

## **SDG 5, GLOBAL HEALTH AND WOMEN'S RIGHTS**

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***Introduction:*** *Women have traditionally been deprived of economic and social status and power, which in turn reduces their access to basic necessities, including health care. Despite recent developments in Western countries, women remain at a disadvantage compared to men. The gender gap in health is more acute in developing countries, where women are relatively disadvantaged. In addition to gender inequality, there are specific processes of the disease that are unique to women, creating particular problems in both prevention and health care. To improve women's health, we need to address reproductive health, maternal mortality, malnutrition and non-communicable diseases. Thanks to high-quality and affordable medical services covered by general health care. Achieving better women's health - from pregnancy to childhood, childhood, adolescence and old age - requires a holistic approach and a life expectancy that goes beyond reproductive health. Women should be able to take care of their health. Violence against women and girls (verbal, physical) is one of the main priorities of concern, which requires more and more constant action in the world. Women play an important role in our society. A healthy woman is the key to a healthy family, a healthy society and a healthy nation.*

*This article examines the importance of women's health as a health care provider, highlights the role of women in maintaining the health and general well-being of their communities, and identifies individual and collective methods of achieving community health and the necessary national and international methods.*

***Keywords:*** *Women's rights to health, gender gap, mental health, sexual health, exceptional women's diseases.*

### ***Introduction: (Relevance of the study)***

To make health a reality for all, we need: individuals and communities who have access to high-quality health care to take care of their health and the health of their families; qualified medical workers who provide quality care focused on people; and policies that commit to investing in universal health coverage. Overall coverage should be based on strong, people-centered primary health care. Good health care systems are rooted in the communities they serve. They focus not only on the prevention and treatment of diseases and illnesses, but also on helping to improve well-being and quality of life. (1)

A woman's right to the highest level of health must be guaranteed throughout her life, along with the right of men. Women suffer from many of the same health conditions as men, but women experience them differently because of their genetic and social gender. Examples of social realities that negatively affect women's health include impoverishment and economic dependence, gender-based violence and discrimination, and limited autonomy in life decisions, especially in sexual and reproductive life. Good health is important for a productive and dignified life, and the right of all women to control all aspects of their health, including their own

fertility, is fundamental to their freedom and empowerment. (2)

Article 12 of the Convention on the Elimination of All Forms of Discrimination against Women (1979):

1. States Parties shall take all appropriate measures to eliminate discrimination against women in the field of health care in order to ensure, on the basis of equality between men and women, access to health care services, including those relating to family planning.

2. Notwithstanding the provisions of paragraph 1 of this article, States Parties shall provide appropriate services to women in connection with pregnancy, childbirth and the post-natal period, providing free services if necessary and adequate nutrition during pregnancy and breastfeeding. (3)

Being male or female has a significant impact on health due to biological and sexual differences. The health of women and girls is of particular concern because in many societies they are at a disadvantage due to discrimination based on socio-cultural factors. Some socio-cultural factors that prevent women and girls from using quality health services and achieving the best possible levels of health include: unequal relations between men and women; social norms that reduce educational opportunities and paid employment; exclusive emphasis on women's reproductive roles; and potential or actual experiences of physical, sexual, and emotional abuse (4).

Understanding the concept of "health" in international legal practice is due to the definition of health used in the Charter of the World Health Organization (WHO), signed on July 22, 1946 and entered into force on April 7, 1948:

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

In 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights. This Declaration strongly condemned sex discrimination and set out a network of rights related to promotion and health. There are other specialized conventions on women's health, such as the International Convention on the Elimination of All Forms of Racial Discrimination (Racial

Convention), which prevents discrimination against women of racial groups, the Convention on the Rights of the Child (Children's Convention), the Convention against Torture and other cruel, inhuman or degrading treatment or punishment that prohibits women from inflicting physical or mental pain or suffering, and the Refugee Convention for the Protection of Refugee Women. The Universal Declaration is the Convention on the Elimination of All Forms of Discrimination against Women (Women's Convention), adopted in 1979. The Women's Convention is the ultimate international legal instrument that requires respect for and observance of women's human rights. This Convention is universal in scope and comprehensive. The Convention is the first international treaty in which member states, known as States parties, have a legal obligation to eliminate all forms of discrimination against women in the civil, political, economic, social and cultural spheres, including health and planning. family.

WHO's understanding of health goes beyond the elimination of diseases and physical defects and concerns physical, mental and social well-being.

Thus, rights relating to the promotion and protection of women's health include:

- the right of women to be free from all forms of discrimination;
- rights relating to personal liberty and autonomy, including the right to survival, liberty and security, the right to family and private life, and the right to information and education;
- the right to health care and the benefits of scientific progress;
- the right to empower women, including the right to freedom of thought and assembly and the right to political participation (5, C 4).

Women have unique health problems: pregnancy, infertility, menstruation, menopause and osteoporosis, urinary tract health, ovarian and cervical cancer, sex trafficking, which affects women and girls. in itself has adverse effects on childhood, violence with a sexual partner, violence by groups, and long-term and immediate physical and psychological problems with women's health. And some

health problems that affect both men and women can affect women in different ways. For example: women are more likely to die of a heart attack than men, women are more likely to show signs of depression and anxiety than men, the consequences of sexually transmitted diseases can be more serious in women, osteoarthritis affects more women than men, women are more likely to have problems with the urinary tract, In addition, asthma is more common in women than men because women's lungs are smaller than in men. (6)

Women's right to health includes their sexual and reproductive health. Women's sexual and reproductive health are linked to many human rights, including the right to life, the right to freedom from torture, the right to health, the right to privacy, the right to education and the prohibition of discrimination. Despite these commitments, violations of sexual and reproductive health and women's rights are common. They take many forms, including: denial of access to services that only women need; poor quality services; providing women's access to services with the permission of a third party; forced sterilization, forced innocence and forced abortion without the woman's prior consent; female genital mutilation (FGM); and early marriage. (7)

In 1995, the Beijing Declaration promoted equality, development and peace for all women around the world for the benefit of all mankind and the advancement of women. The Beijing Declaration was seen as a turning point in the global agenda on gender equality. The Beijing Declaration and Platform for Action (BPfA) is an international "Charter of Rights" for women that defines women's rights as human rights and sets goals for a wide range of issues affecting women and girls. According to the BPfA, the European Union and its member states are committed to achieving specific goals in twelve important areas. [8]

Investments in health are known to generate large social and economic benefits, in addition to saving lives and improving quality of life, but it is less well understood that programmes that improve women's health

could have substantial and disproportionately higher economic and social returns, compared with other uses of social resources. Meeting women's health needs and eliminating gender inequality are moral imperatives and fundamental human rights, and investment in women's health should therefore not require justification. Although women live longer than men, they have specific unmet health needs and higher morbidity. In addition, women's biological and social roles make them central to intergenerational transfers and demographic and development effects. Moreover, women not only provide most of the informal care in homes and communities, they also represent 70% of the global health workforce, making them central to overall population health. Women's access to healthcare and their ability to achieve good health are measures of gender equality and the realisation of women's human rights. This entails social norms that value women and girls' health; availability of quality healthcare options; and autonomy and informed choice for women and girls, free of coercion, discrimination, and violence. [9]

The Covid-19 epidemic affected women more deeply than men in several areas, both at work (especially in health and social care) and at home, with increasing workload due to restrictions and quarantine measures. Worldwide, 70% of health workers are women, most of whom are advanced health workers (nurses, midwives and community health workers). Similarly, most of the staff of health centers (cleaners, laundries, reception) - women. As a result, women are more susceptible to the virus. Many countries have reported an increase in domestic violence following the outbreak. Asking for more support in the field of domestic burden can lead to domestic violence against women. In countries where quarantine is practiced, unfortunately, the home is not always a safe place. Lack of proper family and emotional support can have consequences for a woman's mental health. The risk of anxiety, depression and post-traumatic stress disorder is much higher in women. The Covid-19 epidemic is not just a health problem, but a profound shock to communities, given the multiple and low-

paid roles of women. Several risk factors have been identified: low income, social isolation, loss of orientation, cramped space, loss of loved ones, fear of dying, difficulty accessing medical and social services, inability to escape, increased consumption of addictive substances, etc. All of these risk factors, usually related to domestic violence, are exacerbated during epidemics. In addition, male aggression with or without alcohol is often a response to the crisis. [10]

**Conclusion:**

The success of women and girls in achieving perfect health requires the strong commitment of governments, organizations and international institutions at all levels. Economic development, social development, are mutually reinforcing components of sustainable development, to achieve the highest quality of life for all people. Equitable social development, which recognizes the empowerment of the poor, especially women living in poverty, for the sustainable use of environmental resources, is an important basis for sustainable development. additional resources for developing countries from all available financial mechanisms, including multilateral, bilateral and private resources to improve the situation of women. Financial resources to strengthen the capacity of national, sub-regional, regional and international institutions; Commitment to equal rights, equal responsibilities and equal opportunities, as well as equal participation of women and men in all national, regional and international institutions and policy-making processes; And create or strengthen mechanisms at all levels to respond to women around the world; Among the multilateral, bilateral and private resources for women's development. [11, p 36,37]. Equal rights and inherent human dignity in the UN Charter, the Universal Declaration of Human Rights and other international human rights instruments, including the Convention on the Elimination of All Forms of Discrimination against Women and the Convention on the Rights of the Child, and the Declaration on Violence against Women and the Declaration on the Right to Development . It clearly affirms and

guarantees the full realization of the human rights of women and girls as an integral, integral and integral part of all human rights and fundamental freedoms. [11, p. 8.9]. Women's rights are human rights, Recognizing and reaffirming the right of all women to control all aspects of health, especially their fertility, is important to empower them [11, p 17] poverty eradication on the basis of sustainable economic growth, social development [11,p 16] and taking all necessary measures to eliminate all forms of discrimination against women and girls and remove all obstacles to gender equality and improve and empower women [11, p 24], to prevent and eliminate any violence against women and girls; Ensuring equal access and treatment of men and women in education, health care and health promotion [11, p 29, 30].

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#### ПРАВА ЖІНКИ НА ЗДОРОВ'Я

У цій статті розглядається важливість здоров'я жінки як постачальника медичних послуг, підкреслюється роль жінок у підтримці здоров'я та загального благополуччя їх громад, а також визначаються індивідуальні та колективні методи досягнення здоров'я громади та необхідні національні та міжнародні методи.

Короткий виклад основних результатів дослідження: рівень захисту прав жінок на здоров'я визначається відносно невеликою кількістю обов'язкових міжнародних угод, що свідчать про недостатній рівень захисту.

Висновок: Жінки є наріжним каменем загального здоров'я сім'ї, і надання їм доступу до якісної допомоги може покращити здоров'я дітей і сімей. Здоров'я сім'ї та суспільства, безсумнівно, пов'язане зі здоров'ям жінки. Хвороба або смерть жінки має серйозні та далекосяжні наслідки для здоров'я дітей, сім'ї та суспільства. Сьогодні жіноче здоров'я має вищий статус у суспільстві, оскільки люди зрозуміли, що хоча жінки мають багато хвороб, схожих на чоловічі, їх симптоми та лікування не завжди можуть бути однаковими.

Ключові слова: права жінок на здоров'я, гендерний розрив, психічне здоров'я, сексуальне здоров'я, виняткові жіночі захворювання.