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IP Journal of Paediatrics and Nursing Science

Journal homepage: <https://www.jpns.in/>

Editorial

Health cannot be a question of income, it is a fundamental human right- Nelson Mandela

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ARTICLE INFO

Article history:

Received 18-03-2024

Accepted 25-03-2024

Available online 03-04-2024

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Working at the local, regional, national, and international levels, health is a collaborative, multisectoral, and trans disciplinary field with the aim of obtaining optimal health outcomes while acknowledging the interdependence of people, animals, plants, and their shared environment. A well-maintained body maintains a healthy mind. Make a culture more health conscious, and a nation more health conscious. Your life revolves around your health. Your health is vital to everything in your life. If you do not have enough physical energy to dedicate to each of the other seven aspects of your life, you will not be able to rise higher in any of them.

It is hard to:

1. Express intimacy and affection when you're low on energy;
2. Consciously and kindly assist your family
3. Support your family and raise your kids with awareness;
4. Work when you're too exhausted to be productive;
5. Enjoy yourself with friends when you're bored and drowsy;
6. Learn and develop if your body has failed you;
7. Have a sense of giving and contribution if your illness has made you focus inward rather than outward, on helping others.

As humans, we are constantly concerned about our health and the health of people we love. No matter what our age, gender, socioeconomic status, or ethnic heritage, we view our health as our most fundamental and valuable possession. On the flip side, poor health can prevent us from going to work or school, taking care of our families, or fully engaging in community events. On the other hand, we would be prepared to give up a great deal if it meant that our families and we would live longer and in better health. In summary, health is frequently the first thing that comes to mind when we discuss well-being. One of the essential components of our human rights is the right to health.

The right to the enjoyment of the highest attainable standard of physical and mental health, to give it its full name, is not new. Internationally, it was first articulated in the 1946 Constitution of the World Health Organization (WHO), whose preamble defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". The preamble further states that "the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition."

Health can be improved not only through the consumption of health care services, but also through individual behaviour and lifestyle choices such as quitting smoking, eating more nutritious foods, and getting more exercise. Health care has enhanced the health of our

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population; greater efficiency in the health care system, however, could yield even greater health for Americans without increasing health care spending.

The Theme for World Health Day 2024

The theme for World Health Day 2024 is 'My Health, My Right'. This year's theme was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.^{1,2}

Nurses role in Right to health

WHO recognizes the imperative part that medical caretakers play in essential wellbeing care conveyance around the world – counting inquire about, malady anticipation, treating the harmed, palliative care and more – which is spoken to through a few World Wellbeing Gathering resolutions. Nursing envelops independent and collaborative care of people of all ages, families, bunches and communities, debilitated or well and in all settings. It incorporates the advancement of wellbeing, the avoidance of ailment, and the care of sick, debilitated and biting the dust individuals. Medical attendants play a basic part in wellbeing care and are regularly the unsung heroes in wellbeing care offices and crisis reaction. They are frequently the to begin with to identify wellbeing crises and work on the front lines of malady anticipation and the conveyance of essential wellbeing care, counting advancement, avoidance, treatment and rehabilitation.

In numerous nations, medical caretakers make up half of all wellbeing care experts and have a crucial part in how wellbeing activities are organized and connected, both at the front-line and administrative levels. They are frequently the to begin with and some of the time as it were wellbeing proficient a quiet will see and the quality of their starting evaluation and ensuing care is crucial to solid wellbeing results.²⁻⁷

World Health Day -2024

World Health Day 2024 is held on April 7th. Every year, the World Health Organization (WHO) organizes this event to raise awareness of a vital public health issue. This day is devoted to bringing attention to pressing global health concerns and launching campaigns to solve them. It's a global initiative that unites individuals, communities, and organizations in a shared commitment to prioritize and address pressing health issues. Established by the World Health Organization (WHO), World Health Day acts as a global spark for action and awareness, encouraging conversations on important health-related issues.

World Health Day is a call to action, encouraging individuals to actively participate in enhancing health outcomes for themselves and their communities, rather than just a time to reflect on health-related issues.

World Health Day 2024 will be held on April 7th. Each year, the World Health Organization (WHO) organizes this occasion to raise mindfulness of a imperative open wellbeing issue. This day is committed to bringing consideration to squeezing worldwide wellbeing concerns and propelling campaigns to unravel them. It's a worldwide activity that joins together people, communities, and organizations in a shared commitment to prioritize and address squeezing wellbeing issues. Built up by the World health Organization (WHO), World Health Day acts as a worldwide start for activity and mindfulness, empowering discussions on imperative health-related issues. World Health Day is a call to activity, empowering people to effectively take an interest in upgrading wellbeing results for themselves and their communities, or maybe than fair a time to reflect on health-related issues.

Significance of World Health Day

1. **Raising Mindfulness:** All through the a long time, World heath Day has been successful in raising consideration to imperative open wellbeing challenges, starting worldwide discourse, and energizing back to address them.
2. **Inspiring Activity:** The Day offers an opportunity for showing healthcare thoughts and fruitful ventures, rousing governments and businesses to grasp workable solutions.
3. **Uniting the World:** World Wellbeing Day advances worldwide solidarity and agreeable endeavours to move forward wellbeing for all, over political and geographic divides.
4. **Building Force:** World Wellbeing Day proceeds to pick up footing, advancing into a capable yearly occasion driving positive alter in worldwide health.

Why World Health Day is Important

1. **World Health Day is Critical:** Worldwide activity is started by World Health Day.
2. WHO has eight official worldwide wellbeing activities, one of which is World Wellbeing Day. The day flashes mindfulness exercises and media reports.
3. **It's a Chance to Learn Something Unused:** Each year, World Health Day chooses a unused topic to ensure that we are persistently learning! WHO decides the subject for the week's conferences and occasions each year based on a basic wellbeing issue that is right now influencing the public.
4. **It Brings Us Together:** World Health Day can to be a critical day to reflect on your wellbeing. Having a

discussion can reduce the shame joined to ailment and empower more people to look for help and care.

WHO recognizes the imperative part that medical caretakers play in essential wellbeing care conveyance around the world – counting inquire about, malady anticipation, treating the harmed, palliative care and more – which is spoken to through a few World Health Day Gathering resolutions. Nursing envelops independent and collaborative care of people of all ages, families, bunches and communities, debilitated or well and in all settings.

Conflict of Interest

None.

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Cite this article: Verma RA. Health cannot be a question of income, it is a fundamental human right- Nelson Mandela. *IP J Paediatr Nurs Sci* 2024;7(1):1-3.