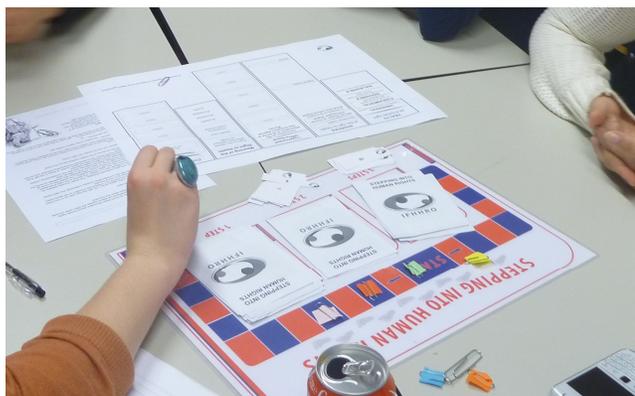
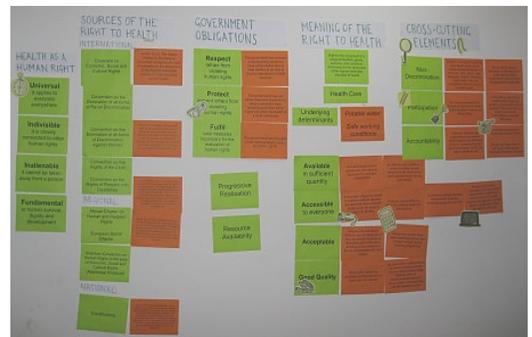
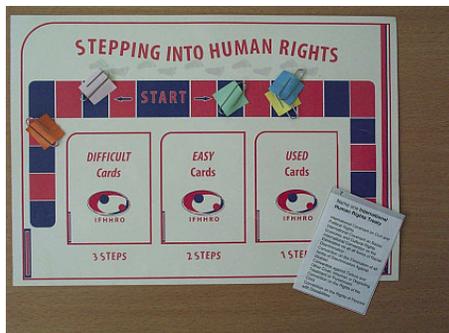


Training Session Plan

Stepping into the Right to Health Combining the board game with the basics of the right to health



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Roos Terhorst
Written by: Annika Boh

The International Federation of Health and Human Rights Organisations (IFHHRO)

IFHHRO forms a unique network of active organisations committed to the protection and promotion of health related human rights. Members and observers are human rights groups which address health-related rights violations, medical associations involved in human rights work, and organisations that have been created specifically to mobilize health workers for human rights protection.

For more information visit our website: www.ifhhro.org

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Version 1

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More information: ifhhro@ifhhro.org

Cover: game board + overview right to health
picture playing the board game



Learning Objectives

- To gain basic background knowledge on human rights
- To become familiar with the basics of health as a human right



Target Group

Individuals with little knowledge about human rights and the right to health.



Duration

90 minutes



Materials

- Board game counters in different colours or shapes
Tip: buttons / sweets / paperclips with a piece of coloured paper
- A4 paper in three colours
- A big wall
- Thick paper (160 gr.)
- Masking tape or Blu-Tack



Training Aids

1. Board Game Instructions
2. Q&A Cards
3. Game Board (The full size version is available in a separate file)
4. Overview cards right to health
5. Overview Right to health - board
6. Background note – Right to Health Overview
7. Overview cards – headers
8. Overview cards – elements
9. Overview cards – examples



Handout

1. Right to Health Overview



Session Plan

This session is one of the introductory sessions about human rights in relation to health. It is a combination of the 'introductory board game' and the 'health as a human right' sessions. Although it is recommended to do these complete sessions, this session can be used when there is not enough time available. All these sessions can be found online in the IFHHRO training manual "Human Rights for Health Workers" at www.ifhhro-training-manual.org.

Preparation

Print out Training Aids 1, 3 and 5. The number of copies necessary depends on the number of groups.

Training Aids 2 and 4 need to be printed double-sided and cut into separate cards. Thicker paper is recommended. If possible print the Game Board and Q&A Cards to A3 size.

Print the overview cards on coloured paper (Training Aid 7, 8 and 9). Use one colour for the cards with the different elements of health as a human right and use another colour for the cards with examples (written in italics), and a third colour for the headers.

Study the background note of Training Aid 6.

Step 1 Explanation of the Game (10 minutes)

Inform the participants that they will be learning about human rights by playing a board game. Divide the participants into groups of maximum six persons. Provide each group with:

- the board game instructions (Training Aid 1)
- a set of Q&A Cards (Training Aid 2)
- A game board (Training Aid 3)
- one counter for each player
- the overview cards (Training Aid 4)
- the overview right to health - board (Training Aid 5)

Briefly explain the objective of the game using the instructions, and give them a few minutes to read through the instructions themselves.

Step 2 Board Game (50 minutes)

Determine a time limit for the Board Game and announce this to the participants. The amount of time the participants will get to play the game should be determined by their level of knowledge about human rights: the more they already know, the less time they will get. Participants with little to no knowledge about human rights can be informed that it does not matter if they do not know the answers at first: the aim is to learn the correct answers while playing the game. Keep time and walk around among the groups to look if they have understood the instructions.

The game can end after the given amount of time or when a group completes the overview board.

Hang up the 'health as a human right' and the 'sources of the right to health' after 15 minutes of playing time. Hang up the remaining cards just before the explanation in plenary. Do not hang up the 'the meaning of the right to health' yet, but reserve some space between 'government obligations' and 'cross-cutting elements'.

Step 3 Further Explanation & Conclusion (30 minutes)

After the game explain briefly the following columns:

1. Health as a Human Right
2. Sources of the Right to Health
3. Government Obligations

The fourth column 'Meaning of the Right to Health' should be explained more thoroughly, see for the explanation the background note in Training Aid 6.

Conclude with the explanation of the cross-cutting elements, again briefly.

Ask the participants whether they have questions or remarks.

Tip for trainers: Ask the participants if they have their own examples from daily practices when explaining the 'meaning of the right to health'.

Training Aid 1 - Board Game Instructions

Objective of the Game

The objective of the game is to get to know as much basic information about human rights -and the right to health in particular- as possible to be able to answer the Q&A cards correctly so that the most steps forward can be taken within the time limit.

Preparation

Place a counter for each player on START

Make sure the Q&A Cards are in order: place cards 1-12 with the logo side up on the EASY CARDS pile and cards 13-24 on the DIFFICULT CARDS pile indicated on the game board. Make sure that the lowest number is on top of the pile!
Put the small overview cards with the corresponding numbers underneath the Q&A Cards.

First Round

The tallest player begins, and play continues clockwise. The player chooses between an easy card (= 2 steps) and a difficult card (= 3 steps). The person to the right of the player takes a card from the chosen pile and reads out the question. The player tries to come up with an answer. Next, the answer is read out loud. If the question was answered correctly the player can take steps to the right (2 for an easy card, 3 for a difficult card). After moving the counter the player takes the overview card with the corresponding number and places it on the right spot on the right to health-overview. If the answer was wrong the player needs to take the same number of steps to the left. Even when the answer was wrong the player has to place the corresponding overview card on the right to health-overview. The used Q&A cards can be placed on the USED CARDS pile on the board.

Repeat until each player has tried to answer two Q&A Cards.

Next Round

Shuffle the used cards.

Players are now also allowed to take cards from the USED CARDS pile, these cards equal 1 step. Again, correct answers mean step(s) to the right, and wrong answers mean step(s) to the left.

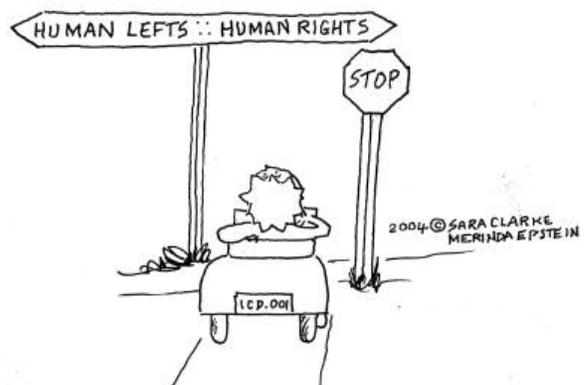
Used cards are placed at the bottom of the USED CARDS pile.

Repeat this round until the time is up.

A player who reaches the final step to the left stays on this step until a card is answered correctly. A player who reaches the final step to the right before time is up no longer has to answer cards.

End of the Game

The game ends when the time is up or when the right to health-overview is completed. The winner is the player who has answered the most questions correctly and has therefore been able to take the most steps to the right.



1	2	3	4
<p>Human Rights are universal this means...</p> <p>... they apply to everyone everywhere.</p>	<p>Human Rights cannot be taken away from a person: TRUE or FALSE</p> <p>TRUE Human Rights are inalienable: every individual is entitled to their human rights by virtue of being human.</p>	<p>Are some human rights more important than others?</p> <p>No All human rights are equally important and closely connected, they are indivisible and interdependent.</p>	<p>Human Rights are fundamental. This means they are essential to:</p> <p>a) human dignity b) human survival c) human development d) all of the above</p> <p>d) all of the above</p>
5	6	7	8
<p>The right to food belongs to the category of economic and social rights. Name two other examples of economic and social rights.</p> <p>The right to housing The right to health The right to water The right to education The right to social security The right to work</p>	<p>Freedom from torture belongs to the category of civil and political rights or freedoms. Name two other examples of civil and political rights or freedoms.</p> <p>The right to life Freedom from slavery The right to a fair trial Freedom of association Freedom of movement Freedom of expression The right to privacy The right to vote</p>	<p>The prohibition of discrimination is central to all human rights. It means that people cannot be denied their human rights on the basis of specific grounds such as race or sex. Name two other possible grounds of discrimination.</p> <p>marital status age sexual orientation colour social status disability religious belief language political opinion etc.</p>	<p>Name one International Human Rights Treaty</p> <p>International Covenant on Civil and Political Rights International Covenant on Social, Economic and Cultural Rights International Convention on the Elimination on all all forms of Racial Discrimination Convention on the Elimination of all forms of Discrimination Against Women Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment Convention on the Rights of the Child Convention on the Rights of Persons with Disabilities</p>

**STEPPING INTO
HUMAN RIGHTS**



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<p>9</p> <p>Name one Regional Human Rights Treaty</p> <p>The American Convention on Human Rights The European Convention on Human Rights The African Charter on Human and People's Rights</p>	<p>10</p> <p>Human Rights Treaties impose different types of obligations on Governments. According to one type of obligation a government should not violate human rights. This is the obligation to: a) respect human rights b) protect human rights c) fulfil human rights</p> <p>The obligation to respect human rights.</p>	<p>11</p> <p>Human Rights Treaties impose different types of obligations on Governments. According to one type of obligation a government should create conditions necessary for the enjoyment of human rights by everyone. This is the obligation to: a) respect human rights b) protect human rights c) fulfil human rights</p> <p>The obligation to fulfil human rights.</p>	<p>12</p> <p>Human Rights Treaties impose different types of obligations on Governments. According to one type of obligation a government should prevent others from violating human rights. This is the obligation to: a) respect human rights b) protect human rights c) fulfil human rights</p> <p>The obligation to protect human rights.</p>
<p>13</p> <p>The Universal Declaration of Human Rights was adopted by the United Nations General Assembly. It is the first international expression of fundamental human rights. What year was it adopted?</p> <p>The Universal Declaration was adopted in 1948.</p>	<p>14</p> <p>A Human Rights Treaty is a binding agreement between two or more nations in which human rights are legally protected. What are two other terms for Treaty that mean the same? a) Declaration and Covenant b) Covenant and Convention c) Convention and Declaration</p> <p>b) Covenant and Convention</p>	<p>15</p> <p>A government can indicate that it agrees with the principles contained in a treaty and that it has the intention of becoming legally bound by it in the future. The treaty has then been: a) signed b) accepted c) ratified</p> <p>a) signed</p>	<p>16</p> <p>A government becomes legally bound by a treaty after it has been formally approved at the national level. The treaty has then been: a) signed b) accepted c) ratified</p> <p>c) ratified</p>

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<p>17</p> <p>A government should refrain from forcefully evicting people from their houses. This is an example of the human rights obligation to</p> <ul style="list-style-type: none"> a) respect b) protect c) fulfil <p>a) Obligation to respect human rights.</p>	<p>18</p> <p>A government should facilitate or provide a water system that is accessible to everyone. This is an example of the human rights obligation to</p> <ul style="list-style-type: none"> a) respect b) protect c) fulfil <p>c) Obligation to fulfil human rights.</p>	<p>19</p> <p>A government should ensure that employers do not force people to work under hazardous conditions This is an example of the human rights obligation to</p> <ul style="list-style-type: none"> a) respect b) protect c) fulfil <p>b) Obligation to protect human rights.</p>	<p>20</p> <p>Active participation of people and groups in government decision-making that affects them is an essential feature of human rights. Why?</p> <p>Because measures taken by the government should always take into account the views, needs and concerns of different groups.</p>
<p>21</p> <p>Accountability is the process which requires a government to show, explain and justify what it is doing to realize human rights. It is an essential component of human rights because...</p> <p>Accountability is necessary to determine how, whether and to what extent a government has fulfilled its human rights obligations.</p>	<p>22</p> <p>Each international human rights treaty has a Committee which is responsible for monitoring the implementation of that treaty by governments. This is an example of a mechanism for:</p> <ul style="list-style-type: none"> a) decision-making b) accountability c) participation d) responsibility <p>This is an accountability mechanism. It monitors whether a government is doing what it is supposed to do to realize human rights.</p>	<p>23</p> <p>A government holds a regional conference for farmers to discuss proposals for new regulations regarding seed distribution and trade. This is an example of a mechanism for:</p> <ul style="list-style-type: none"> a) decision-making b) accountability c) participation d) responsibility <p>This is a mechanism for participation. It gives the farmers an opportunity to play a role in government decision-making that affects them.</p>	<p>24</p> <p>Name one difference and one similarity between human rights and medical ethics.</p> <p>Difference: human rights focus on government action and medical ethics focuses on the doctor-patient relationship</p> <p>Similarity: both human rights and medical ethics are concerned with human well-being</p>

**STEPPING INTO
HUMAN RIGHTS**



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STEPPING INTO HUMAN RIGHTS



← **START** →

DIFFICULT
Cards



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3 STEPS

EASY
Cards



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2 STEPS

USED
Cards



IFHHRO

1 STEP



Training Aid 4 – Overview cards for Right to Health Overview

Print the following 4 pages double sided with on one side the text and on the backside the numbers. Make one copy for each group. Cut into small pieces, keep each set separate and distribute in step 1.



<p>Example of a violation: <i>The government has enacted a law requiring women to have authorization from a male relative to be able to receive reproductive health services</i></p>	
<p>Example of a violation: <i>The government has not taken measures to prevent a large corporation from spraying pesticides which negatively affect the health of a local community</i></p>	<p>National, regional and international procedures which require a government to show, explain and justify what it is doing to realize the right to health for all</p>
<p>Example of a measure: <i>The government has adopted a new national health policy for 2010 – 2015</i></p>	<p>The active involvement of people and groups in health-related decision-making that affects them</p>



17



22



19



23



18



FUNDAMENTAL to human survival dignity and development	RESPECT Refrain from violating human rights
UNIVERSAL It applies to everyone everywhere	PROTECT Prevent others from violating human rights
INALIENABLE It cannot taken away from a person	FULFIL Take measures necessary for the realisation of human rights
INDIVISIBLE It is closely connected to other human rights	Convention on the Rights of the Child
Covenant on Economic, Social and Cultural Rights	African Charter on Human and Peoples' Rights
Convention on the Elimination of all forms of Racial Discrimination	Convention on the Rights of Persons with Disabilities
Convention on the Elimination of all forms of Discrimination Against Women	
Additional Protocol to the American Convention on Human Rights in the area of Economic, Social and Cultural Rights	NON- DISCRIMINATION People's chances of enjoying good health must not be disadvantaged because of their sex, race, colour, age, language, religion, disability, health status, sexual orientation,
European Social Charter	PARTICIPATION
National Constitutions	ACCOUNTABILITY



10



4



12



1



11



2



16



3



14



5



15



8



13



7



9



20



24



21



6

Health
as a human right

Sources
of the right to health

International Treaties

Regional Treaties

National

Government
Obligations

Obligation

Example

Obligation

Example

Obligation

Example

Meaning of the
Right to Health

Right to the highest attainable standard
of health

Health Care
Underlying Determinants

Available
Accessible
Acceptable
Quality

Cross-cutting
Elements

Element
and definition

Element

Definition

Element

Definition



Training Aid 6 – Additional explanation

Health as a Human Right

Introduction: Health is a human right, this means it is:

1. Fundamental – to human survival, dignity and development
2. Universal – it applies to everyone everywhere
3. Inalienable – it cannot be taken away from a person
4. Indivisible – it is closely connected to other human rights

Sources of the Right to Health

Additional explanation: Another feature of human rights is that they are legally protected. The right to health can therefore be found in international human rights law, regional human rights law and national laws.

International Human Rights Treaties

5. Covenant on Economic, Social and Cultural Rights
6. *Article 12 (1) The States Parties to the present Covenant recognize the right of everyone to the enjoyment of the highest attainable standard of physical and mental health.*
7. Convention on the Elimination of all forms of Racial Discrimination
8. Convention on the Elimination of all forms of Discrimination Against Women
9. *Article 12 (1) States Parties shall take all appropriate measures to eliminate discrimination against women in the field of health care in order to ensure, on a basis of equality of men and women, access to health care services, including those related to family planning.*
10. Convention on the Rights of the Child
11. Convention on the Rights of Persons with Disabilities
12. *Article 25 States Parties recognize that persons with disabilities have the right to the enjoyment of the highest attainable standard of health without discrimination on the basis of disability. States Parties shall take all appropriate measures to ensure access for persons with disabilities to health services that are gender-sensitive, including health-related rehabilitation.*

Regional Human Rights Treaties

13. African Charter on Human and Peoples' Rights
14. *Article 16 (1) Every individual shall have the right to enjoy the best attainable state of physical and mental health. (2) States parties to the present Charter shall take the necessary measures to protect the health of their people and to ensure that they receive medical attention when they are sick.*
15. European Social Charter
16. Additional Protocol to the American Convention on Human Rights in the area of Economic, Social and Cultural Rights

National Constitutions

17. *Article 42 The State guarantees the right to health, its promotion and protection, through the development of food security, the provision of drinking water and basic sanitation, the promotion of a healthy family, work and community environment, and the possibility of permanent and uninterrupted access to health services, in conformity with the principles of equity, universality, solidarity, quality and efficiency.*
(Ecuador, 1998)

Government Obligations

Additional explanation: These legal human rights instruments that contain the right to health impose obligations on governments. As can be seen from the examples above the right to

health is formulated very broadly. To get better insight into what governments should and shouldn't do to realize the right to health the obligations can be divided into three categories.

18. Respect – refrain from violating the right to health
19. (Violation) *The government has enacted a law requiring women to have authorization from a male relative to be able to receive reproductive health services*
20. Protect – prevent others from violating the right to health
21. (Violation) *The government has not taken measures to prevent a large corporation from spraying pesticides which negatively affect the health of a local community*
22. Fulfil – take measures necessary for the realization of the right to health
23. (Measure) *The government has adopted a new national health policy for 2010 – 2015*

Meaning of the right to health

Additional explanation: The remainder of the overview will focus on the interpretation of the right to health in the Covenant on Economic, Social and Cultural Rights because it has the most comprehensive article on the right to health at the international level.

The right to health is not a right to be healthy, as good health is influenced by a number of factors that a government has no control over such as genetics or risky lifestyles. The right to health is therefore a right to the *highest attainable* standard of physical and mental health.

In detail this means the right to health contains:

24. (Definition) Right to the enjoyment of a range of facilities, goods, services, and conditions necessary for the realization of the highest attainable standard of health
25. Health care
26. Underlying determinants of health
27. *Potable water*
28. *Safe working conditions*

Additional explanation: There are four essential standards that the right to health imposes on health services, goods and facilities. These are underlying criteria that a government must make progress on in order to realize the right to health. Together they are often referred to as 'triple A Q'.

29. Available in sufficient quantity
30. (Trained medical personnel) *A rural hospital cannot accept any new patients because it is severely understaffed*
31. (Essential medicines) *An old man with diabetes is unable to obtain insulin because it has been out of stock at pharmacies for the last months*
32. Accessible to everyone
33. (Physically) *A mountain villager is unable to receive medical attention because the nearest health facility is too far away to reach by donkey*
34. (Financially) *A farmer cannot afford to have his children treated for tuberculosis*
35. (On the basis of non-discrimination) *A women is refused medical treatment for a serious wound because she has HIV*
36. (Health-related information) *Posters with written information on sexual and reproductive health have been hung up in health facilities throughout a country where a large part of the population is illiterate*
37. Acceptable, respectful of human dignity
38. (Culturally) *People from an ethnic minority do not make use of their local hospital because the toilets are in the same building as the wards and this is incompatible with their culture*
39. (Medically) *Indigenous women have been sterilized without their consent during a family planning programme*
40. Good Quality
41. *Most of the medicines available in pharmacies in a slum area are expired*

42. *No pain relief is administered to infants because health workers believe that young children have an underdeveloped sensory nerve system meaning they will not experience pain.*

Cross-cutting Elements

Additional explanation: Non-discrimination, participation and accountability are three principles that are central to a human rights approach. These principles inform and affect all aspects of health as a human right.

43. Non-discrimination

44. (Definition) People's chances of enjoying good health must not be disadvantaged because of their sex, race, colour, age, language, religion, disability, health status, sexual orientation, socio-economic or other status¹

45. (Measure to identify discrimination) *To be able to identify disparities in the enjoyment of the right to health governments should collect disaggregated health data*

46. Participation

47. (Definition) The active involvement of people and groups in health-related decision-making that affects them

48. (Methods of participation) *To be able to identify the health needs of specific groups a government can for example, hold public forums, create local health committees, or conduct interviews*

(Examples where participation could have changed the situation on cards: 38, 40, and 41)

49. Accountability

50. (Definition) National, regional and international procedures which require a government to show, explain and justify what it is doing to realize the right to health for all

¹ Definition adapted from: Helen Potts, *Accountability and the Right to the Highest Attainable Standard of Health*, University of Essex, 2008, p. 10

Training Aid 7 Overview Cards Right to Health - Headers

Print the cards with the different Headers for the overview on coloured paper (5 sheets). Note that a few cards need to be cut in two.

Health
as a human right

Sources of the
right to health

International

✕

Regional

✕

National

Government
obligations

Meaning of the
right to health

Cross-cutting
elements

Training Aid 8 Overview Cards Right to Health - elements

Print the cards with the different elements for the overview on coloured paper (22 sheets). Print the cards containing the examples (in italic) as provided in Training Aid 8 on a different colour paper. Note that a few cards need to be cut in two.

Fundamental
to human survival,
dignity and
development

Universal

it applies to

everyone

everywhere

Inalienable

it cannot be taken
away from a
person

Indivisible

it is closely
connected to other
human rights

Covenant on Economic, Social and Cultural Rights

Convention on the Elimination of all forms of Racial Discrimination

Convention on the
Elimination of all
forms of

Discrimination Against Women

Convention on the
Rights of the Child



Convention on the
Rights of Persons
with Disabilities

African Charter on Human and Peoples' Rights



European Social Charter

American Convention on
Human Rights in the area
of Economic, Social and
Cultural Rights
(Additional Protocol)

Respect
refrain from
violating
human rights

Protect

prevent others
from violating
human rights

Fulfil

take measures
necessary for the
realization of
human rights

Right to the enjoyment of a range of facilities, goods, services, and conditions necessary for the realization of the highest attainable standard of health

Health Care



Underlying determinants

Available
in sufficient
quantity

Accessible
to everyone

Acceptable

**Good
Quality**

Non- Discrimination

Participation

Accountability

Training Aid 9 Overview Cards Right to Health - examples

Print the cards with the different examples for the overview (22 sheets) on a different coloured paper than the headers and elements. Note that a few cards need to be cut in two.

People's chances of enjoying good health must not be disadvantaged because of their sex, race, colour, age, language, religion, disability, health status, sexual orientation, socio-economic or other status.

The active involvement of people and groups in health-related decision-making that affects them.

National, regional and international procedures which require a government to show, explain and justify what it is doing to realize the right to health for all.

*Article 12 (1) The States
Parties to the present
Covenant recognize the right of
everyone to the enjoyment of
the highest attainable standard
of physical and mental health.*

Article 12 (1) States Parties shall take all appropriate measures to eliminate discrimination against women in the field of health care in order to ensure, on a basis of equality of men and women, access to health care services, including those related to family planning.

Article 25 States Parties recognize that persons with disabilities have the right to the enjoyment of the highest attainable standard of health without discrimination on the basis of disability. States Parties shall take all appropriate measures to ensure access for persons with disabilities to health services that are gender-sensitive, including health-related rehabilitation.

Article 16 (1) Every individual shall have the right to enjoy the best attainable state of physical and mental health. (2) States parties to the present Charter shall take the necessary measures to protect the health of their people and to ensure that they receive medical attention when they are sick.

Article 42 The State guarantees the right to health, its promotion and protection, through the development of food security, the provision of drinking water and basic sanitation, the promotion of a healthy family, work and community environment, and the possibility of permanent and uninterrupted access to health services, in conformity with the principles of equity, universality, solidarity, quality and efficiency.

*The government has
enacted a law requiring
women to have
authorization from a male
relative to be able to
receive reproductive health
services*

The government has not taken measures to prevent a large corporation from spraying pesticides which negatively affect the health of a local community

*The government has
adopted a new national
health policy for
2010 – 2015*

Potable water



*Safe working
conditions*

*A rural hospital cannot
accept any new patients
because it is severely
understaffed*

*An old man with diabetes
is unable to obtain insulin
because it has been out of
stock at pharmacies for the
last months*

*A mountain villager is
unable to receive medical
attention because the
nearest health facility is too
far away to reach by
donkey*

*A farmer cannot afford to
have his children treated for
tuberculosis*



*A women is refused medical
treatment for a serious
wound because she has HIV*

Posters with written information on sexual and reproductive health have been hung up in health facilities throughout a country where a large part of the population is illiterate

People from an ethnic minority do not make use of their local hospital because the toilets are in the same building as the wards and this is incompatible with their culture

*Indigenous women have
been sterilized without
their consent during a
family planning programme*

*Most of the medicines
available in pharmacies in
a slum area are expired*

No pain relief is administered to infants because health workers believe that young children have an underdeveloped sensory nerve system meaning they will not experience pain.

Health
as a human right

Fundamental
to human survival, dignity and development

Universal
it applies to everyone everywhere

Inalienable
it cannot be taken away from a person

Indivisible
it is closely connected to other human rights

Sources
of the right to health

International Treaties

Covenant on Economic, Social and Cultural Rights
Article 12 (1)

Convention on the Elimination of all forms of Racial Discrimination

Convention on the Elimination of all forms of Discrimination Against Women
Article 12 (1)

Convention on the Rights of the Child

Convention on the Rights of Persons with Disabilities

Regional Treaties

African Charter on Human and Peoples' Rights
Article 16 (1)

European Social Charter

Additional Protocol to the American Convention on Human Rights in the area of Economic, Social and Cultural Rights

National Treaties

National Constitutions
Art. 42 Ecuador, 1998

Government Obligations

Respect
refrain from violating the right to health

The government has enacted a law requiring women to have authorization from a male relative to be able to receive reproductive health services

Protect
prevent others from violating the right to health

The government has not taken measures to prevent a large corporation from spraying pesticides which negatively affect the health of a local community

Fulfil
take measures necessary for the realization of the right to health

The government has adopted a new national health policy for 2010 – 2015

Meaning of the Right to Health

Right to the enjoyment of a range of facilities, goods, services, and conditions necessary for the realization of the highest attainable standard of health

Health Care Underlying Determinants
Potable water + Safe working conditions

Available - in sufficient quantity

A rural hospital cannot accept any new patients because it is severely understaffed

An old man with diabetes is unable to obtain insulin because it has been out of stock at pharmacies for the last

Accessible - to everyone

A mountain villager is unable to receive medical attention because the nearest health facility is too far away to reach by donkey

A woman is refused medical treatment for a serious wound because she has HIV

A farmer cannot afford to have his children treated for tuberculosis

Posters with written information on sexual and reproductive health have been hung up in health facilities throughout a country where a large part of the population is illiterate

Acceptable - respectful of human dignity

People from an ethnic minority do not make use of their local hospital because the toilets are in the same building as the wards and this is incompatible with their culture

Indigenous women have been sterilized without their consent during a family planning programme

Good Quality

No pain relief is administered to infants because health workers believe that young children have an underdeveloped sensory nerve system meaning they will not experience pain.

Most of the medicines available in pharmacies in a slum area are expired

Cross-cutting Elements

Non-discrimination

People's chances of enjoying good health must not be disadvantaged because of their sex, race, colour, age, religion, disability, health status, sexual orientation, socio-economic or other status

Participation

The active involvement of people and groups in health-related decision-making that affects them

Accountability

National, regional and international procedures which require a government to show, explain and justify what it is doing to realize the right to health for all

