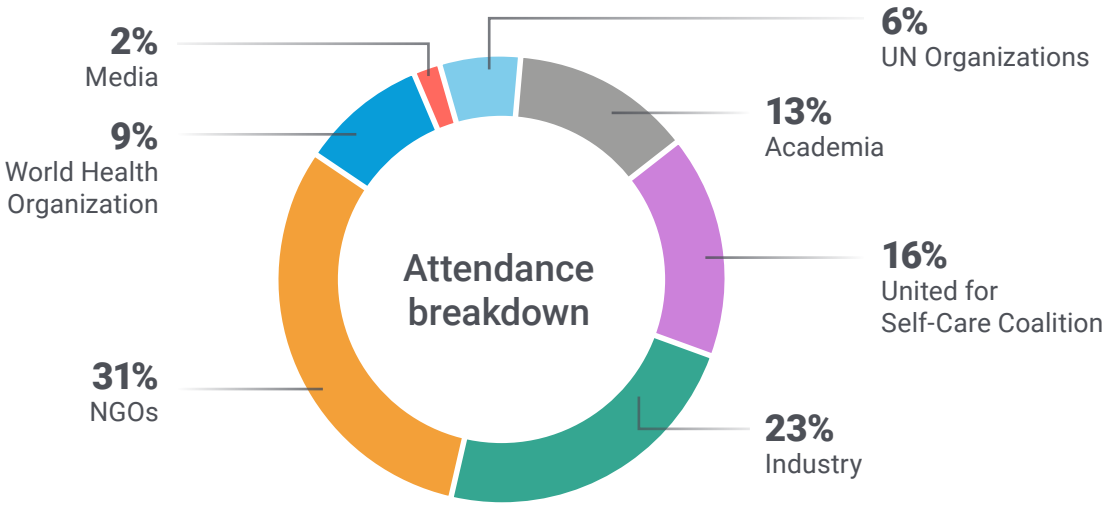


Click below to watch video.



Stakeholders present:

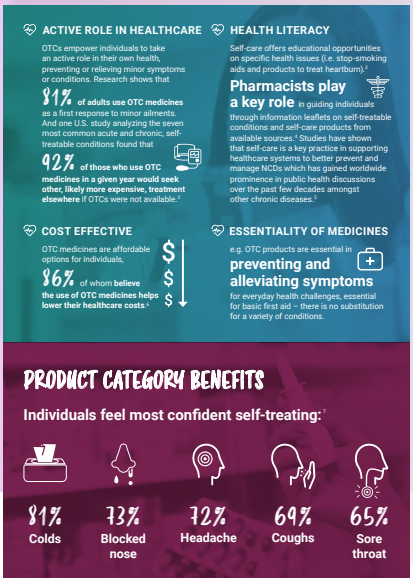
- International Pharmaceutical Federation (FIP)
- Family Planning 2030 (FP)
- Geneva Graduate Institute - Global Health Centre
- Global Health Literacy Academy (GHLA)
- Google
- Imperial College London (ICL)
- International Confederation of Midwives
- International Self-Care Foundation (ISF)
- International Society of Nephrology (ISN)
- London School of Hygiene & Tropical Medicine
- Osteopathic International Alliance(OIA)
- Population Services International (PSI)
- Université de Genève
- UNITE
- United Nations (UN)
- United Nations Population Fund (UNFPA)
- World Health Organization (WHO)
- WACI Health



Materials developed

"The Value of Self-Care":







Op-eds:

Advancing health literacy through AI in patient care
(Doctor Hussain Jafri, Executive Director, World Patients Alliance)

We can't be healthy without good oral health
(David Williams, Professor of Global Oral Health,
Bart's and the London School of Medicine and Dentistry)

The economic power of nursing enhances global resilience
(Howard Catton, Chief Executive Officer, International Council of Nurses)



Asia-Pacific Self-Care Regional Congress

Asia-Pacific Self-Care Regional Congress



GSCF is proud to have been part of the 2024 World Congress co-hosted by the Asia Pacific Self-Medication Industry (APSMI) and the Thai Self-Medication Industry Association (TSMIA) that took place in Bangkok earlier this month. The event brought together health officials and advocates, regulators, industry, and regional and national self-care associations.

A major highlight was the signing of the "Bangkok Joint Initiative on Self-Care Medical Products for Health and Well-Being" by representatives from nine countries, including governments, national regulators, NGOs, and the private sector. This groundbreaking multi-sectoral collaboration aims to recognize the value of self-care and self-care medical products, emphasizing the fundamental right to health and the importance of participatory approaches in health governance. We look forward to seeing the positive impact of this initiative on healthcare across the Asia-Pacific region.

Key focus areas of the initiative include:

- Enhancing health literacy through self-care medical products
- Harnessing technology and digital solutions
- Fostering public-private partnerships
- Ensuring equity and inclusivity in healthcare
- Advocating for improved self-care governance

We're proud to have been part of this event and look forward to seeing the positive impact of this initiative on healthcare across the Asia-Pacific region.



Environmental sustainability, regulatory and policy work

©scott graham

Environmental sustainability, regulatory and policy work

Environmental sustainability

Joint webinar on the UN Plastics Treaty:



On 26th June 2024, GSCF, IFPMA, GMTA and DCVMN jointly hosted a webinar on the UN Plastics Treaty aimed at actively engaging in the UN Plastics Instrument negotiations and to exploring joint actions across the sector.

Sub-sector positions may differ given the nature of the healthcare product, but it is crucial that the broader healthcare industry actively contributes to the UN Plastics Instrument with practical industry experience and examples.

GSCF accredited to the UN Environment Programme:

In November 2024, GSCF was granted **accreditation as an observer to the United Nations Environment Programme and its governing bodies**, namely the United Nations Environment Assembly and its subsidiary organs. Moving forward we will be invited (as an observer) to join all public meetings and sessions of the UN Environment Assembly and its subsidiary organs.

Joint statement on the UN Environment Programme at 5th session of the Intergovernmental Negotiating Committee meeting in Busan, Republic of Korea:



GSCF submitted a joint statement together with the International Federation of Pharmaceutical Manufacturers and Associations (IFMPA), and the International Generic and Biosimilar Medicines Association (IGBA) during the UN Environment Programme meeting, negotiating an **international instrument to end plastic pollution**. We expressed our support for a plastics treaty, encouraging a harmonized, global approach that prioritizes patient safety and ensures continued access to medicinal and medical products.

Partnerships

GSCF is excited to announce two new partnerships in alignment with our commitment to fostering collaboration within and beyond the self-care sector.



ATACH
Alliance for Transformative Action on Climate and Health
WHO hosted network

GSCF is now a member of the **Alliance for Transformative Action on Climate and Health**. The alliance aims to realize the ambitions set at COP26 by building climate-resilient and sustainable health systems. Together with WHO Member States and stakeholders, the alliance is driving this agenda forward by integrating climate change and health considerations into national, regional, and global plans.

RecyClass

GSCF has joined **RecyClass**, as a supporter. RecyClass is an organization dedicated to advancing scientific testing methods for innovative materials. Some of RecyClass's efforts include developing guidelines and tools for Design for Recycling, along with systems for reliable traceability of plastic waste origin and verifying recycled content in plastic products.

GSCF joins CiPPPA & CEFLEX:

In 2024 GSCF officially became a member of two packaging initiatives: **CiPPPA** and **CEFLEX**.

The **Circularity in Primary Pharmaceutical Packaging Accelerator** (CiPPPA) initiative aims to simplify and ensure the recyclability of primary pharmaceutical packaging waste for both companies and the public.

The **Circular Economy for Flexible Packaging** (CEFLEX) initiative is a collaboration of companies, associations and organisations representing the entire value chain of flexible packaging.

These partnerships mark a significant milestone in GSCF's environmental sustainability journey. By collaborating with CiPPPA and CEFLEX, we are reinforcing our commitment to reducing plastic packaging and fostering circular solutions.



Regulatory

ICH General Assembly, June 2024:



GSCF took part in the International Council for Harmonisation (ICH) Assembly meeting from 4-5 June 2024 in Fukuoka, Japan.

GSCF experts who are spearheading guidelines on stability, the revision of M4Q(R1) CTD on Quality guidance and Bioequivalence for Immediate-Release Solid Oral Dosage Forms and Quality Risk Management, were in attendance and actively involved in their respective working group meetings. Their dedicated participation highlights GSCF's unwavering commitment to shaping international guidelines and standards in the field.

More information and key highlights are available **here**.

Real World Evidence & Data playbook launched for members:



In June 2024, GSCF launched its Real World Data & Evidence member playbook outlining the basics of **Real World Evidence and Data exploring three key areas: Switches, Efficacy and Safety**.

International Pharmaceutical Regulators Programme (IPRP) stakeholder workshop:

On September 13th, GSCF joined the annual IPRP workshop together with other key health industry representatives to provide an update on **"Quality and 'sameness' as part of regulatory reliance, from the perspective of non-prescription medicines."**



IPRP was created to establish a forum for its regulatory members and observers to exchange information on issues of mutual interest and enable regulatory cooperation.

Blisters packaging work:

GSCF is actively assessing materials and infrastructure needs to make blister packs recyclable. In September 2024, GSCF's work on blister packaging was presented at the Consumer Healthcare Products Association's **(CHPA)** Regulatory, Scientific & Quality Conference **(RSQ)** by Joe Muscat from Haleon.



Policy

First WHO Global Oral Health meeting in Bangkok:



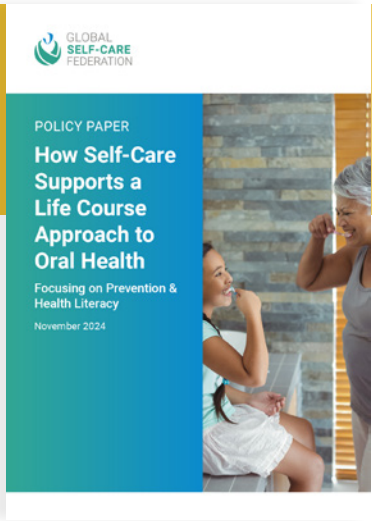
GSCF was represented at the first WHO global oral health meeting to accelerate progress towards universal health coverage (UHC) for oral health by 2030 between 26-29 November in Bangkok, Thailand. A Declaration was issued ensuring that self-care was included as a preventative strategy.

This meeting contributed to the preparatory process leading to the 4th UN High-Level Meeting of the UN General Assembly on the prevention and control of noncommunicable diseases in 2025 (4th UNHLM on NCDs).



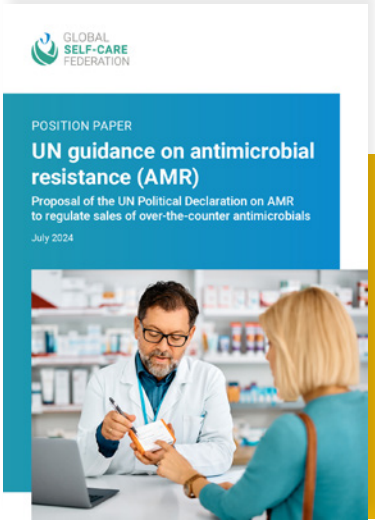
Development of an Oral Health Policy Brief:

GSCF developed a new policy brief, entitled **"How Self-Care Supports a Life Course Approach to Oral Health - Focusing on Prevention & Health Literacy"**.



This brief emphasizes the critical role of self-care in oral health management and offers policy recommendations to foster and support self-care practices. By prioritizing self-care in oral health, policymakers can develop strategies that address the diverse needs of various populations across all stages of life. Such policies have the potential to enhance not only oral health but also overall health and well-being.

UN High Level Meeting on Antimicrobial Resistance (AMR):



As part of preparation for the 79th UN General Assembly High Level Meeting on AMR; GSCF issued position paper entitled **"UN Guidance on AMR: Proposal of the UN Political Declaration on AMR to regulate the sales of over-the-counter antimicrobials"** in alignment with the WHO strategy to combat AMR and addresses drug-resistant infections in human and animal health.

Participation in the Global Health Literacy Summit:



Together with a renowned group of experts including Dr Kristine Sorensen, Dr Manjulaa Narisimhan, Dr Austen El Osta, Luis Lorenco, GSCF moderated a session on behalf of our Self-Care Literacy Interest Group on the topic of **Self-Care Literacy for All** at the annual Global Health Literacy Summit in Rotterdam on September 19, 2024. Panelists discussed the importance of setting a future agenda for inclusive self-care literacy.

IHLA
International Health Literacy Association



International Self-Care Day

International Self-Care Day

24 June marks the start of Self-Care Month, driven by WHO, which ends with International Self-Care Day (ISCD) on 24 July.



This symbolic day was chosen because self-care can be practiced "24 hours a day/7 days a week". It is an annual opportunity to put a spotlight on self-care and the benefit effective self-care can bring to both individuals and health systems.

As health systems worldwide face a range of challenges, evidence-based self-care offers a promising path toward sustainable healthcare and ensuring health and well-being for all. By promoting prevention, empowerment, health literacy, and cost-effective health management, self-care complements existing healthcare delivery systems. Integrating self-care into our health systems can lead to healthier populations and optimised healthcare resource use.

However, access to evidence-based self-care interventions remains unequal across the globe. Our 2024 International Self-Care Day campaign celebrated the value and potential of self-care while calling for urgent action from policymakers. We urge them to embrace self-care as a vital component of healthcare by fully embedding it in national health systems and policies. It is time to act on the evidence: **self-care is healthcare**.

Click below to watch video.





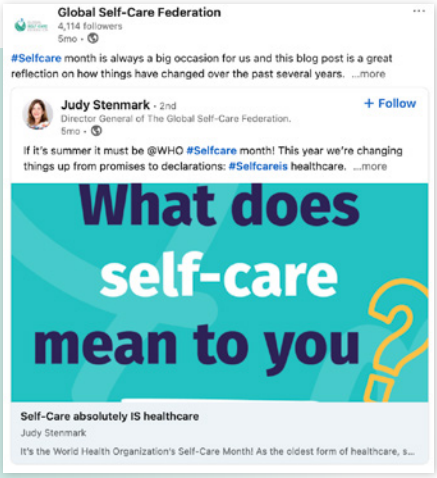


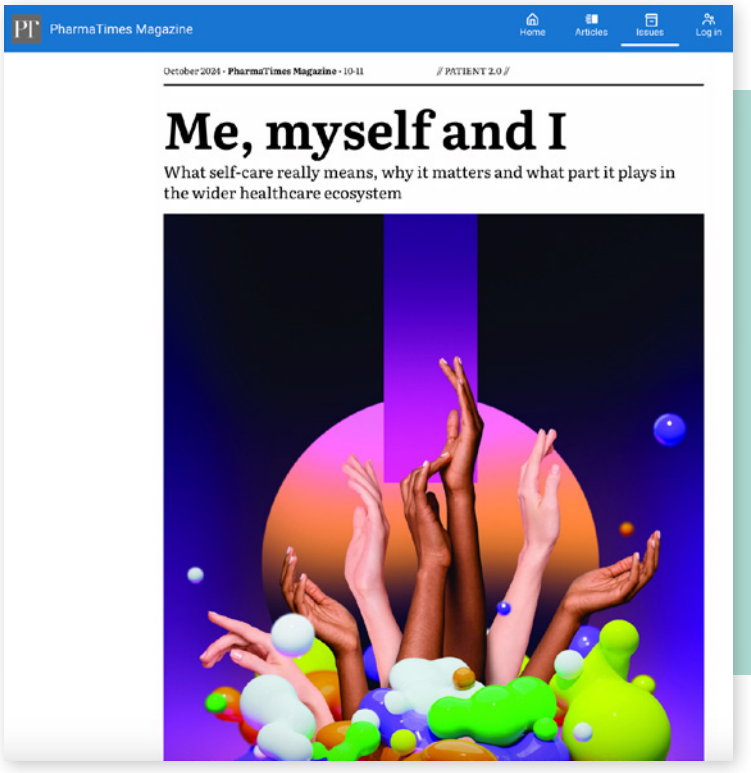
Social media

5.6 million
impressions on X

206,000
impressions on LinkedIn







Included an article covered in
PharmaTimes
(distributed circulation of 19,000)



Media impact

Media impact

Media engagement

Media engagement centred around GSCF's key milestones, including the Global Self-Care Summit alongside the WHO World Health Assembly, International Self-Care Day and the Regional Congress in Bangkok.

Global Self-Care Summit:



GSCF partnered with Diplomatic Courier around the Global Self-Care Summit in May. Diplomatic Courier Founder and CEO, Ana Carcani Rold, moderated the Summit's "Self-Care in Action: Empowering Health and Well-Being" panel discussion. The publication engaged and shared numerous Summit related posts across their social media channels (X and LinkedIn).

International Self-Care Day:

The International Self-Care Day press release achieved 19 pieces of media coverage and more than 12.6 million opportunities to view it. Coverage included an opinion piece authored by GSCF Director General that was published in PharmaTimes (distributed circulation of 19,000). The article discussed what self-care really means, why it matters.


October 2024 - PharmaTimes Magazine - 10-11 // PATIENT 2.0 //

Me, myself and I

What self-care really means, why it matters and what part it plays in the wider healthcare ecosystem

Asia-Pacific Self-Care Regional Congress:



GSCF partnered with Health Policy Watch around the Regional Congress in Bangkok to highlight the role of self-care as a catalyst for UHC in Asia-Pacific and beyond.

Health Policy Watch published an opinion piece authored by Director-General, Judy Stenmark, entitled "Paving the Way for Universal Health Coverage in Asia-Pacific and Beyond with Self-Care Strategies". They also promoted the article in their newsletter, website and social media channels (LinkedIn and X).





GLOBAL
SELF-CARE
FEDERATION

The Global Self-Care Federation exists to create a healthier world through better self-care. We represent associations and manufacturers in the self-care industry, working closely with our members and relevant stakeholder groups to ensure evidence-based self-care products and solutions are recognized as key contributors to health for individuals and systems worldwide.

Our work ensures key policy and decision-makers embrace self-care, recognize its values and use its broad range of benefits as the building blocks to deliver better and more sustainable health outcomes for all. We represent the self-care and self-medication industry and endeavor to contribute to the World Health Organization's public health goals through our specialized expertise. GSCF is a non-state actor in official relations with WHO.

www.selfcarefederation.org | +41 (22) 362 5384 | @Selfcarefed_org | @selfcarefederation