

Assignment 3

YWCA, Zambia

Cohort 3

For this assignment I chose to focus on goals 3 and 4 of the Sustainable Development Goals: good health and wellness; and clean water and sanitation. The newly crafted Sustainable Development Goals are unique in that they are all interconnected, cross-cutting issues in which not one can stand alone. For example, in order to have quality education where all members of society may benefit, you need to simultaneously address gender equality so females can have equal ease of access to quality education. As well, in order for citizens to have good health and wellness they need to have access to clean drinking water and proper sanitation in every community. Looking at these cross-cutting issues it is challenging to choose simply 2 or 3 in isolation, as I believe good health and wellness relies on quality education so individuals can make choices in what and how they consume food and water intake. As an intern in Zambia I am exposed on a daily basis to the level of access locals have to clean water and sanitation and how this affects good health and wellness, however I also see that quality education and equal access to medical treatments deeply affects health and wellness as well. In the town of Chipata, one which is quickly developing into a small city, treated water runs from the tap and is safe for locals to drink. Though load shedding, involving the intermittent shut-off of running water, affects locals' ability to use and consume a safe water source, it is still a far better option than well water or ground water used in the villages. Rural areas of Zambia still have little access to clean water and sanitation. I think this affects the health and wellness of individuals in these communities as traditional burial methods and untreated outdoor toilets are a common spread of bacteria and disease. I believe Sustainable Development Goals 3 and 4 intertwine with all of the goals, especially quality education. Some communities have initiatives where elders have access to learn about sanitation, health and wellness and then can disseminate that knowledge to other leaders and community members. Children able to attend school may learn about clean water and sanitation and health and wellness, however, few rural children have access to quality education therefore the spread of this knowledge is slow. Health and wellness also interconnects with agricultural development in Zambia as the staple maize-based meal Nshima has no nutritional value yet is consumed up to 3 times a day by most Zambians. Successful agricultural development may see Zambians having access to more variety in their diet while spending little money on proteins, fruits and vegetables. I believe clean water and sanitation and good health and wellness must be addressed while simultaneously working to address other Sustainable Development Goals in order that communities may function successfully.

