

# Sustainable Development Goals (SDGs) are Interlinked

We present to you yet another AHJ issue filled with fascinating articles. This edition covers a wide range of topics, including Primary Health Care, Substance Abuse, eHealth, Community Gatekeepers, innovative educational strategies, Nursing and Midwifery education, climate change and several short articles. Each article demonstrates the interconnectedness of the SDGs, emphasizing that they cannot be addressed in isolation.

The opinion focuses on 'good health' and 'well-being' within the context of SDGs and UHC. It defines 'good health' and 'well-being,' highlighting the flawed traditional emphasis on diseases. It suggests that by adopting a more comprehensive health perspective, policymakers and healthcare professionals can more effectively address the complex challenges of promoting health and well-being for all. It emphasizes that this approach ensures that no one is left behind in the pursuit of a sustainable and equitable future.

There are two articles on conferences. One describes the African Forum for Research and Education in Health (AFREhealth) 6th annual symposium, held from 1st to 3rd August 2023 at the Joaquim Chissano, Centro Internacional de Conferencias, Maputo, Mozambique. The symposium saw participation from over 250 attendees and focused on the theme "Addressing service, research, and educational needs in the context of epidemiological transition and climate change." This theme was comprehensively addressed through keynote addresses, plenary sessions, pre-conference satellites, workshops, and meetings. The key takeaways emphasized interdisciplinary collaboration, research and data, and innovation in education.

The second conference was the United Nations General Assembly (UNGA) held in Washington DC, USA, from 21st to 26th September 2023. The 78th session of UNGA marked a crucial milestone in the journey towards achieving the 2030 Agenda and highlighted the urgent need to realign efforts with the 17 Sustainable Development Goals (SDGs). Francis Omaswa who attended the assembly noted that for PHC and therefore UHC to be achieved in line with SDGs emphasis must be put on people participation, community ownership and individual responsibility and participation as a duty and a right.

There are short articles available. One, written by Dr. Henry Dddungu, cautions about the risks of developing Deep Vein Thrombosis during long-distance travel and highlights strategies to mitigate this risk. Another, by Deepak Arora, sheds light on health system challenges in Africa, particularly concerning climate change. Arora emphasizes the necessity of establishing sustainable health systems rooted in resilience, equity, and climate action. This proactive approach aims to prepare us for future challenges while simultaneously taking steps to minimize the impacts of a changing climate.

There are two press releases. The first one announces that the Saudi Fund for Development has signed a USD \$30 million development loan agreement aimed at constructing and equipping the Uganda Heart Institute Project. This project is anticipated to reduce the number of Ugandans seeking cardiovascular treatment abroad.

The second release covers the New AREF-Roche and Genentech Fellowship designed to support the next generation of health researchers in Africa. We hope that our readers will consider applying for these fellowships.

We have several long articles. One, authored by Ravi Paul and Edwin Kanombola Chembo, delves into the challenges and consequences of substance use in Zambia. They highlight that it's a global public health challenge, particularly in Africa. Their focus is on the specific consequences within Zambia, offering a range of solutions to mitigate this issue. The article by Keneilwe Motlathledi and Oathokwa Nkomazana on delivery of Primary Health Care in Botswana highlights the challenges that most African countries face like the double burden of disease, limited funding and parallel modes of care. However it also gives us an insight in the achievements and therefore the lessons learnt over the years by Botswana which could be adopted by other countries.

The article on eHealth emphasizes the role of e-technologies in service delivery across Sub-Saharan Africa. Prof Fatima Suleman outlines the available technologies in Africa and demonstrates their usage through specific examples during the COVID-19 pandemic. She observes that while Sub-Saharan Africa possesses digital health solutions, there's a lack of coordination, integration, scalability, sustainability, and equitable distribution of investments in digital health. Her conclusion stresses the urgent need for digital health policymakers to improve coordination mechanisms to scale up their utilization.

Another article focusing on Community Gatekeepers underscores their vital role in promoting health, preventing diseases, and enhancing overall well-being within communities. One report from Rwanda explores an innovative approach to education, delving into children's knowledge and ideas about food and how this knowledge was utilized to promote children's involvement in community development.

Additionally, an article highlights the chronology of Nursing and Midwifery education development in Zambia, illustrating how education has contributed to transforming nursing and midwifery care provision. It has also enhanced evidence-based practice across care settings in Zambia and beyond.

There's our usual medicine digest and quiz, along with plenty of news and advertisements. The AHJ is available online as an open-access web-based publication (Africa-health.com). This website is active daily, sharing current affairs and engaging through social media platforms like Twitter and Facebook, drawing a large audience. Those interested in advertising are welcome to utilize both the print and electronic channels of the AHJ, following the guidelines provided in the journal.

Together, we aim to illuminate the path toward improved healthcare and well-being for all Africans



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