TEN THINGS YOU CAN DO FOR INTERNATIONAL UHC DAY: 12 DECEMBER 2022

POSITIVE UNIVERSE

WHAT IS UHC DAY?

Universal health coverage (UHC) means all people, everywhere, can get the quality health services they need without financial hardship.

Every 12th December, advocates worldwide mobilise on UHC Day to call for strong, equitable health systems that leave no one behind.

The theme of this year's UHC Day is '**Build the World We Want: A Healthy Future for All**'.

For more information about UHC Day go to:

https://universalhealthcoverageday.org/

" If universal health coverage is to be truly universal it must encompass everyone, especially those who have the most difficulty accessing health services, such as migrants, rural populations, people in prison, LGBT community, sex workers, drug users, poor people #Healthforall "

Dr Tedros Adhanom Ghebreyesus, Director-General, WHO

WHAT IS THE LINK BETWEEN UHC AND HIV?

UHC is about everyone being able to access the health services they need without suffering financial hardship.

The number of people living with HIV globally that do not know their status is still unacceptably high. Over 12 million people living with HIV still do not have access to treatment. Less than half of key populations are being reached with combination HIV prevention services in many countries. While many people living with HIV do not have to pay for their ARVs, they do have related expenses such as travelling to the clinic, paying for lab tests, hospital stays, loss of income, and buying supplements.

If UHC was a reality, it would mean that all people living with HIV and at risk of HIV, including people who use drugs, sex workers, LBGT people and adolescents, have access to high quality comprehensive prevention, treatment and care services without experiencing financial hardship.

WHAT CAN YOU DO TO MARK UHC DAY ON 12TH DECEMBER?

Below are ten things you can do. You don't need to do all ten. Have a look, be inspired and do the ones that would be most impactful in your context.

1 LEARN MORE ABOUT UHC

UHC aims to improve three key areas:
• Higher numbers of people accessing health services
• Removal or reduction of health fees and treatment costs
• An expanded range of services

For people living with HIV, that would mean higher numbers of people getting tested, getting support to stay HIV negative, or receiving treatment and getting support to stay undetectable - receiving the full range of HIV prevention treatment and care services without paying for them out of their own pocket.

There are several places you can learn more about UHC and what it means for HIV. Here are three documents to start with:

- A Human Rights Perspective on UHC: Stories from Indonesia, Kenya, Southern and Eastern Africa, Ukraine and Vietnam. PITCH, 2019
- HIV and universal health coverage — A guide for civil society. UNAIDS, April 2019.
- Protect the gains, push for progress: How to advocate for effective inclusion and integration of HIV services in Universal Health Coverage, in the context of COVID-19, 2020

2 WATCH & SHARE A VIDEO

Here are three short videos to watch and share with your community. They are all in English but have subtitles in several languages.

- WHO: Universal Health Coverage - What does it mean? (1.5 minutes)
- WHO: Universal health coverage - the best investment for a safer, fairer and healthier world (2.5 minutes)
- Universal Health Coverage: Right. Smart. Overdue. (2.5 minutes)

3 RAISE AWARENESS OF UHC DAY IN YOUR COMMUNITY

From 5th -12th December, share the UHC Day theme graphic on your social media channels:

BUILD THE WORLD WE WANT: **A Healthy Future for All** UNIVERSAL HEALTH COVERAGE DAY | 12.12.22

This theme graphic is also available in Russian, French, Spanish, Arabic and Chinese from:

https://universalhealthcoverageday.org/

On social media, remember to use the hashtags **#LeaveNoOneBehind, #UHCDay** and **#HealthForAll** and the handles **@UHC2030 @UHC_Day @gnpplus**

4 JOIN THE CIVIL SOCIETY MECHANISM FOR UHC2030 (CSEM)

The Civil Society Engagement Mechanism for UHC2030 (CSEM) is the civil society constituent of UHC2030, the global movement to build stronger health systems for UHC.

The CSEM raises civil society voices in UHC2030 to ensure that UHC policies are inclusive and equitable, and that systematic attention is given to the most marginalized and vulnerable populations so that no one is left behind.

Available in French, Spanish and English, the online CSEM Health for All Advocacy Toolkit provides national-level civil society organizations (CSOs) and health networks with the necessary resources to engage with government dialogue and kick-start advocacy initiatives.

Membership in the UHC2030 CSEM is open to all civil society representatives advancing health, financing and governance agendas that relate to achieving UHC. Identifying as a UHC advocate is not required to join. Once we have reviewed and accepted your application, you will start receiving all CSEM communications via email. This process can take up to five business days.

For more information and how to sign up, go to:

https://csemonline.net/

csem
Civil Society Engagement Mechanism for UHC2030

HEALTH FOR ALL ADVOCACY TOOLKIT

"The fundamental step a country can take to promote health equity is to move towards universal coverage: universal access to the full range of personal and non-personal health services they need, with social health protection."
~ The World Health Report 2008

6 CALL FOR ACTION

From 5th December onwards, use your social media channels to call on your government and local and regional policymakers to prioritise UHC that is equitable, inclusive and based on human rights. Use these suggested posts or make your own:

No UHC without an end to HIV. #LeaveNoOneBehind #UHCDay

The UHC we want: Community-led, rights-based and people-centered. #LeaveNoOneBehind #UHCDay

Discrimination has no place in a health system. No matter your gender, race, religion, sexual orientation, age, ability or citizenship, #HealthForAll means *everyone* can get the health services they need, w/out discrimination or financial hardship. #LeaveNoOneBehind #UHCDay

In the fight for #HealthForAll, we must put the needs of the poorest & most marginalised groups first, not last. #LeaveNoOneBehind #UHCDay

#COVID19 has exacerbated existing health disparities that minority racial and ethnic groups face on a daily basis. #HealthForAll requires that marginalised communities have an equitable stake & equal representation in research, policy, and decision-making. #UHCDay #LeaveNoOneBehind

In 2022, every health system should be gender-responsive. We must meet the unique health needs of all genders to truly #LeaveNoOneBehind on the path to #HealthForAll. #UHCDay

This #UHCDay, it's clearer than ever that leaders have a responsibility to:
• Listen to science
• Address misinformation and alleviate fear
• Act on evidence to meet the needs of all people

5 ASK QUESTIONS ABOUT UHC

Every country in the world has committed to achieve Universal Health Coverage by 2030 as part of the Sustainable Development Goals (SDGs).

In 2019, this commitment was further strengthened with the Political Declaration of the High-Level Meeting on Universal Health Coverage setting out an ambitious agenda for the next 10 years.

What is your government doing to ensure universal access to quality essential health-care services?

How is your government responding to HIV - because there will be no UHC if we do not end AIDS as an epidemic?

Are safe, effective, quality and affordable essential medicines and vaccines available to everyone that needs them?

Ask your MP and government ministers about their position on UHC and what they are doing to ensure **#healthforall.**

7 DEMAND A SEAT AT THE TABLE

Your government has pledged to engage civil society in the development, implementation and evaluation of national health and social policy (UN Political Declaration on UHC 2019).

WHO recommends that national citizen consultations should be held as one of the first steps in the national health planning cycle. CSOs, NGOs, community leaders and community institutions from all sectors can all undertake or participate in citizen consultations.

Are civil society,and especially networks of people living with HIV, in your country engaged in the national process to scale up universal health coverage?

Has your community been invited to participate in citizen consultation?

Use the slogan **'Nothing about us without us: Put U(s) into UHC'** to call for meaningful engagement of communities at every stage of the design, implementation and monitoring of UHC.
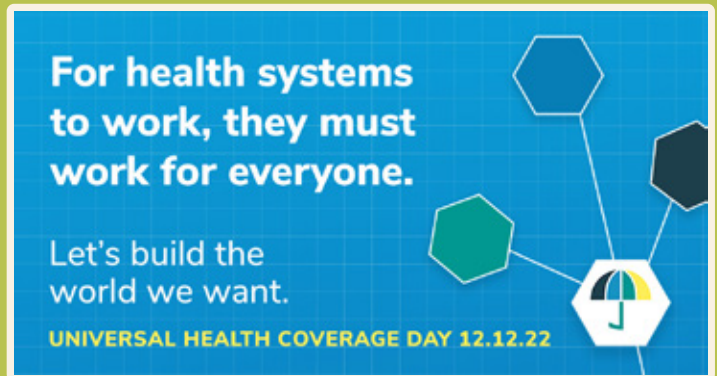
8 MARCH FOR CHANGE!

Following local social distancing guidelines,

hit the streets on 12th December in any way you can in the spirit of Health for All solidarity!

There are lots of ways you can participate, as long as it is something visual:

Creating rally posters with advocacy messages

Make a short video about what health care should look like in your community

Tae a short ~5 second video or selfie of yourself walking, running, or however you are able to be active. Post it on social media with a message on why you're moving to raise awareness of the need to **#LeaveNoOneBehind**. If you do better with a goal, try getting in 2,030 steps (about 25-30 minutes of movement) in honor of world leaders' commitment to achieve Health for All by 2030.

> For health systems to work, they must **work for everyone.**
>
> Let's build the world we want.
>
> **UNIVERSAL HEALTH COVERAGE DAY 12.12.22**

Whatever you end up doing, take a picture or video and post it on social media using the **#LeaveNoOneBehind** hashtag during the 12th December.

9 WRITE AN ARTICLE ABOUT WHAT UHC WOULD MEAN TO YOU

To mark UHC Day, write a short article or blog for your community magazine, website, or local newspaper describing what UHC would mean for you and your community. Keep it short and simple.

Here are some examples for inspiration:

https://www.gnpplus.net/i-am-ready-are-you/

https://www.pwn-usa.org/pwnspeaks-blog/what-long-term-survivors-day-means-to-me/

https://hivpolicyspeakup.wordpress.com/2012/11/08/what-does-a-good-health-care-worker-look-like-for-a-woman-living-with-hiv/

10 SHARE YOUR PLANS & ACTIVITIES

Feel free to share your ideas and plans with everyone involved in the GNP+-led Positive Universe programme as you plan for UHC Day.

Keep colleagues and friends at GNP+ in the loop on social media by using the handle @gnpplus

Let the UHC Day Campaign know what you are doing to mark UHC Day by using the form online at:

https://universalhealthcoverageday.org/global-campaign/

> **"We want a UHC that puts the last mile first – placing the needs of the poorest and most marginalised members of society at the front and centre of the health response, thus transforming 'leave no one behind' from rhetoric to reality!"**
>
> Sbongile Nkosi, Board Member, GNP+

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