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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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.

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Version 1

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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 ad 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 places 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.
Human Rights are **universal**
this means…

... they apply to everyone everywhere.

Human Rights cannot be taken away from a person: TRUE or FALSE

TRUE

Human Rights are **inalienable**: every individual is entitled to their human rights by virtue of being human.

Are some human rights more important than others?

No

All human rights are equally important and closely connected, they are **indivisible and interdependent**.

Human Rights are **fundamental**. This means they are essential to:

a) human dignity
b) human survival
c) human development
d) all of the above

d) all of the above

The right to food belongs to the category of **economic and social rights**.
Name two other examples of economic and social rights.

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

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.

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

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.

marital status  age
sexual orientation  colour
social status  disability
religious belief  language
political opinion  etc.

Name one **International Human Rights Treaty**

International Covenant on Civil and Political Rights
International Covenant on Social, Economic and Cultural Rights
International Convention on the Elimination of 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
Name one **Regional Human Rights Treaty**

- The American Convention on Human Rights
- The European Convention on Human Rights
- The African Charter on Human and People's Rights

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

**The obligation to respect human rights.**

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

**The obligation to fulfil human rights.**

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

**The obligation to protect human rights.**

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?

The Universal Declaration was adopted in 1948.

**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

**b) Covenant and Convention**

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

**a) signed**

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

**c) ratified**
STEPPING INTO HUMAN RIGHTS

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STEPPING INTO HUMAN RIGHTS

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STEPPING INTO HUMAN RIGHTS

IFHHRO
<table>
<thead>
<tr>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
</tr>
</thead>
</table>
| **A government should refrain from forcefully evicting people from their houses. This is an example of the human rights obligation to**  
  a) respect  
  b) protect  
  c) fulfil | **A government should facilitate or provide a water system that is accessible to everyone. This is an example of the human rights obligation to**  
  a) respect  
  b) protect  
  c) fulfil | **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**  
  a) respect  
  b) protect  
  c) fulfil | **Active participation of people and groups in government decision-making that affects them is an essential feature of human rights. Why?**  
  Because measures taken by the government should always take into account the views, needs and concerns of different groups. |
| a) Obligation to **respect** human rights. | c) Obligation to **fulfil** human rights. | b) Obligation to **protect** human rights. | |

<table>
<thead>
<tr>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
</tr>
</thead>
</table>
| **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… | **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**  
  a) decision-making  
  b) accountability  
  c) participation  
  d) responsibility | **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**  
  a) decision-making  
  b) accountability  
  c) participation  
  d) responsibility | **Name one difference and one similarity between human rights and medical ethics.**  
  **Difference:** human rights focus on government action and medical ethics focuses on the doctor-patient relationship  
  **Similarity:** both human rights and medical ethics are concerned with human well-being |
| Accountability is necessary to determine how, whether and to what extent a government has fulfilled its human rights obligations. | This is an accountability mechanism. It monitors whether a government is doing what it is supposed to do to realize human rights. | This is a mechanism for participation. It gives the farmers an opportunity to play a role in government decision-making that affects them. | |
STEPPING INTO HUMAN RIGHTS

DIFFICULT Cards
3 STEPS

EASY Cards
2 STEPS

USED Cards
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.

<table>
<thead>
<tr>
<th>Example of a violation:</th>
<th>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</th>
</tr>
</thead>
<tbody>
<tr>
<td>The government has enacted a law requiring women to have authorization from a male relative to be able to receive reproductive health services</td>
<td></td>
</tr>
<tr>
<td>Example of a violation:</td>
<td>The active involvement of people and groups in health-related decision-making that affects them</td>
</tr>
<tr>
<td>The government has not taken measures to prevent a large corporation from spraying pesticides which negatively affect the health of a local community</td>
<td></td>
</tr>
<tr>
<td>Example of a measure:</td>
<td></td>
</tr>
<tr>
<td>The government has adopted a new national health policy for 2010 – 2015</td>
<td></td>
</tr>
<tr>
<td><strong>FUNDAMENTAL</strong></td>
<td><strong>RESPECT</strong></td>
</tr>
<tr>
<td>----------------</td>
<td>------------</td>
</tr>
<tr>
<td>to human survival dignity and development</td>
<td>Refrain from violating human rights</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>UNIVERSAL</strong></th>
<th><strong>PROTECT</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>It applies to everyone everywhere</td>
<td>Prevent others from violating human rights</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>INALIENABLE</strong></th>
<th><strong>FULFIL</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>It cannot taken away from a person</td>
<td>Take measures necessary for the realisation of human rights</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>INDIVISIBLE</strong></th>
<th><strong>Convention on the Rights of the Child</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>It is closely connected to other human rights</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th><strong>NON-DISCRIMINATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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,</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PARTICIPATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>National Constitutions</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ACCOUNTABILITY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>European Social Charter</td>
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<tr>
<td></td>
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<tr>
<td>10</td>
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<td>16</td>
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<td>7</td>
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<tr>
<td>4</td>
</tr>
<tr>
<td>3</td>
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<tr>
<td></td>
</tr>
<tr>
<td>24</td>
</tr>
</tbody>
</table>
### Sources of the right to health

- **International Treaties**
- **Regional Treaties**
- **National**

### Government Obligations

### 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

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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.
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
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 status.
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.

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

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 women is refused medical treatment for a serious wound because she has HIV
A farmer cannot afford to have his children treated for tuberculosis

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 shanty area are expired

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

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