

**Life for Humans, Future for the Planet**

Frances A. Claudio Flores

Alejandra Morges Gómez

Miguel Rodríguez Casillas

INGL 3102-H01: Basic English II

Professor Jesús López

April 18, 2022

### **Life for Humans, Future for the Planet**

“Environment is no one’s property to destroy; it’s everyone’s responsibility to protect” (Mohith Agadi). The Sustainable Development Goals (SDGs) are a list of 17 goals created with the intention of improving certain aspects that have affected the entire world. It is based on collaboration from different locations around the world to contribute to the cause and ensure a future that provides quality of life for each of us and our successors. The idea is to achieve this goal by the year 2030. By the end of that year, it is expected to have created sustainable development in different dimensions of what we know as planet Earth, whether environmental, economic or social. It also seeks to promote human rights by supporting, respecting and protecting them without distinction of person. With this tool, a support network is created to sustain and maintain harmony in every small part of the world. [Although the Sustainable Development Goals are divided into 17 targets, number 3 has high levels of importance such as what it entails, the most frequent conditions and common situations in the daily lives of many people.](#)

The third goal seeks to ensure healthy lives and promote well-being for all at all ages. Health is an important pillar in the development of every individual regardless of social status, physical appearance or religion. Being healthy is not a luxury, but rather a necessity that every human being should consider as a priority. Undoubtedly, every day we live situations that lead the health system to be a deficient and pitifully complicated one for some members of society. [According to Knoema, by 2020 a mortality rate of 9.9 per 1,000 people was recorded in Puerto Rico, a fact that leads us to see more closely](#)

the need for change. That is why this goal is part of the SDGs, the world needs healthy people who can make this a better one.

A study conducted by ClinicalVault revealed the most common conditions seen in Puerto Rico. In the case of men, it shows that it is more common to observe cancer, kidney disease, atrial fibrillation, psychotic disorders and autism; while, in women, arthritis, hyperlipidemia, osteoporosis, hypertension and Alzheimer's disease are more common. Diseases that could be reduced by improving the health services offered to patients and the availability of everyone to be open to any possibility in terms of diagnosis. According to Caro Saracho for Actitud Fem, there are several reasons why we stop attending medical services, among these she mentions that we do not like to listen to what they tell us, we think we know more than the doctors, we are too busy, we consider it a weakness and we are afraid of a negative diagnosis. But are these the only reasons for the decline in human wellbeing in terms of health?

In medical offices there are different situations faced by patients daily. As one of them we can describe the faces of individuals when they hear the price of a consultation as private because they do not have a medical plan or, in any case, do not have the necessary coverage. When did it start to cost so much to try to be healthy?

Undoubtedly, health has become so difficult due to economic issues that it is inexplicable. Every human being should have access to drugs, consultations and surgical procedures at a reasonable price. That would be a good way to begin to ensure that we all have the physical well-being we need. A good option could be to create free clinics on scheduled dates or to donate medicines to those patients who cannot afford them. It should be emphasized that in any case, it should also be up to each one of us

to have the sense of responsibility to attend medical appointments and create a routine of our medications to take, as this depends on us and our desire to improve and make our future one with a better quality of life.

In view of what health implies, the innumerable conditions and situations that many people live in on a daily basis, purpose number 3 of the Sustainable Development Goals is imposed. What does the world need? A union that makes health an essential issue, obtaining a system anchored to present and future improvement. Being healthy is not a maybe or a probably, but a pillar that can promise to live a fair time for everyone. To guarantee health and well-being for everyone at all ages is to want to ensure future generations and conserve the current ones to make this a better planet. To be part of the process is to enjoy the magnificent result to be obtained. Caring is improvement and improvement are and will be the Sustainable Development Goals.

## References

Agadi, M. (n.d.). *Sdgs Quotes (15 quotes)*. Good Reads.

<https://www.goodreads.com/quotes/tag/sdgs>

*Condiciones más comunes en Puerto Rico*. (2017, January 21). Clinical Vault.

<https://clinicalvault.health.blog/2017/01/10/condiciones-mas-comunes-en-pr/amp/>

ECLAC. (n.d.). *The Sustainable Development Goals (SDGs) | Static Page | Economic*

*Commission for Latin America and the Caribbean*. Cepal.

<https://www.cepal.org/en/topics/2030-agenda-sustainable-development/sustainable-development-goals-sdgs>

*Puerto Rico - Crude death rate*. (2019, August 28). Knoema.

<https://knoema.com/atlas/Puerto-Rico/Death-rate>

Saracho, C. (2012, February 22). *5 razones por las que no vamos al médico*.

ActitudFem. <https://www.actitudfem.com/belleza/articulo/5-razones-por-las-que-no-vamos-al-medico?amp>

United Nations. (n.d.). *Goal 3—The SDGs and a Healthier 2030*.

<https://www.un.org/en/chronicle/article/goal-3-sdgs-and-healthier-2030>