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World Mental Health Day, observed every year on October 10th, is a global opportunity to raise awareness, improve understanding, and encourage action on mental health issues, reduce stigma, and mobilize global efforts to improve access to mental health services. You are invited to attend our virtual event MORE INFORMATION Improving the Mental Health of Children and Adolescents in Primary Health Care ACCESS Childhood and Access Childh environmental influences (Potter et al., 2017). A life-course approach to mental health emphasizes that experiences in early life not only shape mental health during childhood and adolescence, but also have lasting effects into adulthood, potentially altering an individuals life trajectory (UNICEF & WHO, 2024). The quality of the environment in which children and adolescents grow up plays a key role in shaping their mental health and overall development. Exposure to factors such as violence, bullying, discrimination, conflict, and poverty (UNICEF, 2024) significantly increases the risk of developing mental health conditions. Moreover, the greater the number of risk factors adolescents face, the more profound the potential impact on their mental health (WHO, 2025). Children and adolescents are often viewed as a generally healthy segment of the population, which can lead to their mental health condition (Vos et al., 2020). In the Region, depression and anxiety rank among the top five causes of years lived with disability in this age group, while suicide is the third leading cause of death among those aged 15 to 29 (PAHO: ENLACE, 2021). Failing to address mental health and psychosocial development during childhood and adolescence can have long-term consequences that extend into adulthood, limiting opportunities for individuals to reach their full potential (WHO, 2025). Despite the demonstrated high burden of mental health conditions receive the care they need. This treatment gap is even more pronounced among children and adolescents, who often face additional barriers to accessing mental health services. The 2024 Mental Health Atlas highlights a critical shortage of specialized child and adolescent mental health professionals in low- and middle-income countries, underscoring a substantial unmet need for dedicated care and support. In the Region of the Americas, estimates suggest that the treatment gap for severe mental health disorders in children and adolescents exceeds 50% (Kohn et al., 2018). Governments should develop and implement rights-based policies that strengthen and expand community-based mental health services. These services, provided outside of psychiatric hospitals, are more accessible than institutional care and have been shown to deliver better outcomes (WHO, 2022). Community-based mental health care, such as primary care and general hospitals, as well as specialized community mental health centers, community teams, and peer support services. They also extend beyond the health sector to reach children and young people in the environments where they spend their time, including schools and other youth centers and organizations. Strengthening community based mental health promotion and prevention interventions aim to strengthen an individual's ability to regulate emotions, reduce risk-taking behaviors, and build resilience to manage adversity. Supportive social environments and networks are key to promoting and protecting children and adolescents mental health. Parents and teachers play a key role in helping children and adolescents develop life skills that support their ability to cope with everyday challenges at home and at school. Psychosocial support can also be provided in schools and other community settings to reinforce these efforts. Training health workers is essential to enable early detection and effective management of mental health disorders. To support the capacity of health services to respond to the meeds of children and adolescents, PAHO developed a virtual course titledImproving the most prevalent mental health disorders among children and adolescents in the Region of the Americas and to establish timely and appropriate intervention plans within primary health care settings. The 2025 World Mental Health Day to highlight an urgent issue specific to the Americas Region: the mental health of children and adolescents. This focus responds to growing concerns and unmet needs in this page. Opening Ceremony World Mental Health Dayis observed on 10 October every year, with the overall objective of raising awareness of mental health. The theme this year is Its time to prioritize Mental health working environments can act as a protective factor for mental health. Unhealthy conditions, including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life, and consequently, participation or productivity at work. A Part of Conversation Questions for the ESL Classroom. Are you a member of a health spa or gym? Are you afraid of needles? Are you healthy? Are your parents healthy? Do think that you need to lose weight? Do you catch a cold more than once a year? Do you drink a lot? Do you drink a lot? Do you eat lots of fruit? Do you eat vegetables every day? Do you ever get headaches? Do you know anyone who suffers from migraine headaches? Do you exercise? What kind of exercise do you do? How often do you exercise? Do you go for regular medical check-ups? Do you go to the dentist's twice a year? Do you have a lot of stress? Do you normally go one doctor in particular or any available doctor? Do you know anyone who suffers from backaches? Do you know anyone with false teeth? Do you often eat fast food? Do you smoke? If so, do you smoke more than two cigarettes a day?Do you think smoking is not bad for your health? Do you take medicine when you are sick? Do you take vitamins? Do you think nuclear power is safe? Do you think pets are good for a person's health Do you think that the tobacco companies should be held reasonably responsible for a person's addiction to nicotine? Do you think you will live until a ripe old age? Why or why not? Do you think you we an alarm clock to wake up? Do you usually get enough sleep? Do you watch your weight? What foods do you think are healthy? Have you ever been hospitalized? (Have you ever been in the hospital?) Have you ever been to an acupuncturist? What do you think are healthy? Have you ever been to an acupuncturist? What do you think are healthy? Have you ever been hospital?) Have you ever been to an acupuncturist? What do you think are healthy? Have you ever been hospital?) Have you ever had braces on your teeth? Have you ever sprained your ankle? Have you ever taken a sleeping pill to get to sleep? How many hours of sleep do you get a night? How many hours of sleep do you usually get? How often do you eat junk food?What kinds of junk food do you eat? How often do you get a cold? (How often do you get sick in one year? know to be harmful or addictive, should they be held responsible for the use of that product even if the government approves it? If you smoke, how old were you when you started smoking? If you were President of Korea, what would you do to improve Koreans' health? Should smoking in restaurants be banned? What are some things people can do to keep healthy? What are some things that cause stress? What are some ways to deal with stress? What are some ways you know that you can personally keep yourself healthy? What do you do to stay healthy? What do you do to stay healthy? What are some things you do to stay healthy? What are some ways to deal with stress? What are some ways to deal with stress? What are some things you do to stay healthy? What do you do to stay healthy? What do you do to stay healthy? What do you do to stay healthy? What are some ways to deal with stress? What are some ways to deal with stress? What are some ways you know that you can personally keep yourself healthy? What do you do to stay healthy? What are some ways to deal with stress? What are some ways to deal with stress? What are some ways you know that you can personally keep yourself healthy? What do you do to stay healthy? What do you do to stay healthy? What do you do to stay healthy? What are some ways you know that you can personally keep yourself healthy? What are some ways you know that you can personally keep yourself healthy? What are some ways you know that you can personally keep yourself healthy? What are some ways you know that you can personally keep yourself healthy? 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Would you ever consider having cosmetic surgery? What drinks to you think are healthy? What drinks do you think are unhealthy? What foods to you think are unhealthy? What is the best way to stop smoking? What is the most horrible accident you have ever had? What is the average age of people in your country What kind of pollution is the most risky? What time did you go to bed when you were a child? What's the highest temperature you've ever had? What's the highest temperature you've healthy? Why do people smoke? Would you consider donating your organs after your death? What do you know about the SARS virus? What do you know about the service in this country? How can the health service be improved? Have you been to hospital since you arrived here? What do you know about the SARS virus? What do you know about the service in this country? about AIDS?What do you know about the common cold? What is alternative medicine? Have you ever practiced alternative medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine? What treatments or remedies do you follow when you have a cold? What is alternative medicine? What treatments or remedies do you follow when you have a cold? What is alternative medicine? What treatments or remedies do you follow when you have a cold? What is alternative medicine? Wha when you were a child? Which parent did/does most of the cleaning in your household? How old were you when you had start helping with the dishes/laundry/vacuuming/dusting/? Were the chores divided equally between men and women? Do people in your country shower? Have you ever ended a relationship because your partner cleaned too much or too little? Have you ever ended a relationship because your partner had bad hygiene? Do you enjoy most? How often do you brush your teeth? Have you ever swept something under the rug? Do you use strong cleaners like bleach and ammonia? Have you ever bought a miracle cleaner from a TV infomercial? What's the best way to get stains out? What alternative health therapies? Do you think traditional medicine is a good alternative to modern medicine? In what circumstances should traditional or alternative medicine be used? Do you think traditional therapies are compatible with modern medicine? What are the advantages or disadvantages been ill? Have you any pain the back of your head? How long has it been since you began to feel bad? Have you ever realized during a dream that it is a dream; and have you then been able to change events in that dream? Do you think the government is doing all it can to prevent disease? What do you deal with stress? If you can think of wellness institutions and their programs? How do you deal with stress? If you can think of wellness institutions and their programs? How do you deal with stress? If you can think of wellness institutions and their programs? How do you deal with stress? If you can think of wellness institutions and their programs? (Used by Permission) Copyright 1997-2010 by The Internet TESL Journal Belize City, Belize, March 21, 2025 (PAHO) - Through the European Union-Funded Health and Wellness to provide technical cooperation and support for the development and launch of its Strategic Health Plan for 2025-2034. The plan outlines a comprehensive approach to address Belizes health Coverage (UHC) principles on Equity in Access, Financial Protection, Quality of Care, Comprehensive Service Coverage, Efficiency & Sustainability, and Governance & Accountability, and Governance & Accountabi diabetes, and mental health disorders. Violence-related health conditions and injuries also pose a challenge. Additionally, communicable and vector-borne diseases and antimicrobial resistance remain critical priorities. The BHSSP 2025-2034 acknowledges these challenges while also recognizing the need to address gaps in maternal, infant, child, and adolescent health and vaccine-preventable diseases. The plan also factored in the growing threat of climate change, the gaps in human resources, and the need for stronger governance and digital transformation of the health sector. BHSSP 2025-20234s Three Key Strategic Objectives Strengthen the leadership and stewardship of the Ministry of Health and Wellness by enhancing governance, leadership, accountability, and decision-making. Building on initiatives like the Essential Public Health Functions Action Plan developed in 2023, the plan will strengthen Belizes ability to assess, develop policies, allocate resources, and improve access to health services. Establish a comprehensive, equitable, and people-centered health system strengthened by a solid governance structure. This objective focuses on improving service delivery, financing, and workforce development. This includes integrating Better Care for NCDs into primary health care to ensure early diagnosis and long-term management and care with active participation from all levels. Promoting healthier choices and behaviors among individuals, families, and communities by empowering them to understand and actively exercise their Right to Health. The plan emphasizes the importance of education and prevention programs that encourage proactive and preventative behaviors to reduce the burden of disease. Belizes Progress and Commitment to Disease EliminationBelize has made commendable progress, particularly in efforts like the PAHO Disease Elimination Initiative, which aims to eradicate or eliminate over 30 communicable diseases, including mother-to-child transmission of HIV, syphilis and viral hepatitis, tuberculosis, malaria, cervical cancer and other infectious diseases, by 2030. Belize has already achieved significant success in eliminating malaria and mother-to-child transmission of HIV and syphilis, measles, rubella, and polio. However, there is more work to be done. Strategic Objective Two of the BHSSP 2025-2034 will focus on expanding disease prevention and treatment services for neglected infectious diseases like Chagas and Leishmaniasis. Ensuring solid governance, surveillance, and monitoring systems will lead to maintaining successes and advancing disease elimination efforts. A Whole-of-Society Approach to HealthAs we work towards these goals, I would also like to emphasize the importance of strong intra and intersectoral collaboration, said Dr. Karen Lewis-Bell, PAHO/WHO Representative of Belize. Health is not solely the responsibility of the Ministry of Health and Wellness. Achieving the objectives of the Belize Health Sector Strategic Plan requires collaboration across all sectors, including healthcare, education, finance, social protection, human development, industry and commerce, environmental agencies, civil society organizations, and the private sector. The Health in All Policies approach and the placement of health. Dr. Lewis-Bell further emphasized the importance of community engagement and empowerment through awareness building, risk communication, and ensuring that healthcare services are not only available and accessible, but inclusive and culturally relevant to achieve universal access. The Belize Health Sector Strategic Plan 2025-2034 lays a solid foundation for building an equitable resilient, and people-centered health system. The PAHO/WHO Belize Country Office remains fully committed to supporting Belize in its journey toward achieving its vision of a healthy and empowered population. Access Belizes Health Strategic Plan Here. Overview Key Facts Factsheet PAHO Response Climate change is the biggest global health threat of the 21st century. Health is and will be affected by the changing climate through direct impacts (heat waves, droughts, heavy storms, and sea-level rise), and indirect impacts (vector-borne and airways diseases, food and water insecurity, undernutrition, and forced displacements). Climate change is no longer a distant threatit is a present-day reality with profound implications for human health. From intensifying extreme weather events to shifting patterns of infectious diseases, the health impacts of a changing climate are complex and far-reaching. Scientific consensus is growing around the risks posed by climate change to global health, yet data gaps and interdisciplinary challenges remain. Countries are beginning to assess these risks and develop surveillance systems, but more robust and standardized approaches are needed. By applying principles of sustainability, equity, and precaution, we can better protect vulnerable populations and build resilience for the future. To learn more about the key ways in which climate change affects health, the challenges in assessing these impacts, and the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing these impacts, and the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing these impacts, and the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing these impacts, and the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing these impacts, and the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing these impacts, and the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing these impacts, and the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing the urgent need for coordinated adaptation strategies, visit Climate change affects health, the challenges in assessing the urgent need for coordinated adaptation strategies. future generations it's already happening. Higher mean temperatures are recorded each year, and more people are being affected by disasters, climate-sensitive diseases and other health conditions. Climate change exacerbates some existing health threats and creates new public health challenges. Worldwide, only considering a few health indicators additional 250,000 deaths per year will occur in the next decades as a result of climate change. Investments to greenhouse gas emissions that are the cause of climate change and waste management must be made. Globally, only about 0.5% of multilateral climate finance has been attributed to health projects. Health care facilities are located in areas at risk of disasters. In the last decade, 24 million people were left without access to health care for months because of damaged infrastructure. Data/Statistics PAHO's Climate Change and Health Program aims to prevention and adaptation measures, but also by reducing the emissions of gases that cause climate change - within the health sector and with other sectors.PAHO recognizes that climate change poses significant risks to health and well-being and requires concerted efforts by health authorities and other stakeholders to create climate risks. Technical cooperation is provided through collaborations with ministries of health and other government agencies, through the evidence building network of PAHO/WHO Collaborations with ministries of health, and collaborations with the civil society, and regional and international agencies. Main activities by PAHO Climate Change and Health team: Support countries in the preparation of evidence-based policies and plans: health and climate change vulnerability and adaptation assessments (V&A), Health National Adaptation plans on health and climate change; Strengthen national and regional surveillance: development and implementation of early warning systems for climate sensitive diseases and conditions; Improve health infrastructure: assess and transform health infrastructure to make them safer and operational during and after climate sensitive diseases and conditions; Improve health infrastructure: assess and transform health infrastructure to make them safer and operational during and after climate sensitive diseases. capacity building through workshops and courses on climate change and health, on site and at PAHOs virtual campus; Build partnerships for health co-benefits: promote and measure health co-benefits of intersectoral mitigation actions; Empower health co-benefits of intersectoral mitigation actions and intersectoral mitigation actions and intersectoral mitigation actions action actio meetings on health and climate change; Mobilize resources on climate change and health mitigation and adaptation proposals for funding. To reduce overall vulnerabilities and ensure that health systems are resilient to the impacts of climate change, PAHO/WHO and member states are implementing an agenda of seven interconnected core areas as shown in the graphic below. Each core area spans important aspects that health systems must address and strengthen to anticipate, prepare for, and respond to climate threats. Know more Climate Change for Health Professionals This pocketbook based on empirical data offers essential information for medical personnel and other health professionals to realize the impacts of climate change on their daily practice. With this quick reference guide, providers can easily recognize diseases and side effects related to climate change, implement appropriate management and provide guidance to exposed populations, provide up-to-date information on the relationship between the adverse effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening effects of certain drugs and the worsening of climate change for health country effects of certain drugs and the worsening effects of certain Profile Project aims to raise awareness of the health impacts of climate change, support evidence-based decision making to strengthen the climate resilience of health systems, and promote actions that improve health while reducing carbon emissions. These profiles provide country-specific estimates of current and future climate hazards and the expected burden of climate change on human health, identify opportunities for health co-benefits from climate mitigation actions, and track current policy responses at national level. Read more Evento grabado: El aire que compartimos: la visin de los jvenes (In Spanish) World Health Day 2022 Our Planet, Our Health Climate Change and Health in the Americas: Carbon H Climate Change and Health Information Systems are digital systems are digital systems with open data that comes from different sources and that is ethically used, through effective ICT tools, to generate strategic information Systems may be used to generate information that can enable decision-makers at all levels of the health system to identify problems and needs, make evidence-based decisions on health policy, and allocate scarce resources optimally. Many times, those who need health systems the most are those who have least access to it. Digital technologies have the potential to increase access, but populations with the greatest health vulnerability typically have the lowest levels of digital health connectivity and literacy. Hundreds of millions of people in the Region of the Americas continue to experience structural discrimination, exclusion, and inequality due to lack of access to digital technologies, and to the potential health benefits associated with their use. The Roadmap for the Digital Transformation of the Health Assembly, and the Directing Council of the Pan American Health Organization (PAHO), as well as on related global and regional strategies and recommendations of United Nations (UN) panels on digital transformation. Digital health, and in particular telemedicine visits, electronic records, and electronic prescriptions, have already demonstrated having advantages in successfully ensuring continuity of care for noncommunicable diseases (NCDs), especially when services are disrupted. Telehealth is also useful for monitoring and evaluating interventions for NCDs. Noncommunicable diseases (NCDs) are the main cause of death and disability worldwide, and quality services and successful patient engagement and self-management. [Read more...] Information systems for health can be improved by prioritizing the following areas: governance; multisectoral management; technology infrastructure; standards and interoperability; automatization and interoperability; automatization and interoperability of electronic health records;, privacy, confidentiality, and security of data; data and information processing; knowledge management and sharing; innovation; and risk management. [Read more...] Predictive analytics is statistical analysis that uses data mining, machine learning, and risk management. The advanced in the statistical analysis that uses data mining, machine learning, and risk management. method, recently it has been enhanced by the availability of large data resources or Big Data, increased computational capacity, and modern analytical mechanisms. [Read more...] The COVID-19 outbreak and response has been accompanied by a massive infodemic: an overabundance of accurate and inaccurate information that makes it hard for people to find trustworthy sources and reliable guidance when they need it. Infodemic refers to a large increase in the volume of information associated with a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and whose growth can occur exponentially in a short period of time due to a specific topic and the specific topi a health record residing in an electronic system specifically designed for data collection, storage, and manipulation, and to provide safe access to complete data about patients. EHR offer many benefits compared to paper records: accessibility, support for multiple views, improved communication between providers, communication with patients, data aggregation, access to knowledge bases, and integration with decision support tools. [Read more...] Since 2016, PAHO has collaborated with Member States to develop a renewed framework for information systems for health, along with guidelines, tools, and training materials. The Organization has supported interventions that employ an innovative approach to the development and use of interconnected databases and digital tools. PAHO provides technical cooperation for the adoption of digital solutions and artificial intelligence, as well as standards for ensuring interoperability among information systems and platforms and for the use of emerging and complex technologies in policy and decision making. The actions are aligned with eight principles for digital transformation of the health sector, adapted from the UN Roadmap for Digital Cooperation, that were co-created with Member States and presented by PAHO Director in February 2021. Those principles relate to universal connectivity, digital public health goods, inclusive digital public health architecture. The director of PAHO's Department of Social and Environmental Determinants of Health Equity participated in the event Global Investments in Health: The Infrastructure for Everyday Well-Being, organized by the Federal Reserve Bank of New York. Washington, D.C., February 5, 2025 - Health is not built in hospitals but from factors such as home, education, work, food, environment, among others. For this reason, it is essential to address the social determinants that impact health by working across sectors, with social participation and placing populations of vulnerability at the central idea expressed by the director of PAHO's Department of Social and Environmental Determinants for Health Equity, Gerry Eijkemans, at the online event Global Investments in Health: The Infrastructure of Everyday Well-being, organized by the Federal Reserve Bank of New York. Moreover, keeping people healthy and with high levels of well-being has a huge socioeconomic impact, which is why health promotion is so important, Eijkemans reminded. "There is scientific evidence that promoting healthy and with high levels of well-being has a huge socioeconomic impact, which is why health promotion is so important, Eijkemans reminded." lifestyles and prevention not only improves the quality of life of the population, but also reduces healthcare costs and increases productivity, as healthy people are more productive at work. All this therefore implies a positive economic return in the long term," said Eijkemans. Economic studies have shown that health promotion interventions report a very high return on investment. Thus, a systematic review on this topic public health interventions of 14 to 1. That is, for every pound invested in public health, 14 are returned to the overall health and social economy, she argued. Other studies point out that for every \$1 invested in health promotion, \$2 to \$4 is saved in future health costs, and for every \$1 invested in water, sanitation and hygiene (WASH), up to \$7 is saved in health expenditures. Hence, warned Eijkemans, "cuts in public health budgets represent a false economy. They are likely to generate billions in additional costs for health services and the economy as a whole. "Eijkemans considered that is necessary to take a broader and more holistic approach to health. She noted that 20% of people's health is linked to medical care and attention and another 30% is related to social determinants, such as employment, housing, income level or education, and 10% to factors related to the environment in which people live and work. Against this backdrop, there is a key question to ask: Why cure people and send them back to the situation that made them sick? she reflected. The Federal Reserve Bank of New York webinar focused on investment strategies to address the social determinants of health to improve the health and economic outcomes of communities. Topics covered included strategies for developing infrastructure to improve health, mobility and sustainability, municipal financing, outcome monitoring, and examples of communities leveraging their assets. People in situations of vulnerability at the coreThe Director of the Department of Social and Environmental Determinants for Health Equity mentioned that addressing social determinants is especially relevant in the Region of the Covid-19 pandemic, when the Region was for many months the epicenter due to health inequities. Now we are facing the triple planetary crisis (climate change, biodiversity loss and pollution) and the analysis repeats itself: those who contribute the least to the environmental crisis are the most affected, vulnerable territories such as small island states, and within each country, people and communities in situations of vulnerability will receive the greatest impact, so that climate change will aggravate inequities, she said. Eijkemans mentioned several of PAHO's tools, projects and strategies in this regard, such as the Strategy and Plan of Action on Health Promotion within the Context of the Sustainable Development Goals 2019-2030, the Healthy Municipalities, Cities and Communities Movement, the network of experts on intersectoral work, the Policy for Recovering Progress toward the Sustainable Development Goals with Equity-Oriented Health Sector Action on Climate

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