WHEC
Helping Women World-Wide

Annual Project Report

The Women's Health and Education Center (WHEC) – A Community-based Advocacy Charity for people worldwide, and a United Nations ECOSOC-accredited non-governmental organization (*NGO in Special Consultative Status*), highlights the importance of advocacy projects / programs, and importance of partnership, in this edition. As evidence-based decision-making increasingly informs policymakers, it is essential that academics and NGOs collaborate in order to help strengthen advocacy efforts. In turn, NGOs often have significant networks of on-the-ground practitioners and persons with lived experience who can provide significant input to research in support of evidence-based policies and practices. By working together, academics, NGOs, policymakers and persons with lived experience can help ensure that our communities are sustainably inclusive of people with differing levels of ability.

How to be heard? Our communication workshops look at the internal and external aspects of how and NGO can gain exposure and influence. Our Objectives and Key Communication Strategies are:

- Enhance the benefits of social media as an integral component of how NGOs and academia communicate their values, their mission, and their messages;
- Communicated insights into effectively utilizing social media and traditional communications models to engage members and constituencies; and
- Learn about key components of new, emerging, and traditional methods of communicating and amplifying NGO and UN messaging.

What worked for us: *Knowledge-sharing to improve reproductive health projects and programs.* Knowledge-sharing is one of the most useful and generous tools we have to improve the implementation, scale up of services, and adapt global guidance for family planning, contraception and reproductive health at the health system level in every country. The more diverse voices and perspectives we listen to, the richer our shared knowledge exchange becomes. This call for implementation stories was a creative and inclusive opportunity to document how evidence-based practices work in local contexts.

Too often, lessons learned are not shared widely with peers in other geographic settings. This is a missed opportunity. These real-life experiences can help others looking to implement similar programs. WHEC has been happy to partner with various academic institutions in USA and abroad, UN Agencies, WHO and WHO Academy. Our hope is that this e-Health platform http://www.WomensHealthSection.com will enable more sharing and learning about what works – and what does not – when scaling up evidence-based practices in family planning and reproductive health.

Our goal is to make it easier for individuals to find, share, and use high-quality family planning and reproductive health information. Our **LINK Access Project** is addressing these challenges in three ways:

1. Connecting people to knowledge, at a personal level.
2. Encouraging routine, and unconventional collaboration.
3. Amplifying local leadership for the global good.

The lesson we have learned is that no one can achieve 2030 SDG Agenda alone. Please visit http://www.womenshealthsection.com/content/documents/LINK-Access-Project.pdf and share your point of view.

Reaching Beyond Academia to Influence Policy
Rita Luthra, MD

Your Questions, Our Reply

When putting global guidance into local actions, what were the consistent lessons for a successful project? Does storytelling improve implementation of best-practices in reproductive health?

Knowledge Management: The Women's Health and Education Center's (WHEC's) approach is guided by behavioral science and design thinking principles in order to make these activities relevant, easy, attractive, and timely. There are two main challenges impacting the successful exchange of knowledge, information, and expertise within reproductive health and family planning projects and programs are:

1. **Too much or too little information.** In a given work day, we come across many potential sources of information. Many professionals do not have time to sort out high-quality, evidence-based knowledge and information, or they do not know how to start. At the same time, there is a geographic imbalance whether when it comes to information access and availability. Where people live and work determines whether they can access, and use, the most current tools and resources.
2. **Lack of connection and coordination.** The global community is more engaged, collaborative, and multi-sectoral than ever, but stakeholders rarely have opportunities to exchange information rapidly and effectively with those outside their typical spheres of influence. Too often, best practices diffuse slowly and lack coordination. And the great conversations and commitments at the global level do not always diffuse to the regional level or to program managers responsible for day-to-day decisions and policymaking – and vice versa.

Our **LINK Access Project,** is a strategic and systematic process of collecting and curating knowledge and connecting people to reproductive health research so they can act effectively.

WHEC Portal Part A
Objectives

- To connect developing world researchers and scientists with the international scientific community in the developed world.
- To reduce the 'publishing gap' and improve the quality of locally produced articles and journals.
- Ultimately – improve health, education, food security, environment, and development in relation of UN's 2015 – 2030 Sustainable Development Agenda.

WHEC Portal Part B
Partner, Publish & Promote

- WHEC Publications contain high quality independent evidence for healthcare decision-making. it includes numerous access options including via keywords.
- The Journal**, http://www.WomensHealthSection.com** contains a number of innovative and successful best practices from NGOs, participating institutions and their faculties, UN entities, and The Governments / UN Member States around the world.
- We wish to stimulate discussion and bring to light new approaches to old problems in health and education (SDGs 3, 4, and 5) development, and learn from everyone's successes and mistakes. We welcome you to join our efforts.
- Writer's Guidelines are available for your review: **http://www.womenshealthsection.com/content/wg.pdf**

We appreciate your interest in our work and we are looking forward to collaborating with you.

2021 in Review: A Grand Collaboration
Our Projects & Our Promises

It starts with commitment.

In recent years, a new generation of consumers has begun demanding companies to act in the interest of sustainability. Purpose-driven businesses are also recognizing the benefits of focusing on the long-term. These leaders have committed to creating value for all stakeholders and taking concrete actions to align their business models with sustainable development principles. But we still need to do much more to mobilize private finance and align business practices with the Sustainable Development Goals (SDGs).

As the world recovers from the COVID-19 pandemic, the private sector, and particularly these purpose-driven businesses, will be indispensable in accelerating SDGs action. WHEC is working to actively engage the private sector in aligning business activities with sustainable development. Our publications in 2021 focused on that.

Our Publications and UN Documents in 2021

WHEC's Published UN Documents *in the* Year 2021

1. 2021 ECOSOC High-Level Segment (July 2021); UN Document: E/2021/NGO/XX
   COVID-19: One War That Must Be Fought Together

2. STI Forum 2021: (4 May 2021) Session 1 - WHEC Statement - 33079
   Looking back at the year 2020 that changed the world, and moving forward

3. 54th Session of CPD (April 2021); UN Document: E/CN.9/2021/NGO/16
   Strengthening global partnership (SDG 17) through food security and public health

4. 59th Session of CSocD (February 2021); UN Document E/CN.5/2021/NGO/38
   **Efforts of the Women's Health and Education Center (WHEC) in the providing
   Integrated e-Health Care for All, and introducing its LINK Access Project**

5. Side Event: 59th Session of CSocD (11 February 2021); UN Web TV
   Role of Digital Technologies on Social Development and Wellbeing of All
   https://media.un.org/en/asset/k1j/k1jwfkydmf
6. UNSDN posted on April 22,2021 – **Building the Capacity to Care.**

Available @: **http://www.womenshealthsection.com/content/whec/publications.php3**

Do you speak gender data? Are you looking to learn more about gender data and why it matters? LOOK NO FURTHER. Our Written Statements and Side Events planned for 2022 stresses are on theme – *Building forward fairer with gender data at the center.* The Covid-19 pandemic has made clear that universal social protection systems are the foundation for social inclusion and economic prosperity. Countries that had more social protections in place before the pandemic were better prepared for the multitude of socioeconomic issues related to health, jobs, gender equality and the environment.

We need to build a global system that deals with problems before they turn into catastrophes. With this lesson in mind, were do we go from here?

2022 will be lucky one.

http://www.WomensHealthSection.com served **14 million** readers / subscribers in **227 countries and territories** with an average of about 1.35 million visitors / subscriber, per month, in 2021 with links to about 250,000 websites. On average 220,000 files, 40,600 URLs and 82,600 pages were accessed, every month. It expanded to 30 sections, and we hope to continue to grow. In the spirit of growth in this digital age, it was upgraded in 2021 for global dissemination. We have rearranged content so that it is easier for you to find what you need.

We welcome your feedback and hope you find the Journal to be useful – a continuing mission.

Best of 2021

Top 15 Countries out of 227 Countries and Territories, where *WHEC Global Health Line / WHEC Net Work* is accessed frequently:

- USA; Canada; China; Australia; India; Switzerland; Saudi Arabia; Belgium; U.K.; Germany; Venezuela; Spain; Japan; Mexico; and France.

Top 5 Groups out of 25 groups for educational purposes:

- US Educational; US Commercial; US Government; US Military and International (Int).

Top 5 User Agents out of 1,012:

- Mozilla/5.0; The Knowledge AI; PetalBot; Googlebot/2.1 (+http://www.google.com/bot html); bingbot/2.0.

Top 5 most popular sections out of 28:

- 1) Newborn Care; 2) WHEC Update; 3) Obstetrics; 4) Gynecology; 5) Violence against Women.

Top 10 most read comprehensive review articles out of 280 Practice Bulletins:

- Marijuana and Pregnancy Implications; 2) Neonatal Hearing Loss Detection and Intervention; 3) Neonatal Jaundice: Part I; 4) Newborn Nutrition; 5) Neonatal Jaundice: Part II; 6) Newborn Seizures; 7) Novel Coronavirus (COVID-19) Disease and Pregnancy; 8) Hepatitis C Virus C Infection and Pregnancy; 9) Understanding Restraining Orders; 10) End of Life Decision Making.
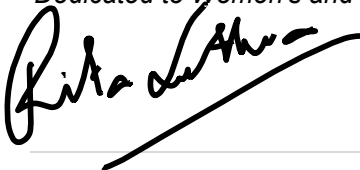
So, we want to hear from you, and we are eager to work together to advance good ideas that have enduring impact. As a global community, we can create change at scale. Tackle that big dream. Ignore the doubt in your head and follow the joy in your heart. The desire for a healthier and better world in which to live our lives and raise our children is common to all people and all generations.

Beneficiaries: Visitors of *WomensHealthSection.com* (more than 260 million readers / subscribers worldwide so far and growing fast…)

With very best wishes for a new year of passion, purpose and promise.

We the peoples of the United Nations…...

Dedicated to Women's and Children's Well-being and Health Care Worldwide

60th Session of Commission for Social Development (CSocD60)
 7 to 16 February 2022

The Commission is the advisory body responsible for the social development pillar of global development. https://www.un.org/development/desa/dspd/united-nations-commission-for-social-development-csocd-social-policy-and-development-division/csocd60.html

Women's Health and Education Center (WHEC) is *NGO in Special Consultative Status with ECOSOC of UN*, since 2008. All are welcome.

Women's Health and Education Center's (WHEC's) Participation

Written Statement – Published
UN Document: E/CN.5/2020/NGO/1
Title: **Civil Society and e-Commerce Can Help Reverse Inequality**
http://www.womenshealthsection.com/content/documents/E_CN.5_2022_NGO_1_E.pdf

Side Events at CSocD60: https://teamup.com/ksdxbxvwrgsdsvy3ef
11 February 2022, Friday; 10 am to 11.15 am
Virtual Side Event; Sponsored by the WHEC
Initiatives for Improved Cooperation for Education and Health

Announcement | Invitation | Flyer
http://www.womenshealthsection.com/content/documents/60th-CSocD-Flyer.pdf

Concept Note
http://www.womenshealthsection.com/content/documents/60th-CSocD-Side-Event-Concept-Note.pdf

Speaker's List | Agenda
http://www.womenshealthsection.com/content/documents/60th-CSocD-Speakers-List.pdf

WHEC's Statement
http://www.womenshealthsection.com/content/documents/60th-CSocD-Presentation-11February2022.pdf

*Register in Advance for This Forum and Share your Projects and Experiences with Us.
            Register in advance for this meeting

https://us02web.zoom.us/meeting/register/tZAudemsqj8jEtWCoAQ_Yb3WaOMWbpy_uCiO
After registering, you will receive a confirmation email containing information about joining the meeting.
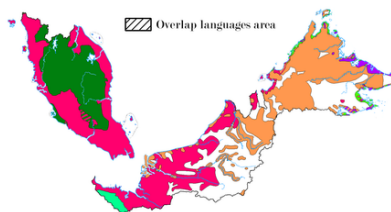
We welcome everyone!

United Nations at a Glance

Permanent Mission of Malaysia to the United Nations

Malaysia became UN Member State on 17 September 1957

Malaysia, is a country in Southeast Asia. The federal constitutional monarchy consists of thirteen states and three federal territories, separated by the South China Sea into two regions, Peninsular Malaysia and Borneo's East Malaysia. Peninsular Malaysia shares a land and maritime border with Thailand and maritime borders with Singapore, Vietnam, and Indonesia. East Malaysia shares land and maritime borders with Brunei and Indonesia and a maritime border with the Philippines and Vietnam. Capital: Kuala Lumpur; Population 32 million – 43rd most populous country in the world. Official language – Malaysian, Recognized language – English. Ethnic groups: 69.6% Malay, 22.6% Chinese, 6.8% Indian and 1% others. Religion: 61.3% Islam, 19.8% Buddhism, 6.3% Hinduism.

Malaysia has newly industrialized market economy, ranked third-largest in Southeast Asia and 33rd-largest in the world.

Sustainable and inclusive development has always been a key principle in the nation's development planning. Malaysia has successfully transformed its economy, raised living standards and moved from a low-income to upper-middle-income economy within a generation. The GDI (gross national income) per capita, expanded about 29-fold, from US $347 in 1970 to US$10,118 in 2020. Among the significant achievements are in eradicating poverty and narrowing inequalities as well as providing better quality of life for the people. The incidence of absolute poverty reduced from 7.6% in 2016 to 5.6% in 2019.

Malaysia is also making progress towards sustainability and managing climate change by adopting a resource efficient and climate resilient development model. The sustainable consumption and production (SCP) approach was undertaken through creating green market, managing waste holistically, and increasing the share of renewable in energy mix. While various efforts are being made to better coordinate SCP, and climate change at the policy level, technical and financial support are still required in the implementation.

Way forward

Moving towards 2030, the national development priorities will continue to be aligned and integrated to be SDGs. The SDG Roadmap Phase 2 (2021 – 2025) will be formulated to advance the SDG agenda by identifying priority areas, key enables and critical 'accelerator points' for lagging SDGs, ensuring policy coherence across all levels of governments, and recommending strategies and plan of actions. Localizing SDGs initiatives will also be further strengthened.

The 12th MP (Malaysia Plan) will ensure that the people will benefit from socioeconomic development, achieve inclusivity and social cohesion, and improve general wellbeing. Malaysia will advance green growth towards a low-carbon nation, ultimately attaining carbon neutral future. Effective execution of the 12th MP will contribute to achievement of the 2030 Agenda.

https://sustainabledevelopment.un.org/memberstates/malaysia

Collaboration with World Health Organization (WHO)

WHO | Malaysia

The WHO Western Pacific Region is home to more than one quarter of the world's population, stretching over more than one third of the distance around the globe. In all, more than 600 WHO staff work in 15 country offices and Regional Office in Manila, Philippines, to support Member States in achieving better health outcomes for the Region's nearly 1.9 billion people in 37 countries an areas.

WHO Presence in Malaysia

WHO presence in country consists of a team of health policy and management experts and administrative staff. The office works closely with the Ministry of Health of Malaysia, Brunei Darussalam and Singapore.

WHO's continued efforts in Malaysia focus on sustaining universal health coverage. This includes periodic review of implementation of national plans for health and collaboration to reach strategic priorities while addressing critical bottleneck in the health system. WHO support is focusing on:

- Development of strategies and capacities to prevent, prepare for, respond to, and recover from health emergencies.
- Direction for service delivery architecture and service model to address the increasing burden of non-communicable diseases, an ageing population and the increasing health care cost.
- Health workforce planning in light of service delivery information.
- Suitable health financing options to address fiscal constraints on Malaysia's health system.
- Health technology assessment (HTA) mechanisms and processes to link with existing resource allocation processes.
- Integration of health information systems to underpin ongoing monitoring to achieve optimum efficiency and effectiveness.
- Implementation of research and use of innovation.

Malaysia is an upper middle-income country with a health system and health status commensurate with its level of development. Malaysia now has significant internal capacity in many areas and receives minimal development aid. The strategic priorities for WHO collaboration with Malaysia over the next five years are to:

Strategic Priority 1. Facilitate multisectoral collaboration and support coordination for health.
Strategic Priority 2. Strengthen policies and capacities to build a more resilient, sustainable and responsive health system that moves even further towards universal health coverage.
Strategic Priority 3. Strengthen policies and capacities for assessing, preventing, managing, mitigating and monitoring health risks and chronic conditions.
Strategic priority 4. Facilitate the use of Malaysian expertise and sharing of experiences in regional or global settings and events and to provide expert advice to other countries.

Elimination of Mother-To-Child-Transmission (MTCT) of HIV and Syphilis in Malaysia
The success of the prenatal MTCT program, specifically in the MTCT of syphilis and HIV in Malaysia, signifies a milestone in the continuous quest to provide quality of care to prevent the transmission of infections from mother to child and to ensure that every child in Malaysia has a healthy start in life. Stronger health systems, as well as timely prevention, diagnosis and treatment for infectious diseases such as HIV and syphilis, are crucial. Political commitment and actionable policies, along with broad multi-stakeholder participation and adherence to international guidelines and secure financing, mean Malaysia is ready to achieve and sustain the goals of eliminating MTCT in the years to come.
Details: https://www.who.int/countries/mys/

Malaysia joined UNESCO on 16 June 1958

Higher Education in Malaysia: Looking forward without leaving anyone behind.

Cyber security, big data and protection, artificial intelligence (AI), and robotics – there are all jobs on the rise in Malaysia. These are also jobs that require a highly skilled workforce. As a result, the demand for higher education is accelerating as this Southeast Asian country delves into the Fourth Industrial Revolution – the automation of traditional manufacturing and Industrial practices with smart technology. However, the country is also grappling with accessibility, which can put equity and the development of human resources at odds.

Malaysia's story resonates with many other emerging economies worldwide. Over the next ten years, the forecast for higher education systems is continued growth, according to UNESCO Institute for Statistics. Between now and 2030, the largest increase is expected in middle-income countries, where gross enrollment will reach 52%. This raises many questions around equity: how can higher education become more accessible for all, and what support exists to help young people not only get in, but also graduate and secure decent employment?

Malaysia's lifelong learning policy was initially introduced primarily for human resources development rather than access to and equity in higher education. However, with the Sustainable Development Goals (SDGs), access, equity, and inclusive education have become a priority, and these focus areas have often been repeated in Malaysia's successive higher education strategies plans. But the implementation of policy initiatives relating to access, equity, and success in higher education have resulted in serious shortcomings, in particular with respect to the impact of flexible learning pathways on marginalized and disadvantaged groups in Malaysia.

5 Policy Recommendations from This Research:

1. Establish a national policy framework for data management. This should include a focus include a focus on data related to marginalized and disadvantaged groups in higher education.
2. Create a dedicated entity for disadvantaged groups. Established at the national level, this entity would help realize the objective of flexible learning pathways for disadvantaged groups in higher education and address equity issues.
3. Integrate support systems disadvantaged students. Innovative and creative strategies need to cater to the different needs of students and should support pathways for getting in, getting through, and getting out of higher education.
4. Draw from local expertise in developing flexible learning pathways. The report underlines the urgent need to build the capacity of local expertise in the implementation of flexible learning pathways to bring about transformative change.
5. Engage with all stakeholders and population groups, including vulnerable ones. Dialogue with stakeholders at all levels – from experts to the public, and marginalized groups in society – can help create committed partnerships.

Also Explore Flexible Learning Pathways

https://en.unesco.org/countries/malaysia

Education-for-All and Health-for-all

Bulletin Board

LINK Access Project
To provide access to reproductive health research worldwide.
(Learning, Innovating, Networking for Knowledge [LINK])

…… Continued

Who is eligible?
WGHL Access Eligibility

- Eligible categories of institutions are national universities, national academic societies, professional schools (medicine, nursing, pharmacy, public health, mental health institutions, and dentistry), research institutes, teaching hospitals and healthcare centers, government offices, national medical libraries and non-governmental organizations (NGOs) associated with Economic and Social Council (ECOSOC) and United Nations Department of Public Information (UN DPI).
- WGHL provides free access to educational programs to the Least Developed Countries (LCDs), identified by United Nations Development Programme (UNDP).
- It helps WHEC to address inequalities in Health & Education.
- To encourage Sustainable Development.

WHEC_Global_Health_Line.pdf (womenshealthsection.com)
http://www.womenshealthsection.com/content/cme/WHEC_Global_Health_Line.pdf

WGHL: A Public & Private Partnership
Principle Publisher: Women's Health and Education Center (WHEC)

- Collaboration with NGOs associated with ECOSOC and UN DPI;
- Reproductive Health Research (RHR) Division of the World Health Organization (WHO);
- WHO Academy;
- PMNCH (Partnership for Maternal, Newborn and Child Health) of WHO;
- UNESCO;
- WHEC Publications can be accessed from either computers or mobile phone – with internet access in 227 countries and territories;
- We plan development together;
- Online portal and resource to access information on health and related social sciences.

To be Continued…….

The Industrial Policy Experience of the Electronics Industry in Malaysia

Despite the use of industrial policies to stimulate economic growth by several successful developers, latecomers have faced mixed experiences. Hence, this paper analyses the industrial policy experience of the electronics industry in Malaysia. A blend of institutions have guided technological upgrading in the industry, especially in the state of Penang. Smooth co-ordination between the state government, multinational corporations, national firms, and federal government helped stimulate technological upgrading in Penang. However, the lack of a crucial mass of human capital and support from research and development organizations has discouraged the transformation of firms in the industry to the globe's technology frontier.

Malaysia is among the countries that shifted its industrial focus from import-oriented to export-oriented industrialization since the enactment of the investment Incentives Act of 1968. From the initial focus on investment and employment, the government earmarked the electrical-electronics industry as a strategic industry since 1986 to spearhead the industrial transformation of the country.

Promotion of electronics manufacturing. Over the period 1986 – 2015, Malaysia experienced the introduction of three industrial expert plans, and two rounds of export-orientation. The first period of promotion following the Pioneer Industry Ordinance (PIO) saw virtually no expansion of electronics manufacturing because of the small domestic market and because the state confined its role strictly to the regulatory function of approving foreign investment applications and incentives targeted at supply final goods to the domestic market. Significant expansion in electronics manufacturing only began in 1971, following the launch of export-oriented manufacturing.

Malaysia's electronics industry providers a mixed experience where the industry emerged largely with little intervention by the government other than the provision of financial incentives, security, and subsidized infrastructure at Free Trade Zones (FTZs). Overall, the Malaysian experience with electronics in general and the semiconductor industry in particular shows that a minimalist role by the government that largely follows the direction of markets and supplemented by good basic infrastructure and bureaucratic co-ordination when executed well can attract Foreign Direct Investment (FDI) inflows seeking low-wage labor. However, as labor services deplete it is not sufficient to sustain the technological upgrading required to support rising wages. Moreover, such policies are inadequate to stimulate technological development into Research & Development (R & D) activities.

While grants helped attract old-generation wafer fabrication into Malaysia, they were inadequate to attract innovative R&D and wafer fabrication activities. Universities undertaking related research at the frontier, and a critical mass of related human capital are essential to attract frontier semiconductor manufacturing activities. There was a serious lack of focus on capability building in national firms in the technology transfer agreements like Japan, South Korea, and Taiwan. The political economy of ethnicity appears as a major constraint that has prevented the state from pursuing dynamic technological catch-up strategies in the country.

Details of the paper can be accessed from the link of UNU-WIDER on CME Page
http://www.womenshealthsection.com/content/cme/

Two Articles of Highest Impact, January 2022

Editors' Choice – Journal Club Discussions
Fully open-access with no article-processing charges
Our friendship has no boundaries. We welcome your contributions.

1. **The Diseases of Addiction: Disorders Related to Alcohol**;
   http://www.womenshealthsection.com/content/gynmh/gynmh011.php3
   WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.

2. **Overview of Blood Coagulation System;**
   http://www.womenshealthsection.com/content/obsnc/obsnc015.php3
   WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.

Partnership for Maternal, Newborn & Child Health (World Health Organization)
PMNCH Member

Worldwide service is provided by the WHEC Global Health Line

From Editor's Desk
WHEC Projects under Development

Individual Actions Towards A Net-Zero Future

Our lifestyles have a profound impact on our planet. **Our choices matter!**

To preserve a livable climate, greenhouse gas emissions must be reduced to net zero by 2050. Bold, fast, and wide-ranging action needs to be taken by governments and businesses. But the transition to a low-carbon world also requires the participation of citizens – especially in advanced economies.

Every one of us can help limit global warming and take care of our planet. By making choices that have less harmful effects on the environment, we can be part of the solution and influence change.

Start with 10 Impactful Actions

Around two-thirds of global greenhouse gas emissions are linked to private households. The energy, food, and transport sectors each contribute about 20% of lifestyle emissions. From the electricity we use, to the food we eat and the way we travel, we can make a difference.

Start with these 10 actions to help tackle the climate crisis.

1. Save energy at home.
2. Drive less.
3. Eat plant-based foods.
4. Fly less.
5. Cut your food waste.
6. Reduce, reuse, repair, recycle.
7. Get wind or solar energy.
8. Switch to an electric vehicle.
9. Choose eco-friendly products.
10. Speak up.

Eating more vegetables, fruits, whole grains, legumes, nuts, and seeds, and less meat and dairy, can significantly lower your environmental impact. Producing plant-based foods generally results in fewer greenhouse gas emissions and requires less energy, land and water.

Electronic, clothes, and other items we buy cause carbon emissions at each point in production, from the extraction of raw materials, to manufacturing to transport to market. To protect our climate, buy fewer things, shop second-hand, repair what you can, and recycle.

If you plan to buy a car, consider going electric, with more and cheaper models coming on the market. Even if they are still run-on electricity produced from fossil fuels, electric cars help reduce air pollution and cause significant fewer greenhouse gas emissions than gas or diesel-powered vehicles.

Be a Food Hero!

What we eat, and how that food is produced, affects our health and the environment. Behind our food, there is always someone who produced, planted, harvested, fished or transported it. These food heroes are helping to make sure that everyone, everywhere has enough affordable, safe and nutritious food.

Start eating a more balanced diet – one that provides energy and nutrients from several different food groups – reduce foods that are harder on our planet, such as foods that need mor natural resources, especially water, to produce (meat uses more than plants or pulses), or fruits and vegetables that are not in season or local. It is not only good for your health but also for the environment! And remember to buy food with less packaging.

Cut your food waste

More than 900 million tons of food – 17% of all food available to consumers – goes into trash bins every year, while nearly 700 million people around the world go hungry. Let us stop the waste. When you throw our food, you are also wasting energy used to grow, produce, package and transport it. Only buy what you need – and use what you buy. You can save money, reduce pollution, and help preserve resources for future generations.

Everyone can make a difference. We can be part of the solution.

 In The News

Conflict, climate crisis and COVID-19 pose great threats to the health of women and children.

Fragile gains made to advance women and children's health are threatened by conflict, the climate crisis and COVID-19, according to a new report from Every Woman Every Child (EWEC). .

Protect the Progress: Rise, Refocus, Recover.

Conflict, climate instability and the COVID-19 pandemic are putting the health and well-being of all children and adolescents at risk. The COVID-19 crisis, in particular, is exacerbating existing inequities, with reported disruptions in essential health interventions disproportionately impacting the most vulnerable women and children. At the height of pandemic lockdowns, schools were closed in 192 countries, affecting, affecting 1.6 billion students. Domestic violence and abuse of girls and women increased. Poverty and hunger are also on the rise.

For too long, the health and rights of women, children, and adolescents have received insufficient attention and services have been inadequately resourced. We call on all partners to work together to support governments to strengthen health systems and tackle the inequities that constrain progress. WHEC calls upon the global community to fight COVID-19 while honoring and respecting commitments that can improve the lives of women and children, and not widen the gap between promise and reality. The COVID-19 pandemic has turned back the clock on years of progress made in maternal and child health, in many countries. This is unacceptable.

Without intensified efforts to combat preventable child deaths, 48 million children under age 5 could die between 2020 and 2030. Almost half of these deaths will be newborns. As we respond to COVID-19 and reimagine a better future, with sustained peace, including at home, we must repeat unequivocally that the rights of women and girls must be safeguarded at all costs.

There is no doubt that the pandemic has set back global efforts to improve the health and well-being of women and children, but that should only serve to strengthen our resolve. Our joint action under the Every Woman Every Child movement is more important than ever. We now must renew our commitment to a healthier, safer, fairer and more sustainable world for women, children and future generations.

How can we get back on track and create a more equal world?

Data, action and advocacy can advance the goals of EWEC Global Strategy, specifically for ending all preventable deaths among women, children and adolescents by 2030. Past experience with other outbreaks and disasters provide hope that it is possible to get back on track, and even reduce inequalities. Community health workers can play a critical role in mitigating disruptions to health services.

Adequate hygiene and sanitation act as bulwarks against endemics and pandemics.
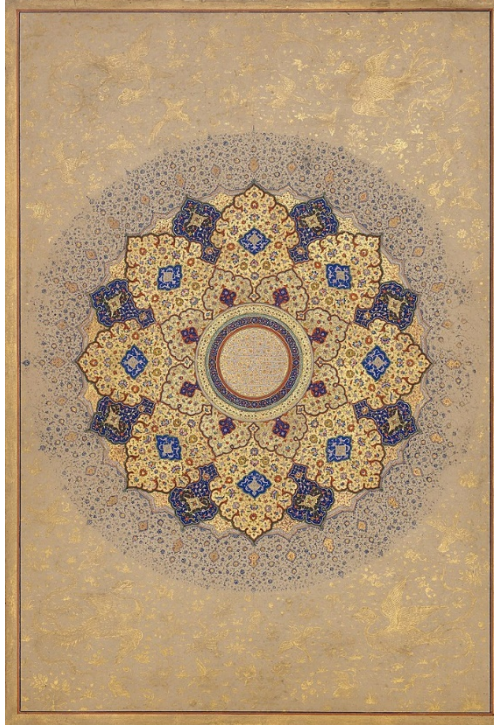
There is a real opportunity for government authorities and international partners to work in solidarity and in a coordinated manner with humanitarian actors on the ground to help the most vulnerable and hardest-to-reach people in this pandemic.

Join the efforts!

Art & Science
Art that touches our soul

Shamsa (sunburst) by Shah Jahan; Illustration credit: Unknown

Shah Jahan (5 January 1592 – 22 January 1666) was the fifth Mughal emperor, reigning from 1628 to 1658. Under his rule, the Mughal Empire reached the peak of its cultural glory. He commissioned many monuments, the best known of which is the **Taj Mahal** in Agra (India), in which his favorite wife, Mumtaz Mahal, is entombed.

This rosette, or shamsa (sunburst), executed in ink, opaque watercolor, and gold on paper, forms the frontispiece to Kevorkian Album, a *muraqqa* compiled by Shah Jahan, and bears his names and titles. In Islamic art, a **Shamsa** is an intricately decorated rosette or medallion which is used in many contexts, including manuscripts, carpets, ornamental metalwork and architectural decoration such as the underside of domes. It can take a number of overall shapes, from circles to stars.

Muraqqa is an album in book form containing Islamic miniature paintings and specimens of Islamic calligraphy, normally from several different sources, and perhaps other matter.

The Arabic tughra (calligraphic monogram) inscription in the center translates to: " His majesty Shihab ud-Din Muhammad Shah Jahan, the King, Warrior of the Faith, may God perpetuate his dominion and sovereignty."

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