INDIVIDUALS
Self-care is critical to advancing people-centered healthcare. By recognizing people’s right to make decisions and take actions to safeguard their own health, self-care promotes autonomy and agency, and provides new ways for people to live healthy lives. Self-care can be especially transformative for vulnerable populations who face challenges accessing care.

HEALTH SYSTEMS
The strongest health systems around the world recognize that self-care is an essential part of the health system. Those health systems support providers in partnering with their patients to ensure they have the knowledge, tools, and resources to care for themselves after they have left the clinic - all while allowing providers to focus their time and attention on patients with the highest needs.

UNIVERSAL HEALTH COVERAGE
Self-care can fast-track progress toward UHC by broadening access to health services for vulnerable populations thus broadening entry points into the health system. A growing number of self-care interventions can increase access to quality healthcare if they are made available and affordable.

GLOBAL DEVELOPMENT
Harnessing self-care as an intervention can contribute to achieving the Sustainable Development Goals, or SDGs, on health (SDG 3), gender equality and women’s empowerment (SDG 5), and reduce inequalities within countries (SDG 10).

JOIN THE #SELF4UHC MOVEMENT
selfcaretrailblazers.org
secretariat@selfcaretrailblazers.org
@SelfCare4UHC

A GLOBAL SELF-CARE MOVEMENT FOR UNIVERSAL HEALTH COVERAGE

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WE ARE WORKING TO ADDRESS THESE CHALLENGES

The SCTG works to address the challenges people face in accessing affordable, high-quality healthcare by improving understanding of and access to self-care. The coalition’s work focuses on the following areas.

Evidence and Research: The SCTG contributes to, develops, and promotes evidence to fill gaps in information needed to accelerate the policy and practice of self-care, and to advance the evidence base for self-care as an avenue to achieve UHC.

Global Advocacy and Communications: The SCTG enhances support for and mitigates opposition to self-care by informing, engaging, and increasing partnerships with global and regional bodies and strategic partners to ensure self-care is included in primary healthcare and UHC resolutions, global strategies, and financing.

National Advocacy and Accountability: The SCTG provides opportunities for members to share advocacy and accountability practices and lessons learned to advance self-care at national and subnational levels.

Shared Learning: The SCTG Learning Lab organizes events and webinars, and provides a range of opportunities, such as the Self-Care Learning and Discovery Series, for members to network, learn from, and share experiences and evidence with one another.

Visit selfcaretrailblazers.org for more information on the SCTG’s focus areas.

WHAT IS SELF-CARE?

The World Health Organization (WHO) defines self-care as “the ability of individuals, families, and communities to promote and maintain health, prevent disease, and cope with illness with or without the support of a healthcare provider.” Self-care enables individuals to exercise greater autonomy, power, and control of their health, and improve their health and well-being.

ABOUT THE SELF-CARE TRAILBLAZER GROUP

The Self-Care Trailblazer Group (SCTG) is a global coalition dedicated to expanding the safe and effective practice of self-care so that individuals can better manage their own health, health outcomes are improved, and health systems are better equipped to achieve universal health coverage (UHC). The SCTG envisions a world where the practice of self-care leads to a more inclusive, equitable, and people-centered approach to optimizing health and well-being across the globe. The SCTG brings together stakeholders from an array of partner organizations to advance the conversation on self-care.

The SCTG consists of more than 220 member organizations and approximately 200 individual members representing more than 60 countries – with 60% coming from the Global South. We’re always looking to grow our membership with self-care champions. If you’re interested in becoming a member you can sign-up here.

WHY THE NEED FOR SELF-CARE IS SO GREAT

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