



WORLD HEALTH DAY

Building a fairer, healthier world

Together, all the way.SM



Spring is on our doorstep, meaning World Health Day on **7 April**, is almost here.

WHAT IS GOOD HEALTH?

For some, good health may be the absence of illness. For others, it may be following a balanced diet or living a healthy lifestyle. In reality, good health is made up of several factors and, as defined by the World Health Organization (WHO), is a “state of complete physical, mental, and social well-being.”¹

BUILDING A FAIRER, HEALTHIER WORLD

The theme for this year’s World Health Day is “building a fairer, healthier world”. The WHO is calling on leaders across the globe to ensure that all people have access to quality healthcare and that they are granted living and working conditions that are safe and conducive to good overall health.²

It’s been a trying year for all of us. COVID-19 has hit all countries hard, but communities that were already vulnerable, who are less likely to have access to quality healthcare, are more exposed to the disease, and are disproportionately affected.³

This World Health Day, we’re helping raise awareness about health equality

and the importance of building a fairer, healthier world.

DID YOU KNOW?

- › One in four adults and 81% of adolescents do not do enough physical activity.⁴
- › When it comes to mental health, depression is one of the leading causes of disability, with suicide as the second leading cause of death among 15-29-year-olds.⁵
- › In terms of nutrition, 47 million children under the age of five are too thin for their height.⁶

It’s important to look after your mental well-being as well as your physical health, especially in challenging times. That’s why we will continue to develop our range of services to look after the Whole Health of everyone we serve.

CIGNA FOUNDATION

Cigna’s values guide how we deliver on our mission to make healthcare more accessible to everyone. In partnership with UNICEF, the Cigna Foundation provided critical support efforts to address the COVID-19 pandemic.

- › We supported partnerships with Cup of Uji in Kenya and Akshaya Patra in India through the Healthier Kids For Our Future program.
- › In Thailand, we work with the Foundation for Rehabilitation and Development of Children and Family (FORDEC) and Warm Healing to protect vulnerable populations and their families during these most challenging times.

Summer approaching means brighter days are coming, and every day takes us one step closer to putting the pandemic behind us. But the need for accessible healthcare will persist, and at Cigna we will continue our work to create better, healthier, and fairer health services.

Please reach out to your Cigna team if you have any questions.

CIGNA EUROPE

1. World Health Organization. Constitution. <https://www.who.int/about/who-we-are/constitution>. Accessed 3 March 2021.
2. World Health Organization. World Health Day 2021. <https://www.who.int/campaigns/world-health-day/2021>. Accessed 3 March 2021.
3. Centers for Disease Control and Prevention. Health Equity Considerations and Racial and Ethnic Minority Groups. <https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>. Updated 12 February 2021. Accessed 3 March 2021.
4. World Health Organization. Physical activity. https://www.who.int/health-topics/physical-activity#tab=tab_1. Accessed 3 March 2021.
5. World Health Organization. **Mental Health**. https://www.who.int/health-topics/mental-health#tab=tab_1. Accessed 24 February 2021.
6. World Health Organization. Levels and trends in child malnutrition. <https://www.who.int/publications/i/item/jme-2020-edition>. Accessed 3 March 2021.



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