



IFHE Press Release

12th March 2017

World Home Economics Day 20th March 2017

“Home Economics Literacy: Empowering for healthy and sustainable Lifestyles”

The International Federation for Home Economics (IFHE) supports the United Nations Sustainable Development Goal “**Ensure Healthy Lives and Promote Well-Being for All at all Ages**” (SDG 3).

Fundamental to achieving the SDGs will be the recognition that eradication of poverty and inequality, creating inclusive economic growth, preserving the planet and improving population health are not just linked but interdependent.

One central aim of the SDG 3 is 3.8 Universal Health Coverage (UHC). *“UHC is the only target that underpins, and is key to the achievements of, all the others which is defined as ensuring that all people can use the promotive, preventive, curative, rehabilitative and palliative health services they need of sufficient quality to be effective, while also ensuring that the use of these services does not expose the user to financial hardship.”*

IFHE advocates for individuals, families and communities to achieve universal health coverage, empowerment and well-being, to utilise transformative practices, in order to facilitate sustainable futures. IFHE promotes and supports Home Economics education and literacy in the local and global context.

Achievements of Home Economics Education

The significance of Home Economics education for the well-being of individuals, families and communities to meet the daily challenges especially the critical health related challenges is obvious. Children, mothers, parents and household members, who learned about the risks and context as well as the rules, measures or recommendations for health prevention in the different household areas are able to avoid many diseases. Home Economics education in general education supports many of the targets of the SDG 3.



IFHE as an advocate for Home Economics education has published many documents about the results and effects of Home Economics education around the world. Food security and nutrition, hygiene including water and sanitation, textiles, housing, household technology are key subjects of Home Economics education along with resource management including finance management and social security.

Many projects in Home Economics education for example the sweet potato project in Tanzania or the garden project in Guyana or Moldova demonstrate that women or pupils in schools can grow vegetables for healthy meals and for income generation.

Home Economics in Daily Life supports Health

Professionals educated and trained in Home Economics work for example in family households, institutional households, in communities, extension services and support individuals, families or communities to meet their needs and take care for children, elderly handicapped and other people, who suffer from mental diseases. Home Economics professionals are key persons for the well-being of people, who are not able to take care for themselves because of their age, disabilities or health situation. They are educated to promote health and healthy lifestyles.

Household leaders, mostly women, take care to ensure that the basic needs of their family or the household members are met. Based on role models of their mothers or learning by doing they manage their resources to improve the well-being of the household members. Household leaders with Home Economics competences do have more knowledge and skills to avoid health risks and to promote health. But in many countries the social, environmental or economic and legal framework conditions for households are not conducive so households have to struggle with health risks.

For more information about Home Economics and Health Literacy see the IFHE Statement “**Ensure Healthy Lives and promote Well-Being for All at all Ages**” on the following website: <https://www.ifhe.org/1095/>