


BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE




MAKE A DIFFERENCE

"Because we are interested in promoting wellness, we will integrate medicine with performing arts, arts and crafts, agriculture, recreation, nature, and social services."
— Dr. Paul Haden

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"It is health that is an opportunity to highlight the problems, not solutions, the ultimate action. It is an action to call all partners — governments, international donors, and society the private sector, the media, business and individuals — to develop sustainable activities for the survival, health and well-being of mothers and children."
— Tull Jones

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MAKE A DIFFERENCE

"Everything is now for sale. Even those areas of life that we once considered sacred like health and education, food and water and air and seeds and greens and a heritage. It is all now for sale."
— Maudie Barlow

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MAKE A DIFFERENCE

"Creating a world that is truly fit for children does not begin until the absence of war. It means having the confidence that our children would not die of measles or malaria. It means having access to clean water and proper sanitation. It means building a world fit for children, where every child can grow to adulthood in health, peace and dignity."
— Carol Bellamy

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MAKE A DIFFERENCE

"There has to be a real growth oriented leadership, the sustainable development without teaching division and nationalism. The international security without creating ethnic divisions. And a hope for the spread of freedom, democracy and human dignity values are best health in a basic human right."
— Jane Curtis

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What's Your BetterWorld Issue:

HEALTH

...make a difference...


Be a hero for a better world.
Every act of compassion
makes a difference!
Start a BetterWorld Club.
Join the BetterWorld Movement.

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"America's health care system is neither healthy, caring, nor a system."
— Walter Cronkite

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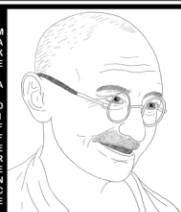
MAKE A DIFFERENCE

"Clean water and health care and school and food and the roads and current floor, all of these things should constitute a set of basics that people would have as birthrights."
— Dr. Paul Farmer

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"It is health that is real wealth and not pieces of gold and silver."
— Mahatma Gandhi

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"Of all of the forms of inequality, injustice in health is the most shocking and the most inhumane."
— Martin Luther King Jr.

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"We had people can enhance their dignity, their health and their learning capacity. Putting resources into social programs is not expenditure. It is an investment."
— Luis Lora de Silve

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"NICEEY is helping mothers realize their dreams for the future — a future in which the basic needs for a child's survival, food, clean water and energy health care — are guaranteed."
— Barbara Ford

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"Our health relies entirely on the vitality of our fellow species on Earth."
— Barbara Ford

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"I think it's important for me as an author that I say these are the issues I'm going to be talking to. One of the things we as women and children's health around the world and their rights."
— Helen Caldicott

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"We have to create a new paradigm of health care where we release every nation, and every child, from the burden of disease and death. This is the only way to create a new world where we can live in peace and harmony. We must create a new paradigm of health and progress for communities and nations."
— George Villalobos

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"We live in a time when the world's impossible and impossible are no longer part of the scientific community's vocabulary. Each day we move closer to being that old and just because the symptoms of disease and injury just eliminate them."
— George Villalobos

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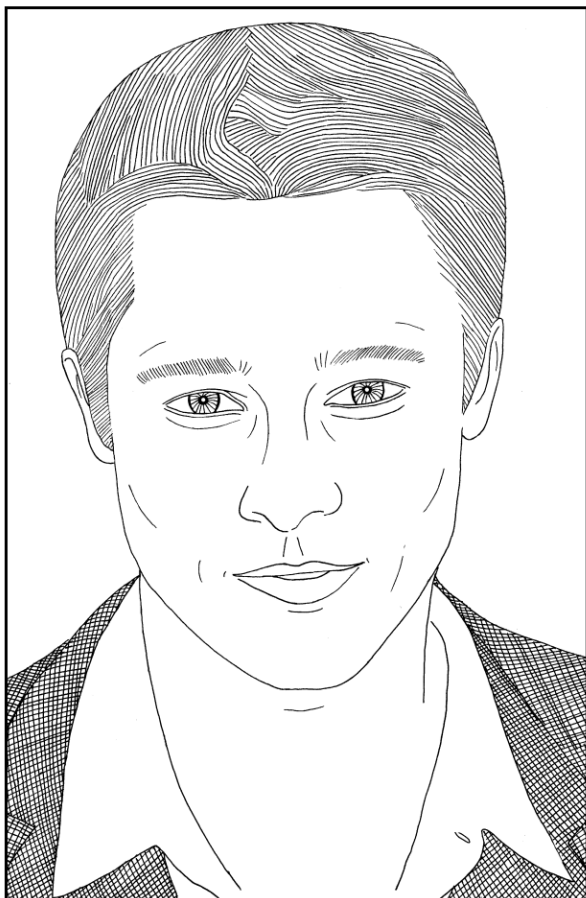
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— George Villalobos

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WHAT'S YOUR BETTERWORLD ISSUE?

HEALTH



"Kids are dying from diarrhea ...
that just shouldn't be in this day and age,
and it's that kind of thing that needs
to be changed. Enough is enough..."
-- Brad Pitt

Good health is one of the most important ingredients for a happy and productive life. And yet, many people do not have access to health care and live in conditions that spread disease. Nearly 11 million children die before they reach their 5th birthday and each year half a million women die in pregnancy or childbirth. Most of these deaths can be prevented!

World Health Day, on April 7, is an opportunity to highlight the progress that has been made to create a safer, healthier world and the steps that still need to be taken. This day commemorates the creation on April 7, 1948 of the World Health Organization (WHO), the United Nations' specialized agency for health.

World Health Day is a good time to debate the issue of 'universal health care.' In 1948, one of the declarations in the Universal Declaration of Human Rights stated that all people should have access to the medical care they need to lead healthy lives. Today, the United States is the only major industrialized country that does not provide health care for all of its citizens.

World Health Day is also a time to remind governments about their commitment to focus on health issues in the Millennium Development Goals, which all of the World's leaders agreed to at the UN in the year 2000. All nations have pledged to specific goals in reducing child mortality, improving maternal health and fighting HIV/AIDS, malaria and other diseases by the year 2015. Some progress been made, but more needs to be done.

On World Health Day thousands of global activities take place to re-ignite interest from the public, media, organizations and governments to focus attention on sustainable activities throughout the year to create a healthier world for all, and to remind us that 'good health' is more than just the absence of disease - it is a state of complete physical, mental and social well-being.

Be A Hero For A Better World!

1. Find out more about universal health care
2. Sponsor a showing of SICKO
3. Write to Congress urging universal health care
4. Support organizations working for universal health care

Health Links

- Family Health International (fhi.org)
- Global Health Council (globalhealth.org)
- SICKO (sicko-themovie.com)
- Universal Health Care Action Network (uhcan.org)
- World Health Day (who.int/world-health-day)
- World Health Organization (who.org)

For more information: www.betterworld.net/health.htm

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**"Because we are interested in promoting wellness,
we will integrate medicine with performing arts, arts and
crafts, agriculture, recreation, nature, and social service."**

-- Dr. Patch Adams

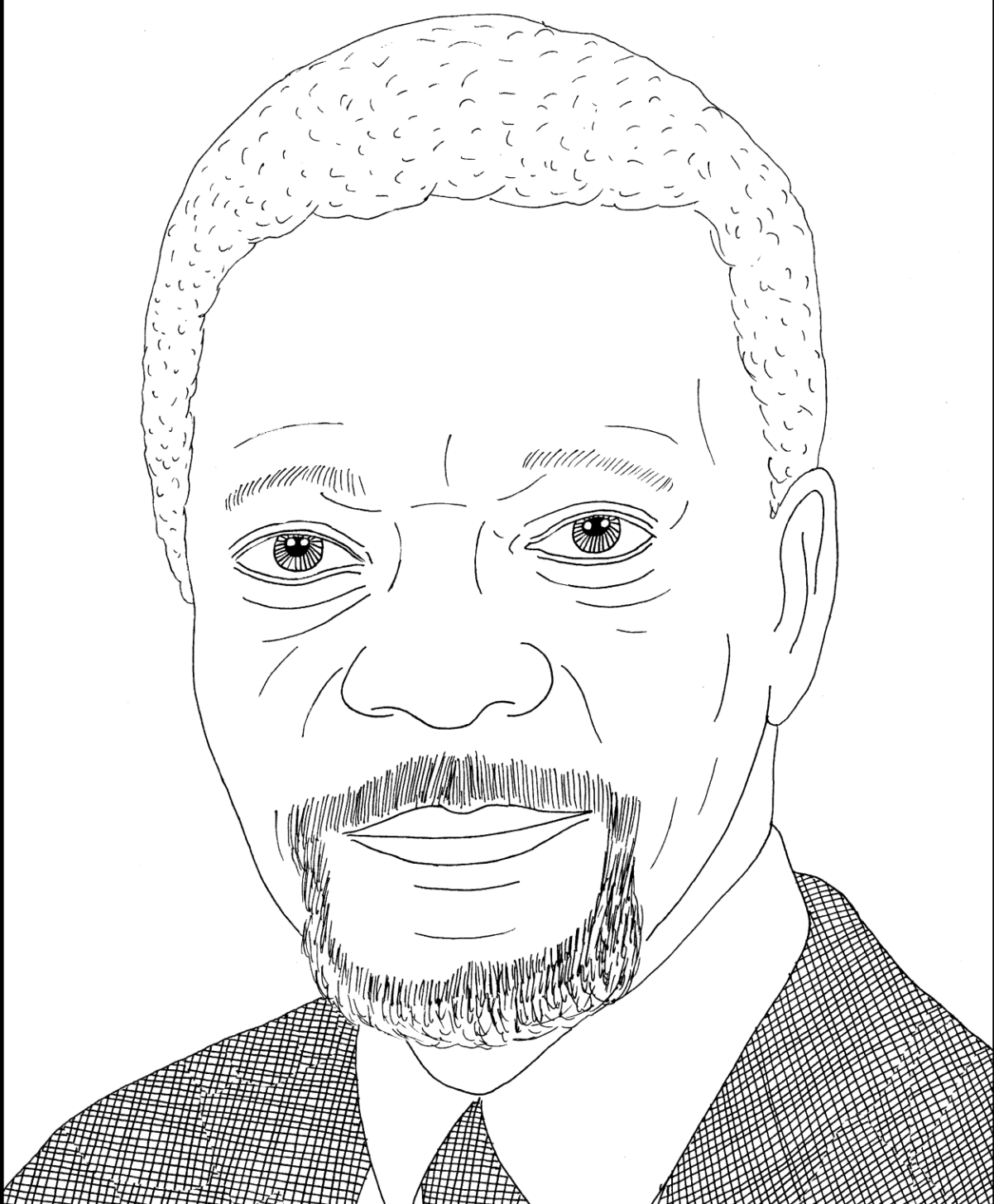
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"World Health Day is an opportunity to highlight the problem, but above all, to stimulate action. It is an occasion to call on all partners -- governments, international donors, civil society, the private sector, the media, families and individuals alike -- to develop sustainable activities for the survival, health and well-being of mothers and children. " -- Kofi Annan

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"Everything is now for sale. Even those areas of life that we once considered sacred like health and education, food and water and air and seeds and genes and a heritage. It is all now for sale."

-- Maude Barlow

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"Creating a world that is truly fit for children does not imply simply the absence of war. It means having the confidence that our children would not die of measles or malaria. It means having access to clean water and proper sanitation...It means building a world fit for children, where every child can grow to adulthood in health, peace and dignity." -- Carol Bellamy

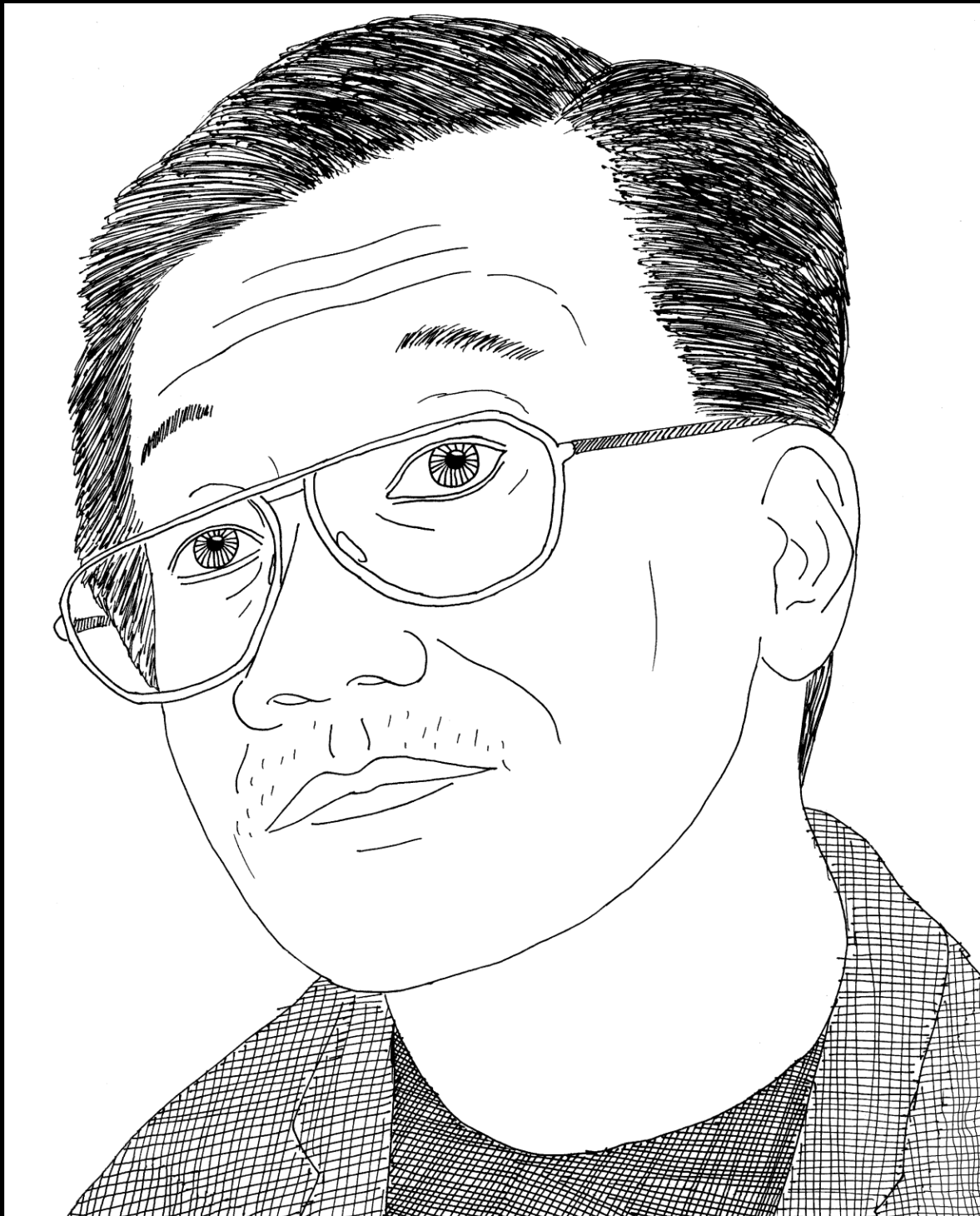
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"A diet higher in whole grains and legumes and lower in beef and other meat is not just healthier for ourselves but also contributes to changing the world system that feeds some people and leaves others hungry."

-- Dr. Walden Bello

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"I do care a great deal about the environment but my real work and my greatest challenge is trying to overcome deceits that end up jeopardizing public health and safety."

-- Erin Brockovich

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"There can be no real growth without healthy populations. No sustainable development without tackling disease and malnutrition. No international security without assisting crisis-ridden countries. And no hope for the spread of freedom, democracy and human dignity unless we treat health as a basic human right."

-- Gro Brundtland

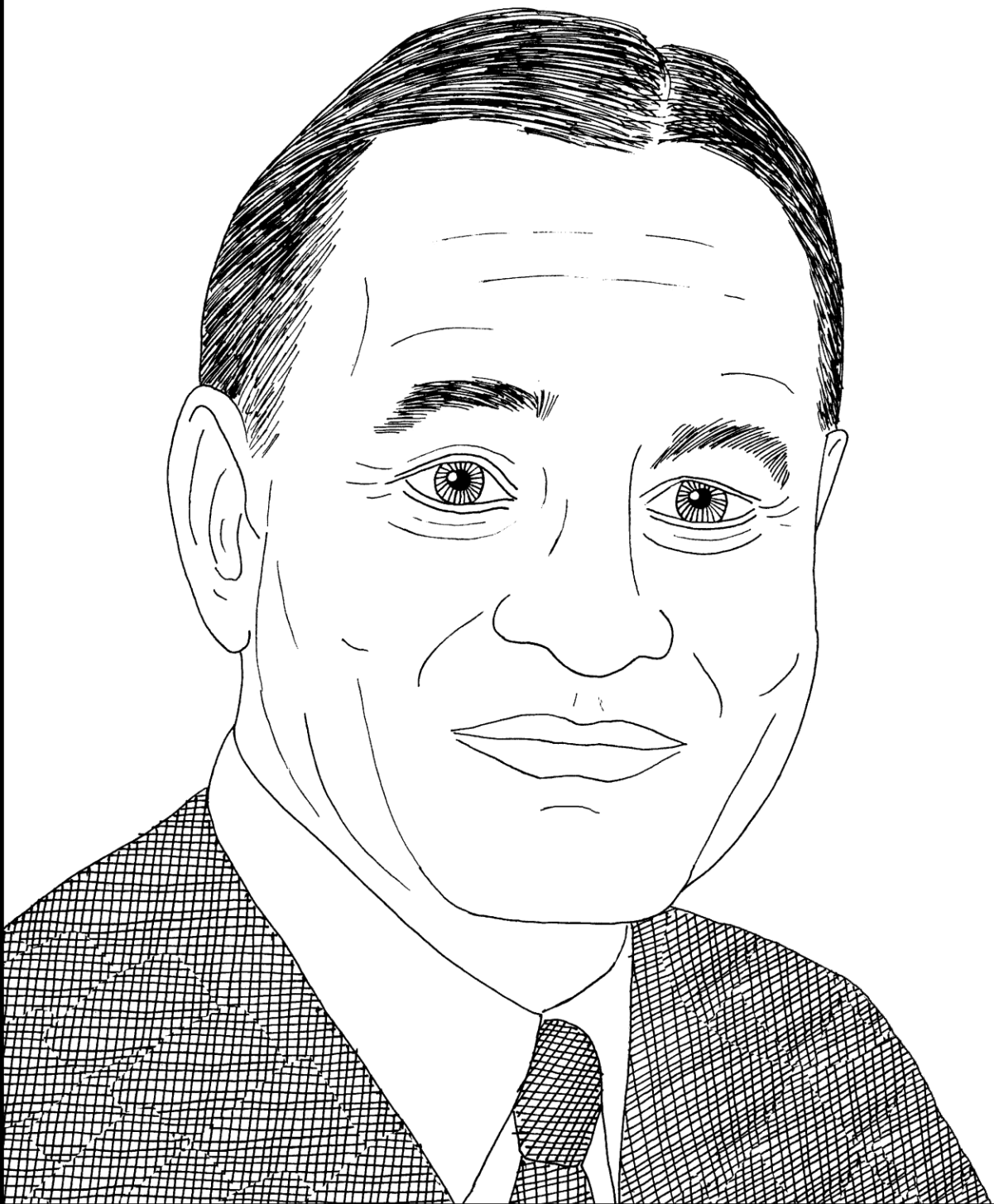
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"Peace, to have meaning for many who have known only suffering in both peace and war, must be translated into bread or rice, shelter, health, and education, as well as freedom and human dignity - a steadily better life."

-- Ralph Bunche

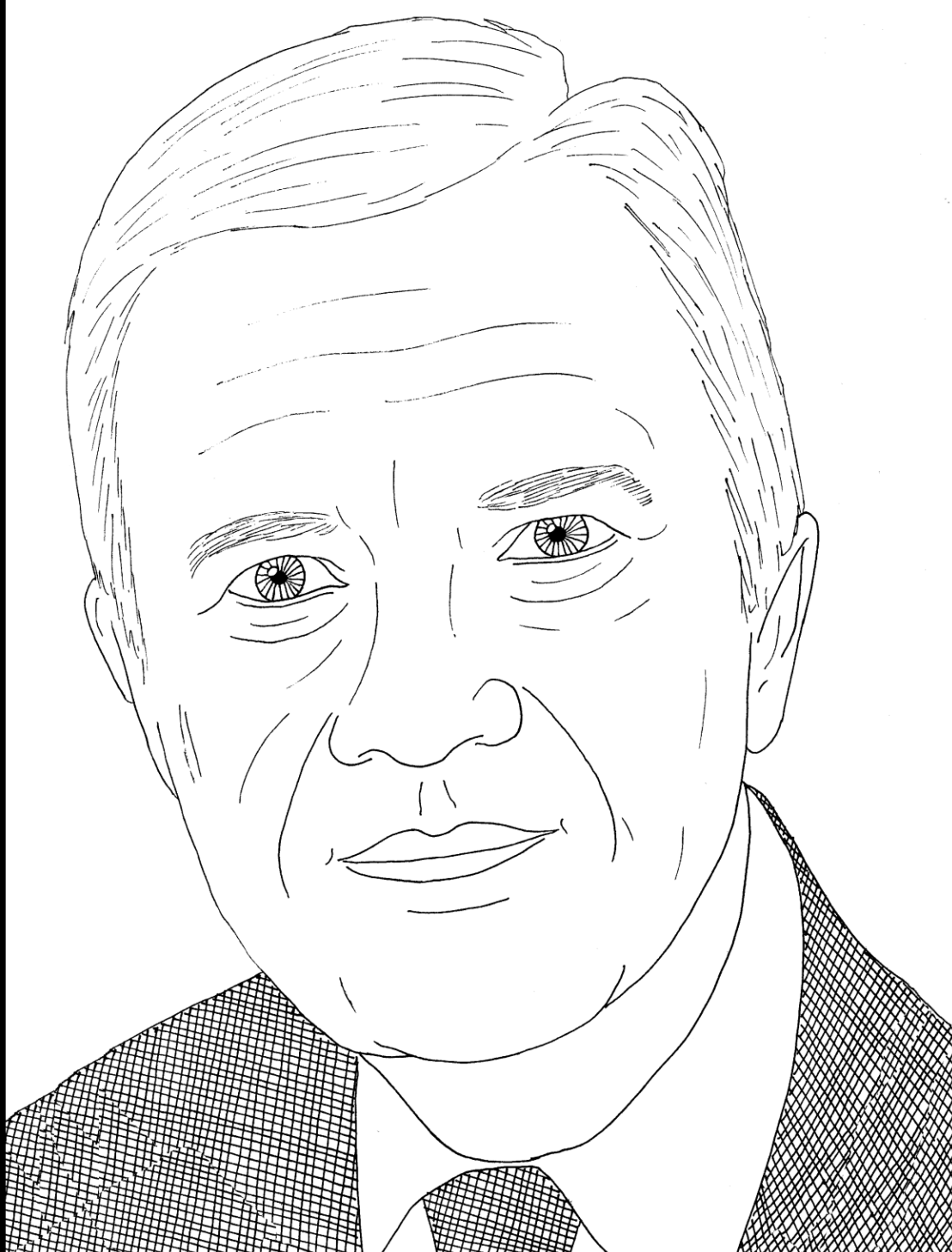
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"The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny."

-- Jimmy Carter

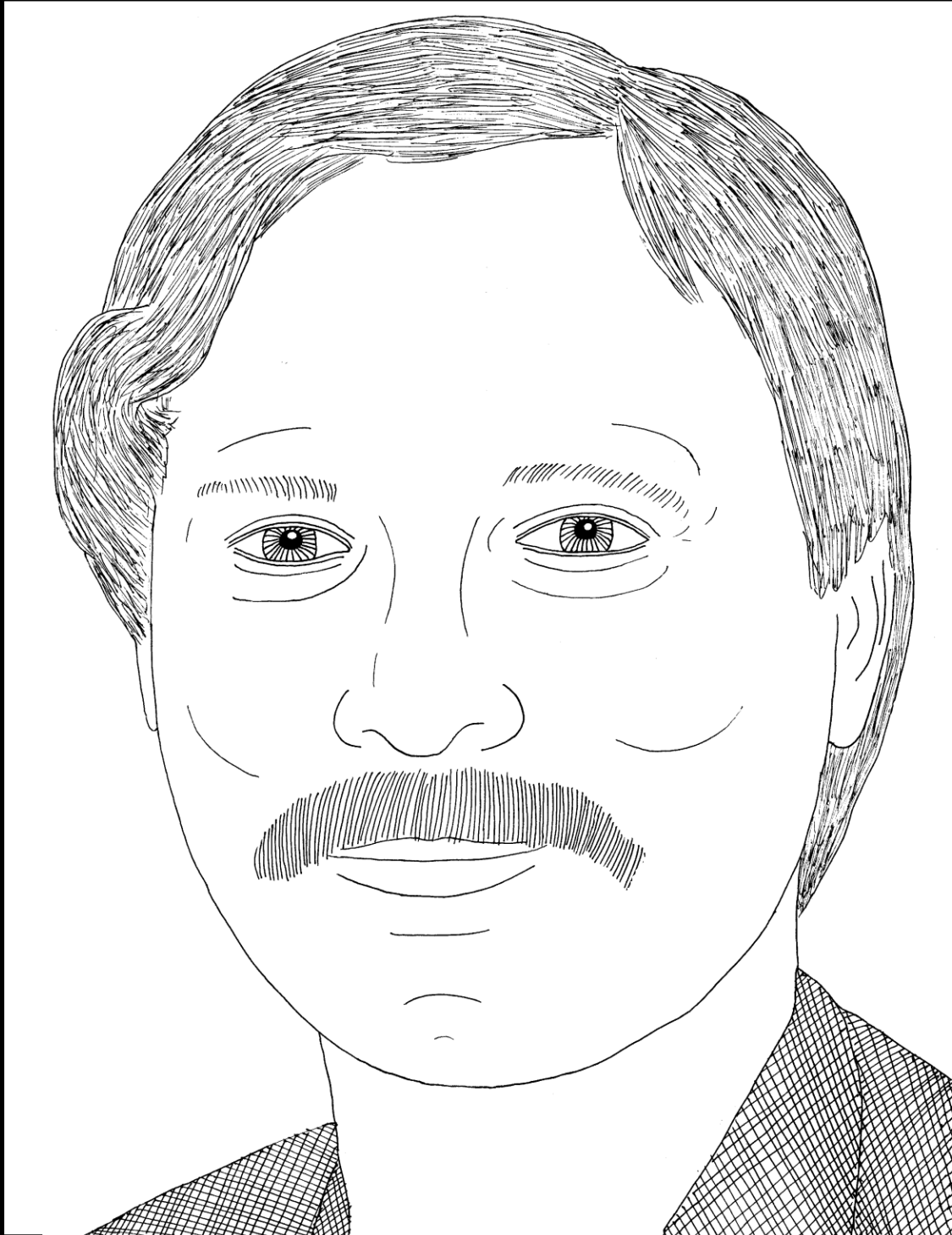
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"Ill health is an important factor that forces the poor to remain poor.
If they make a little bit of money, one episode of illness can wipe them out."
-- Zafrullah Chowdhury

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"I have never believed we had to choose between either a clean and safe environment or a growing economy. Protecting the health and safety of all Americans doesn't have to come at the expense of our economy's bottom line...We can, and indeed must, have both."

-- Bill Clinton

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"Drugs are not always necessary. Belief in recovery always is."
-- Norman Cousins

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"The risks of transporting deadly nuclear waste, the environmental justice impacts and the long-term health effects of both these projects are untenable...We cannot afford to be silent on these important issues."

-- James Cromwell

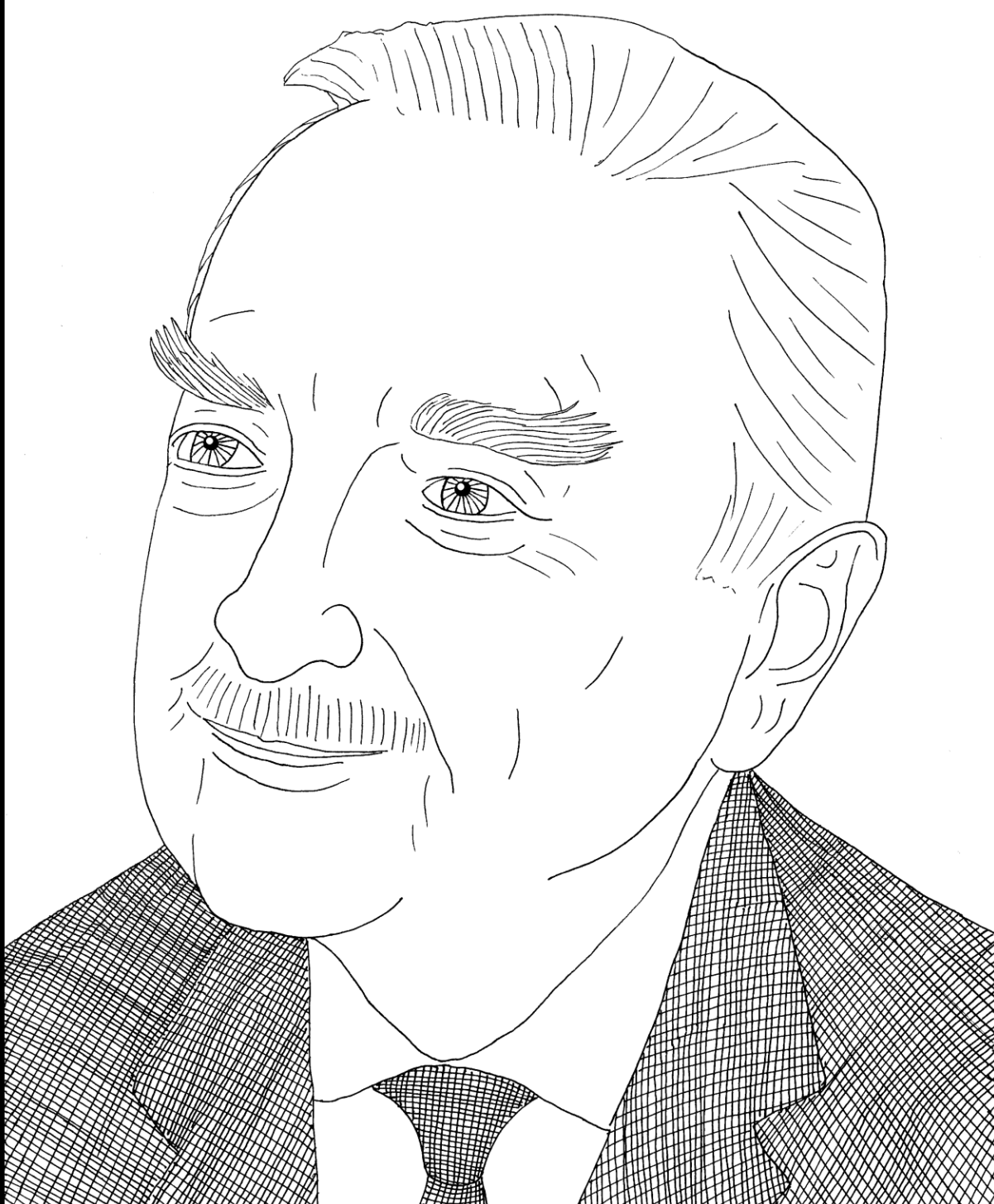
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**"America's health care system is neither healthy, caring, nor a system."
-- Walter Cronkite**

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**"UNICEF is helping mothers realize their dreams for the future —
a future in which the basic needs for a child's survival:
food, clean water and simple health care — are guaranteed."**

-- Jane Curtin

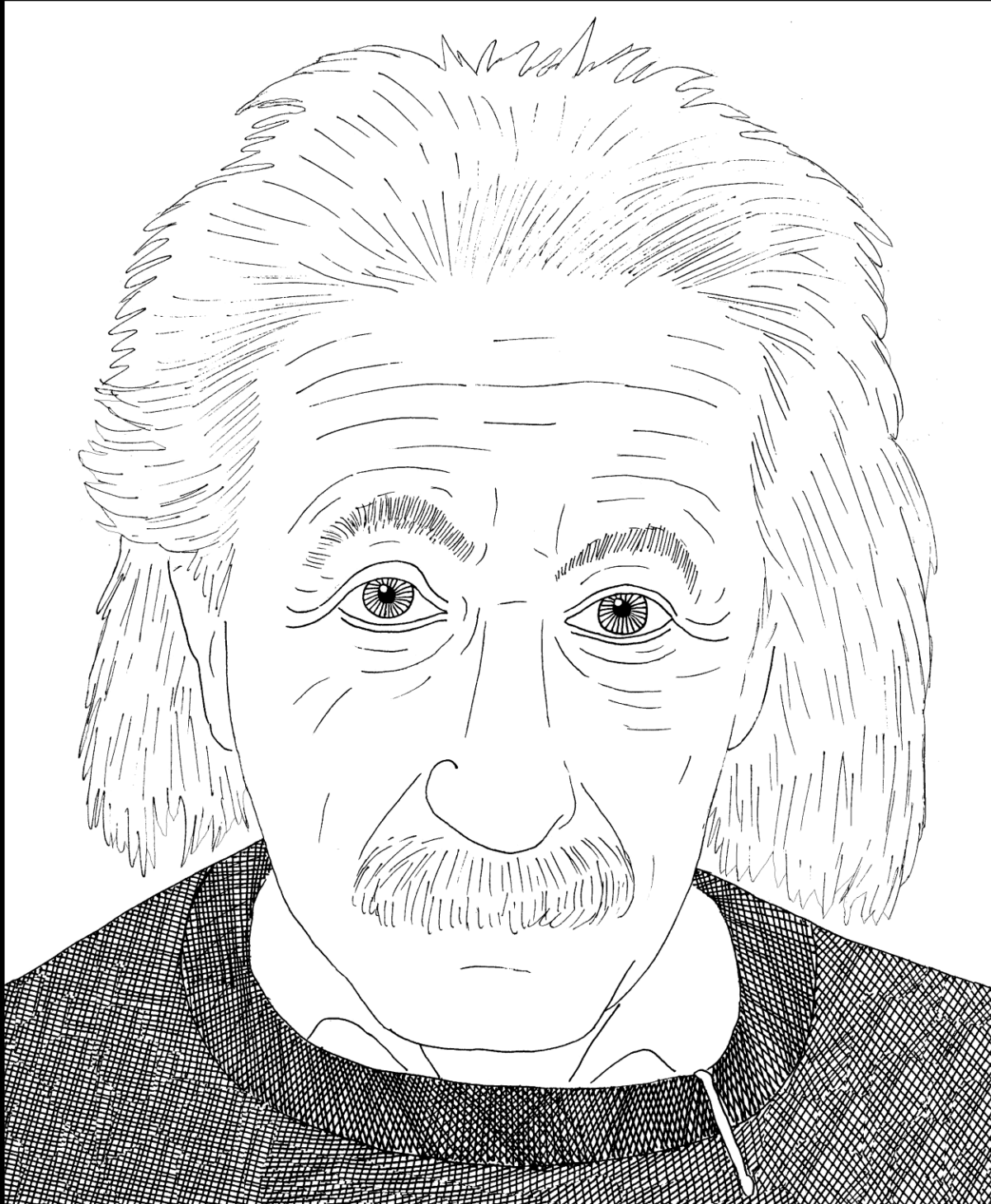
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"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet."

-- Albert Einstein

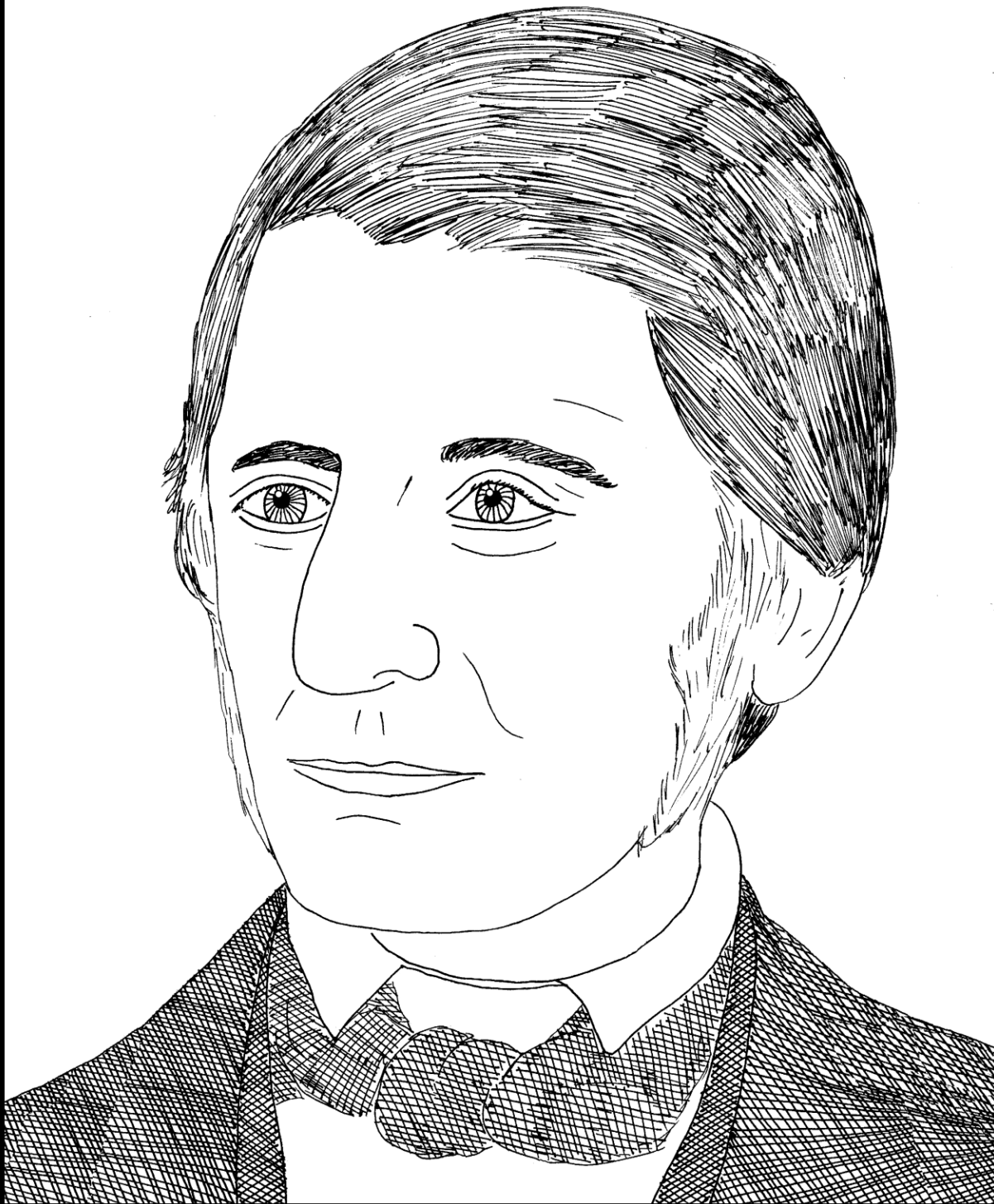
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**"The first wealth is health."
-- Ralph Waldo Emerson**

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and tin roofs and cement floor, all of these things should
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-- Harrison Ford

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"Medical science has proven time and again that when the resources are provided, great progress in the treatment, cure, and prevention of disease can occur."

-- Michael J. Fox

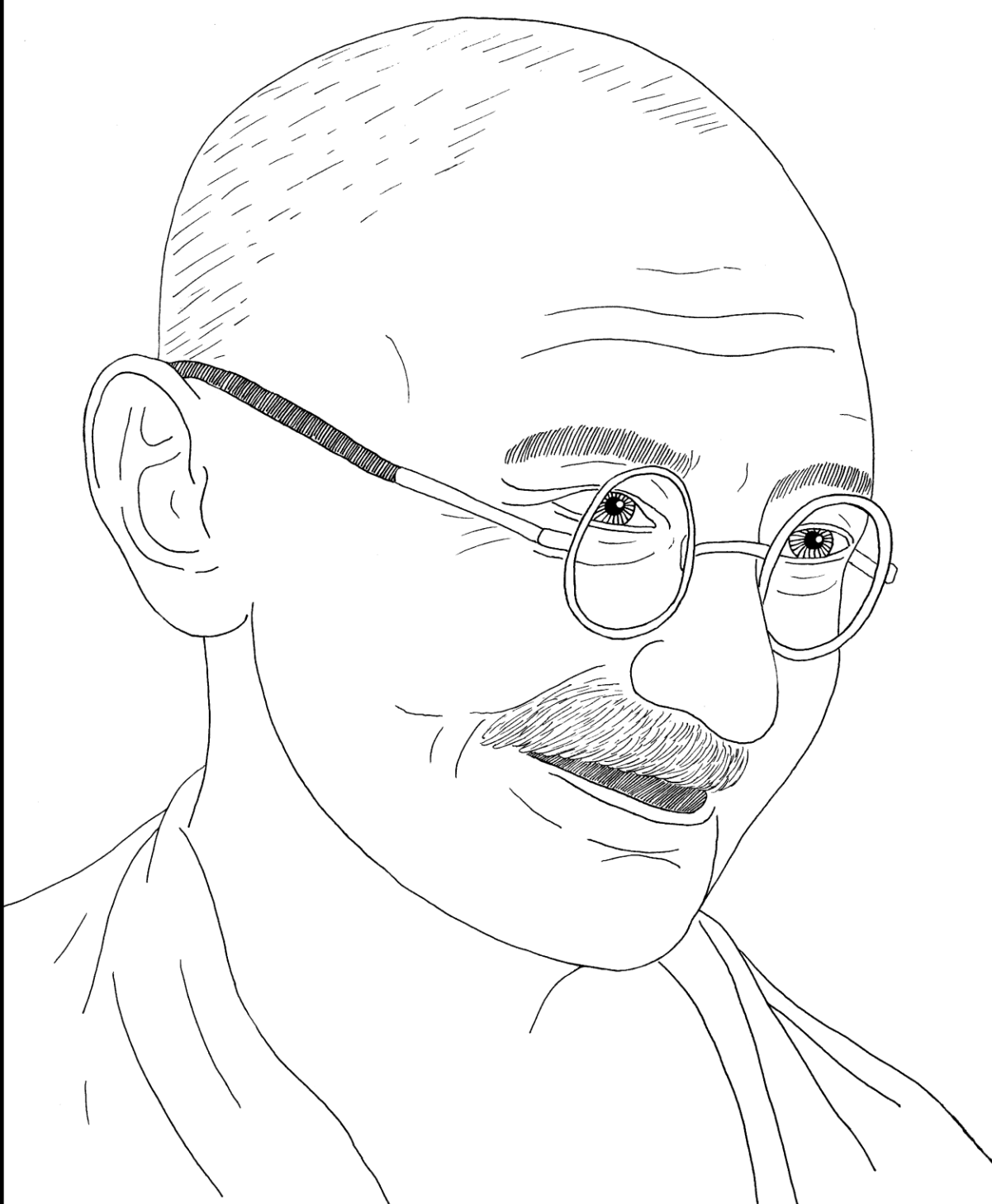
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**"It is health that is real wealth and not pieces of gold and silver."
-- Mohandas Gandhi**

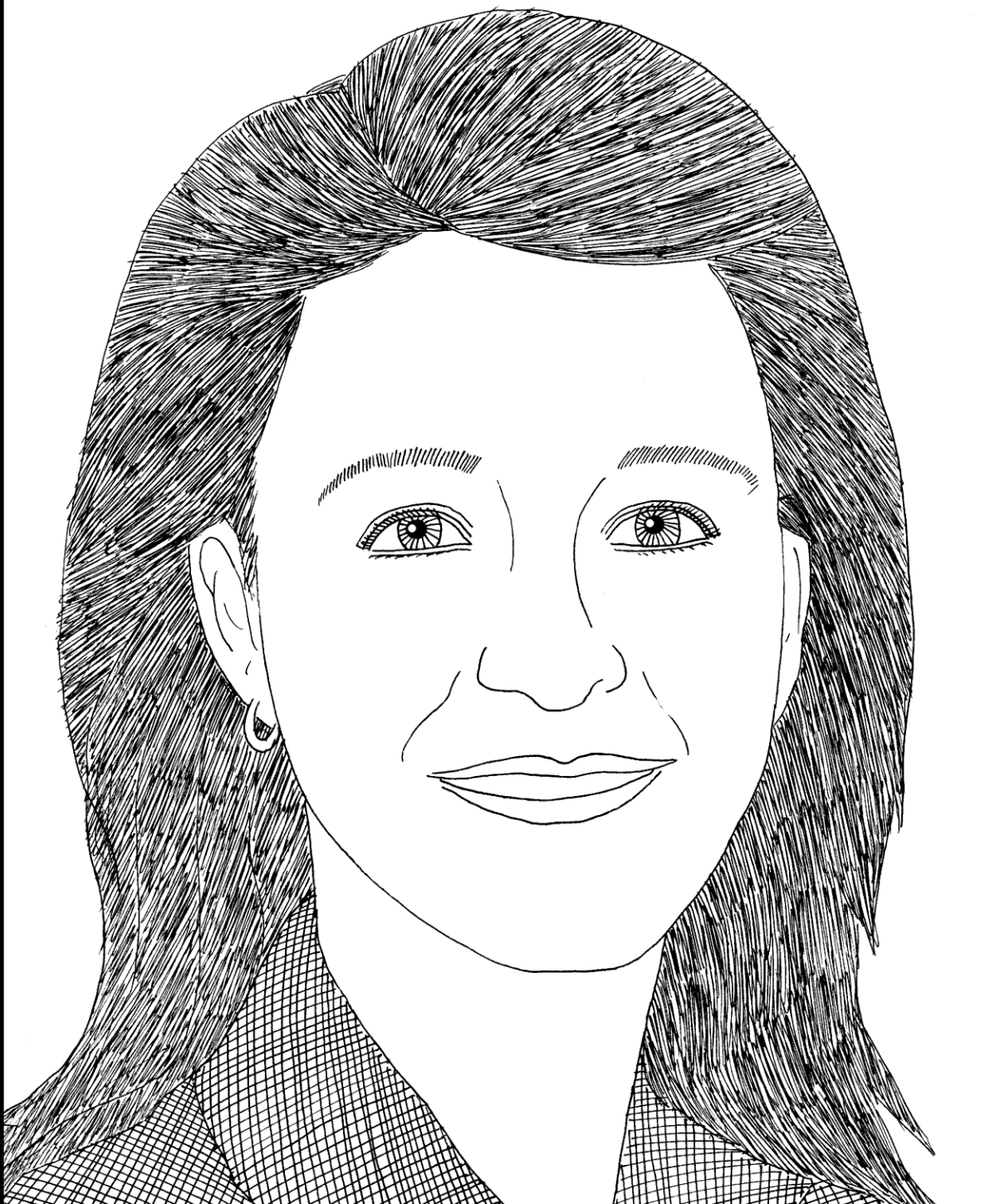
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"We started our foundation because we believe we have a real opportunity to help advance equity around the world.. to help make sure that, no matter where a person is born, he or she has the chance to live a healthy, productive life."

-- Melinda Gates

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"It's important for people of color to link up with issues around globalization, food security, health, the environment."

-- Danny Glover

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"We have proven that with a clear vision of a better tomorrow, a strong dose of determination, and the hard work of many dedicated people, we can ease suffering and save lives around the world."

-- Dr. Victoria Hale

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"...women are the victims of war... as widows they've faced the trauma of being single parents and livelihoods of families are affected. A lot of gender-related problems come up in terms of health, education, domestic violence, etc."

-- Kumari Jayawardena

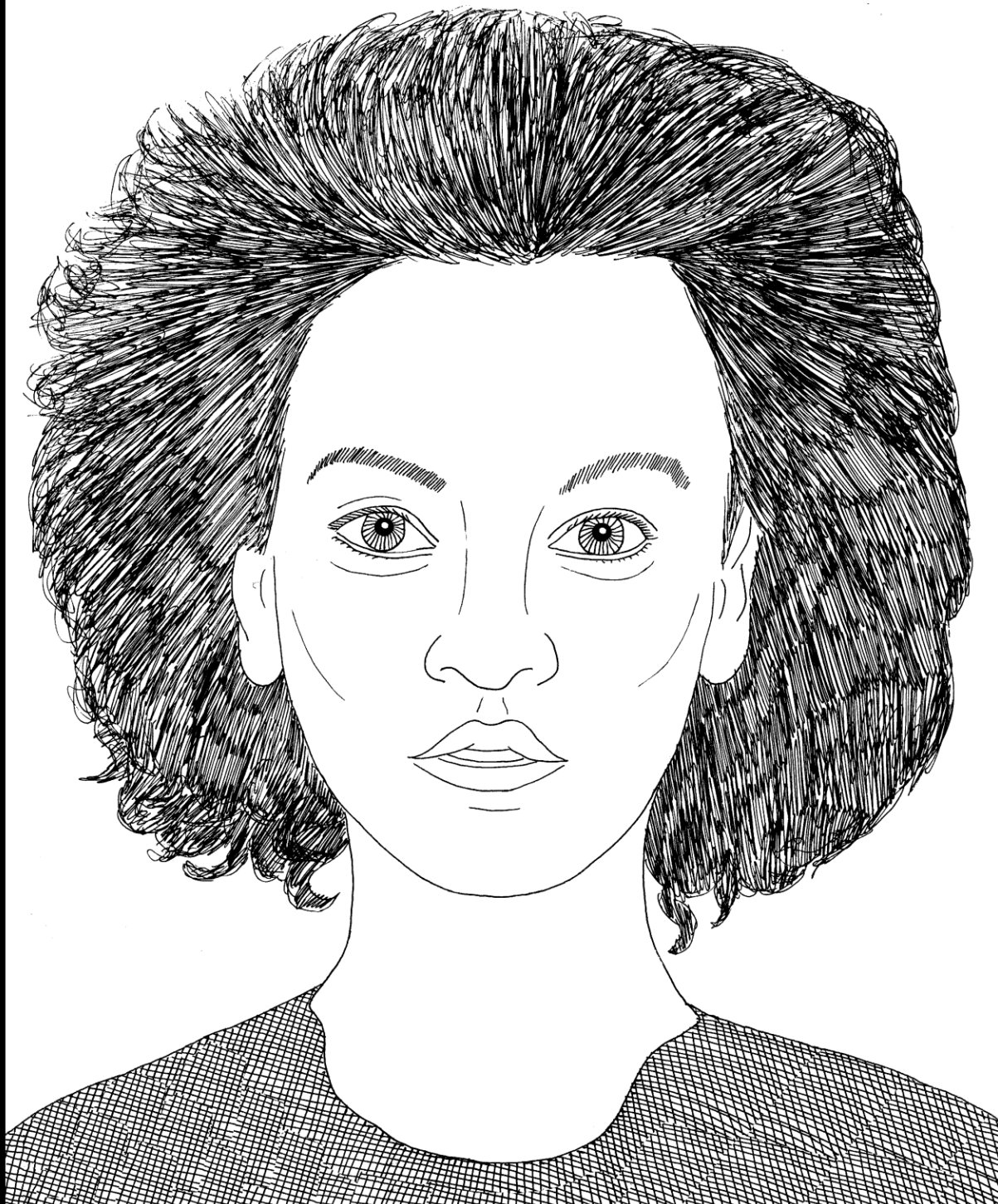
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"The message of our campaign is "Make every mother and child count". This campaign is not just about health. It is also a powerful call for radical progress in women's rights and the rights of their children. Too often, the health of mothers and children does not count. In too many parts of the world, they are forgotten."

-- Liya Kebede

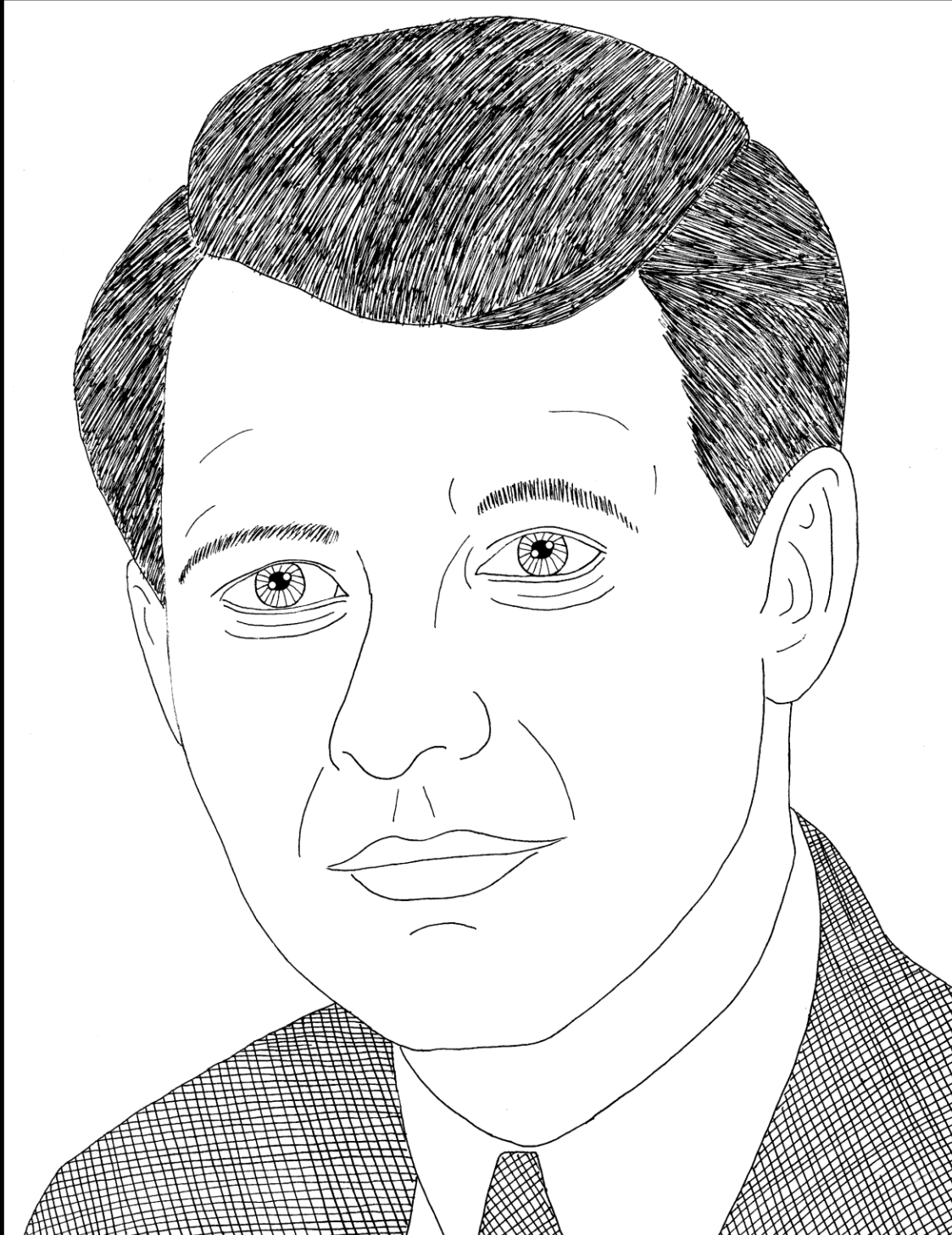
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"...the gross national product does not allow for the health of our children, the quality of their education or the joy of their play... it measures everything in short, except that which makes life worthwhile. "

-- Robert F. Kennedy

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"I think it's important for me as an actor that I say these are the issues I'm going to be committed to. One of them for me is women and children's health around the world and their rights..."
-- Nicole Kidman

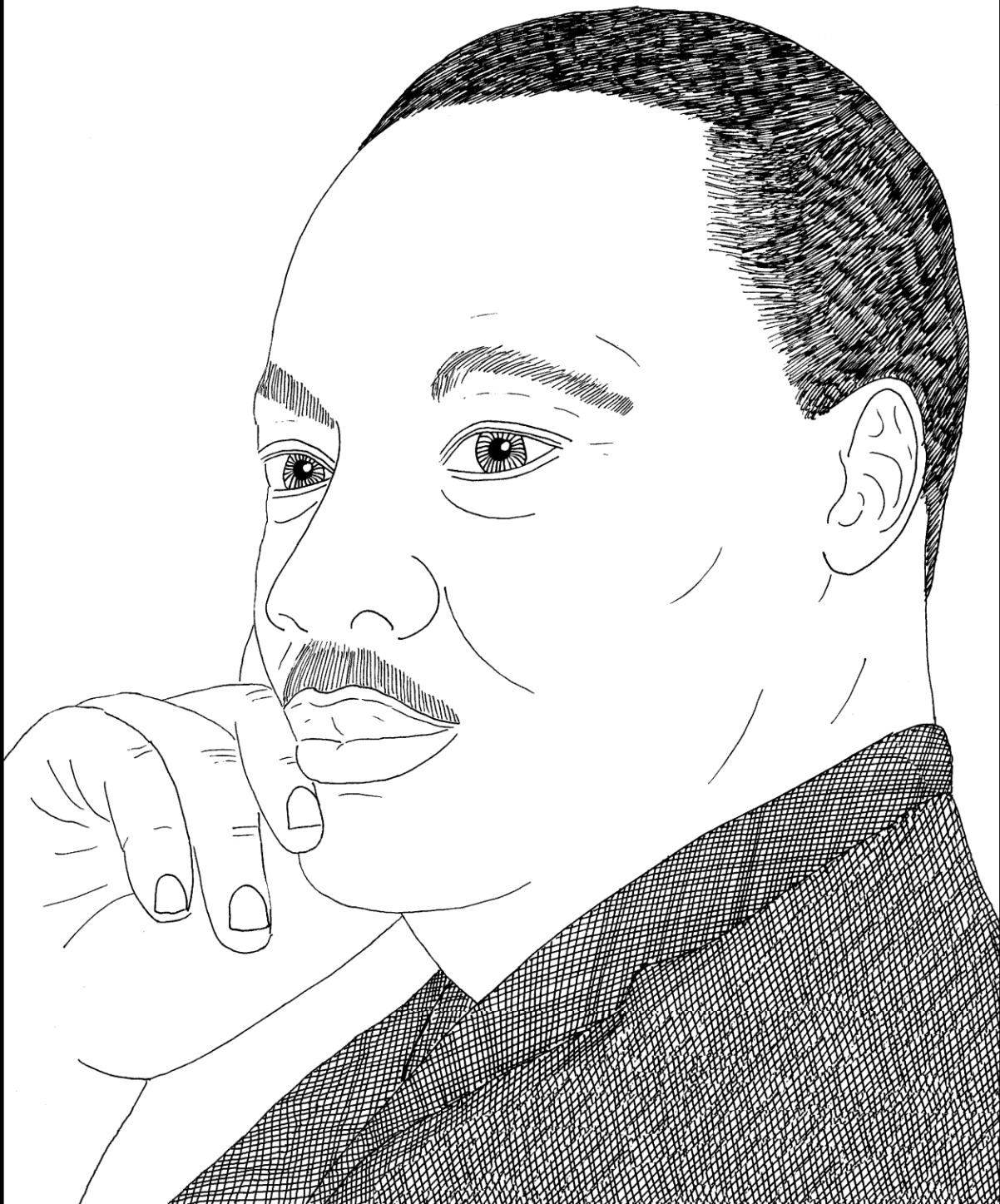
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**"Of all of the forms of inequality, injustice in health
is the most shocking and the most inhumane."**

-- Martin Luther King, Jr.

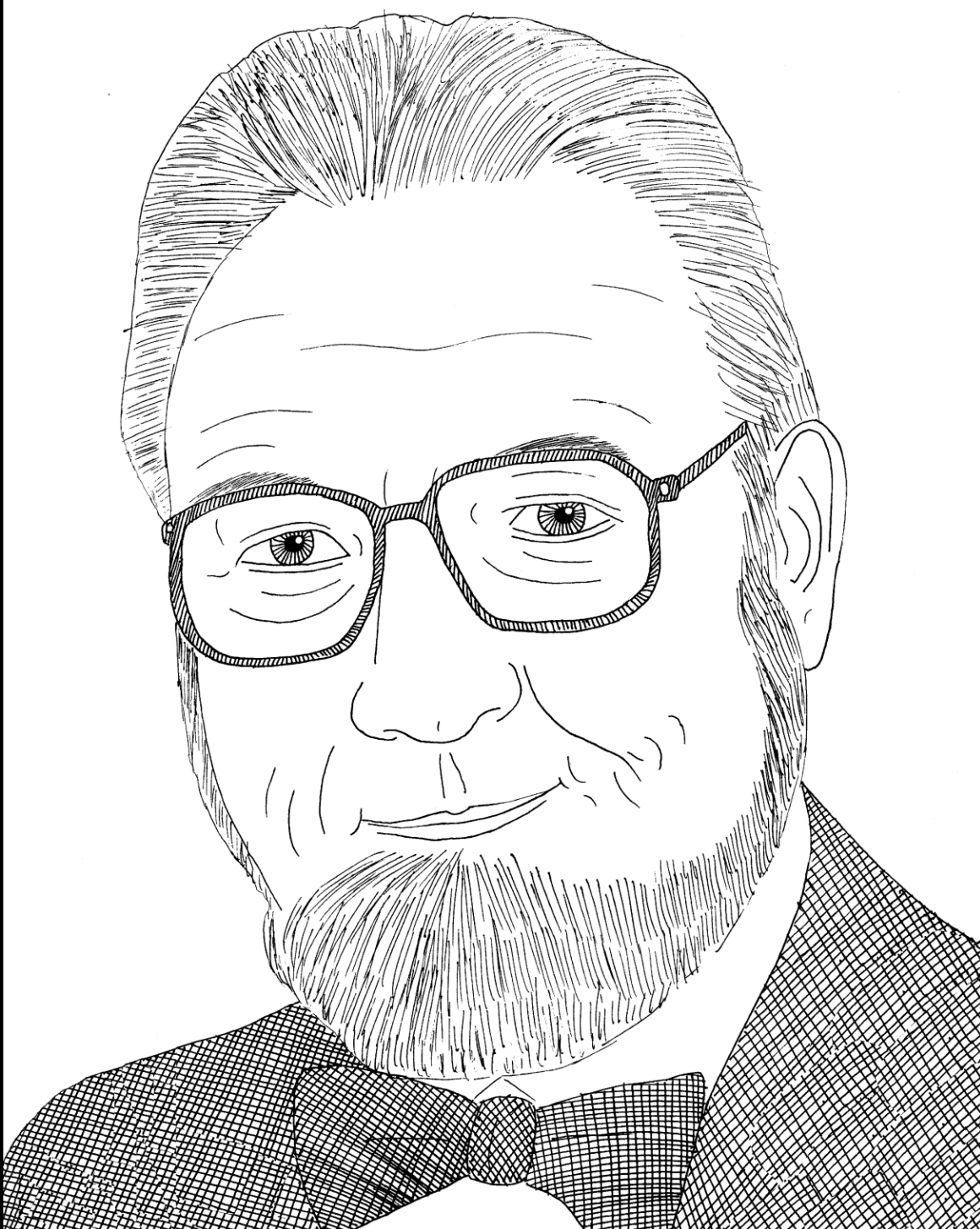
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"There are all kinds of things you can do to marry literacy with health."
-- Dr. C. Everett Koop

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"....Poor health care is a weapon of mass destruction.
Poor education is a weapon of mass destruction.
Discrimination is a weapon of mass destruction.
Let us abolish such weapons of mass destruction here at home."
-- Dennis Kucinich

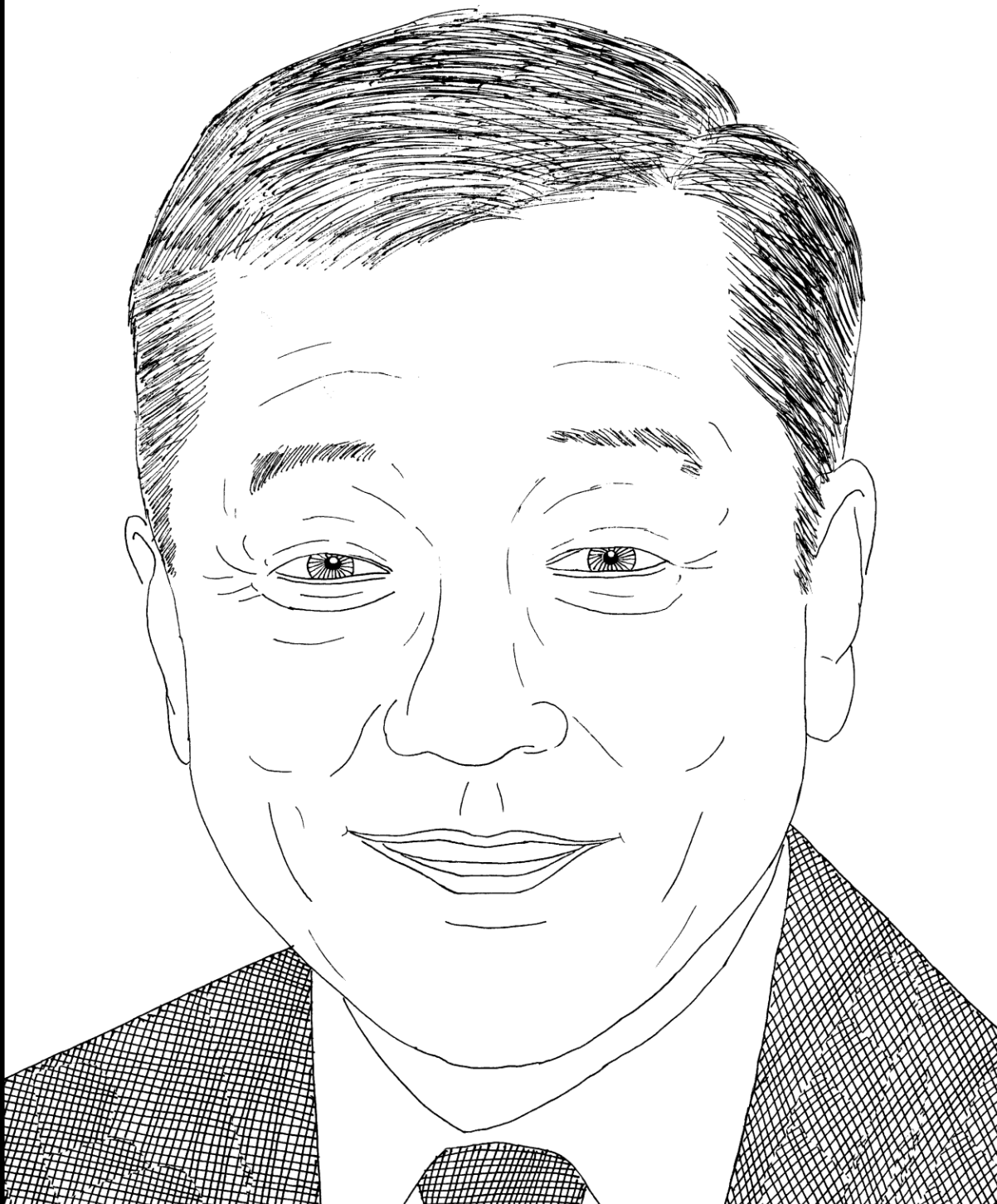
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"We have an opportunity to focus global attention on what should be obvious: every mother, and every child, counts. They count because we value every human life. The evidence is clear that healthy mothers and children are the bedrock of healthy and prosperous communities and nations."

-- Dr. Lee Jong-wook

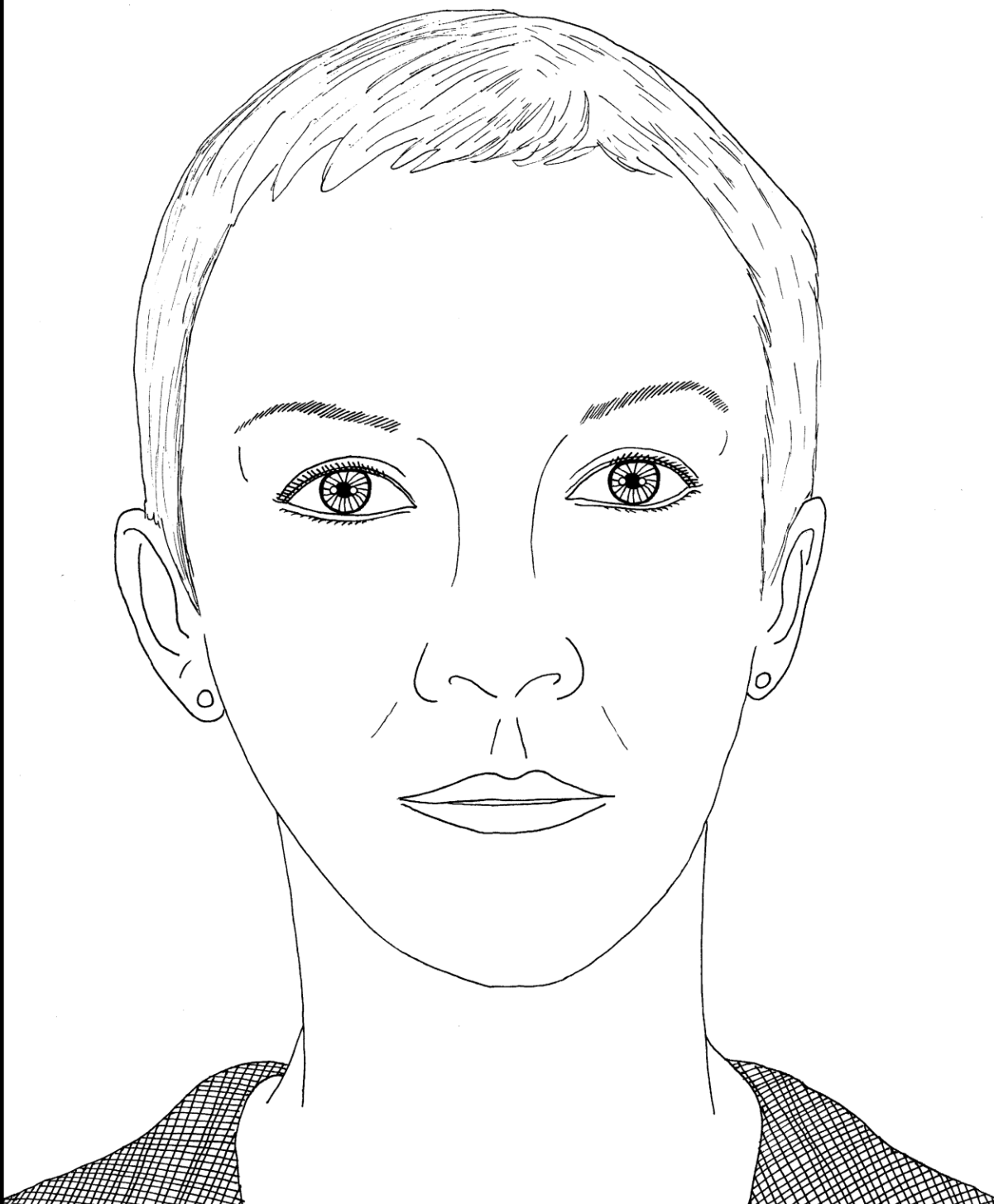
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"Poor countries are being forced to deal with an unprecedented health crisis without the means to tackle it . Governments can only show how seriously they are taking this crisis by taking immediate action to provide four million extra health workers and to grant those in need access to affordable medicines."

-- Annie Lennox

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"The International Declaration of Human Rights says the right to housing, health, education should be guaranteed to everyone. The moment these things are provided, we will have a different world order and nuclear weapons will become less of a threat."

-- Dr. Bernard Lown

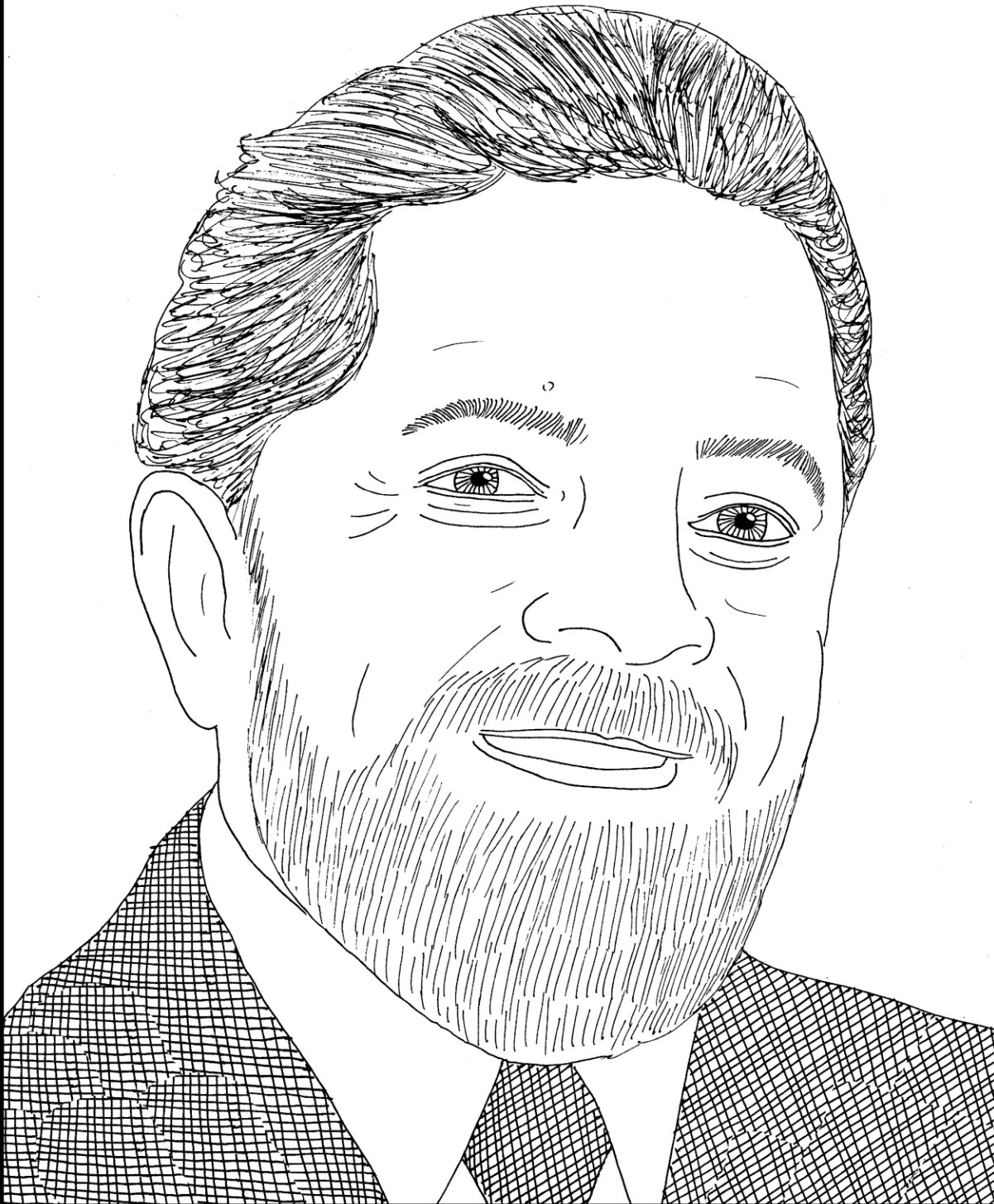
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"Well-fed people can enhance their dignity, their health and their learning capacity. Putting resources into social programs is not expenditure. It is investment."

-- Luiz Lula da Silva

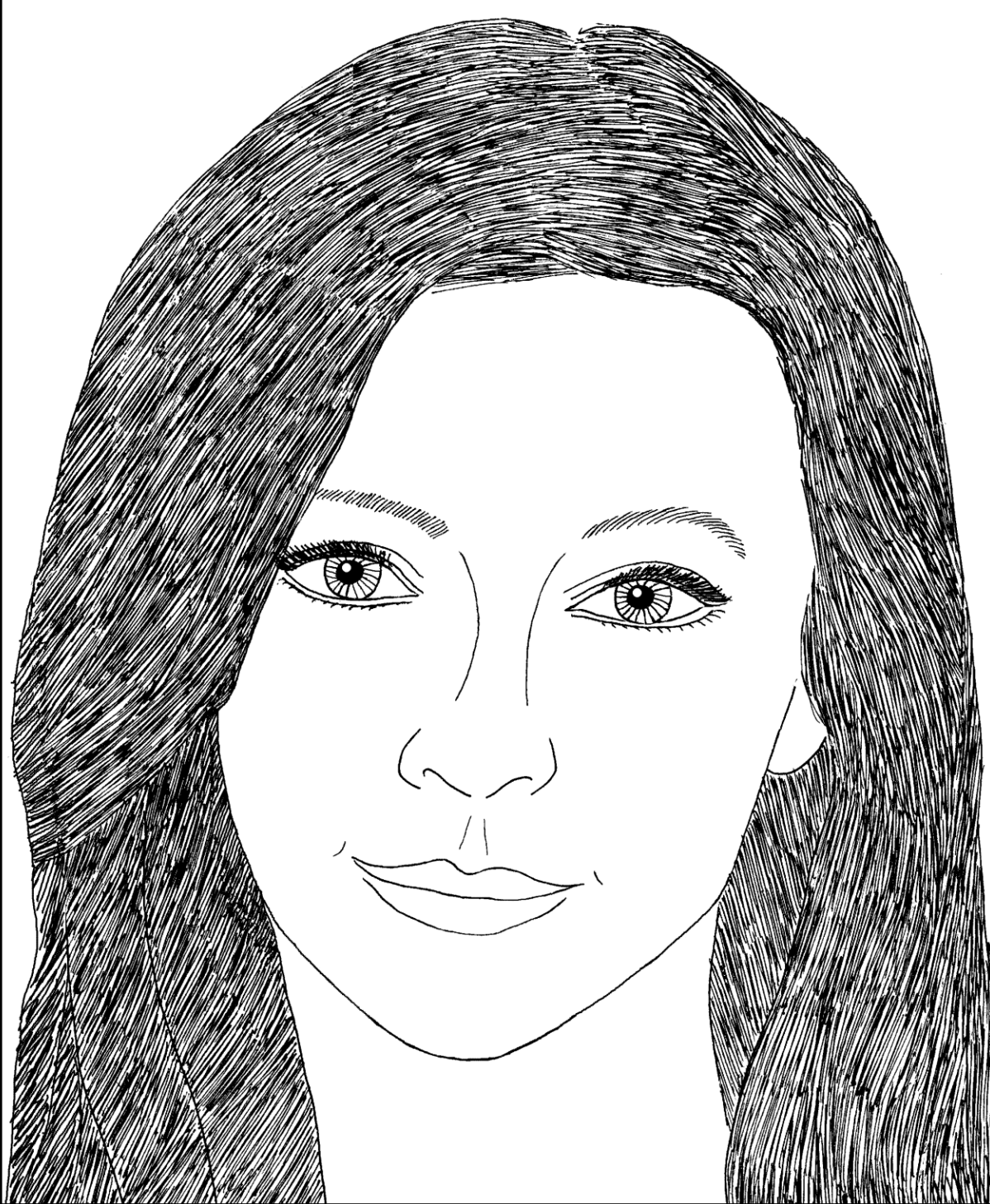
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"Words cannot fully express the devastation and horror caused by NTDs [Neglected Tropical Disease]. Until now, these diseases have been hidden in the shadows, but working with the Global Network, I am focused on bringing this tragedy to the public eye."

-- Alyssa Milano

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"We are the richest country in the world. We spend more on health care than any other country. Yet we have the worst health care in the Western world. Come on. We can do better than this."

-- Michael Moore

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"Our motto is to work for peace based on social justice.
Our mandate is to improve the condition, health and
safety of workers, and our mission is universal."

-- David A. Morse

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"I am convinced that whenever we exaggerate or demonize, oversimplify or overstate our case, we lose...For it's precisely the pursuit of ideological purity, the rigid orthodoxy ... that keeps us from finding new ways to meet the challenges we face as a country. It's what keeps us locked in "either/or" thinking: the notion that we can only have big government or no government; the assumption that we must either tolerate forty-six million without health insurance or embrace 'socialized medicine.'" -- Barack Obama

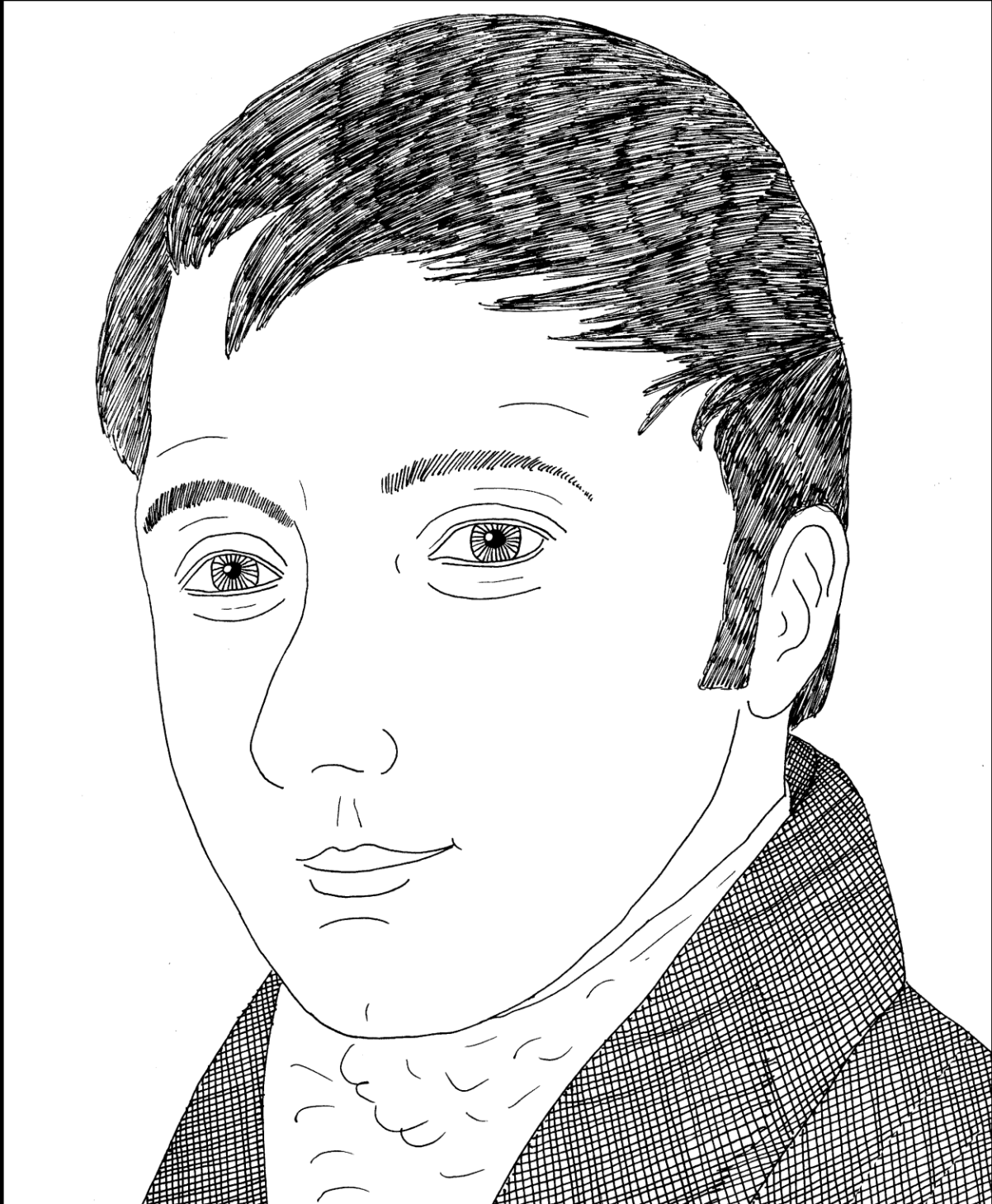
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"Society may be formed so as to exist without crime, without poverty, with health greatly improved, with little, if any misery, and with intelligence and happiness increased a hundredfold; and no obstacle whatsoever intervenes at this moment except ignorance to prevent such a state of society from becoming universal."

-- Robert Owen

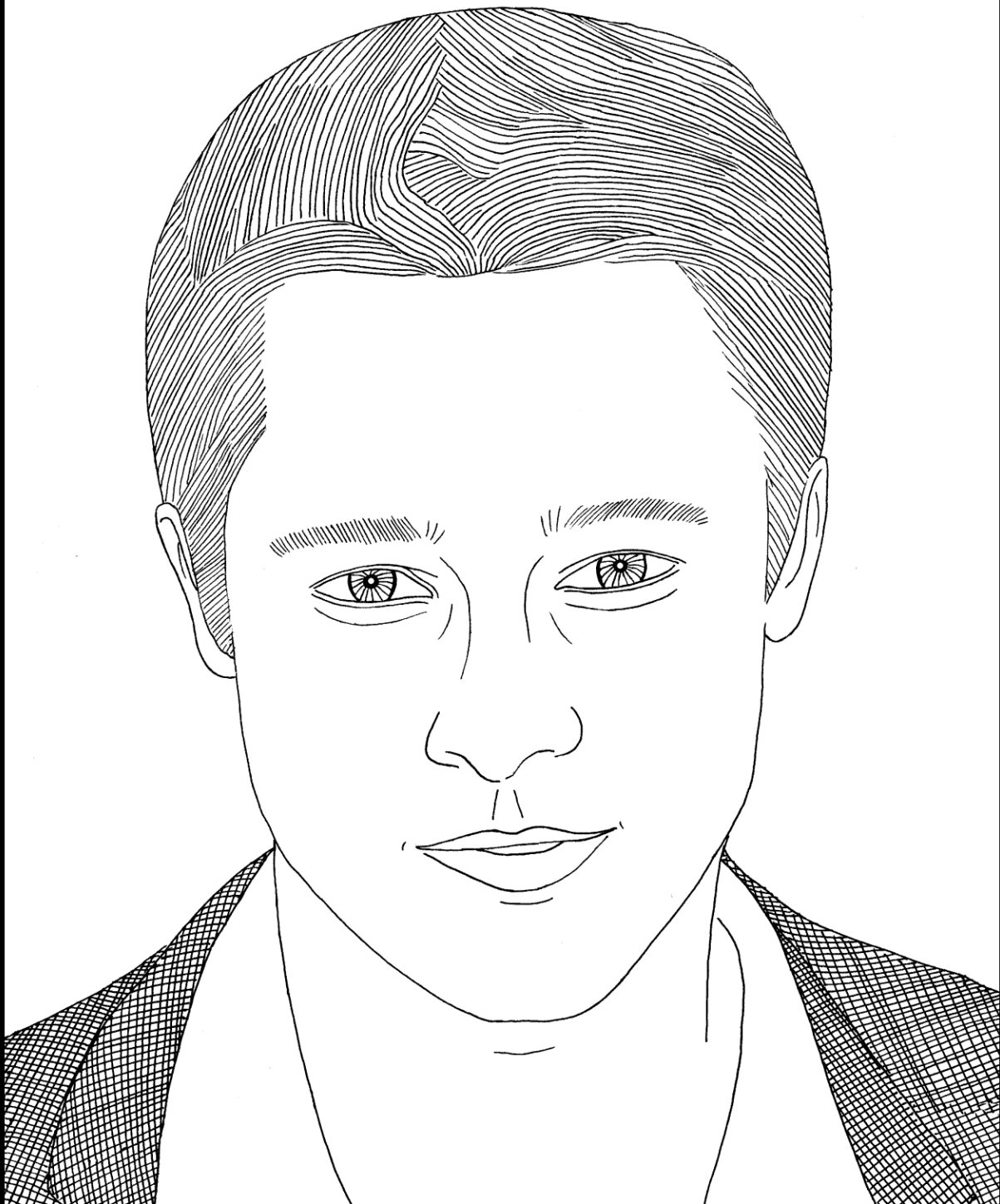
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"Let us be the ones who say we do not accept that a child dies every three seconds simply because he does not have the drugs you and I have. Let us be the ones to say we are not satisfied that your place of birth determines your right to life. Let us be outraged, let us be loud, let us be bold."

-- Brad Pitt

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**"Free education and health care are
essential for the welfare of the population."**

-- José Ramos-Horta

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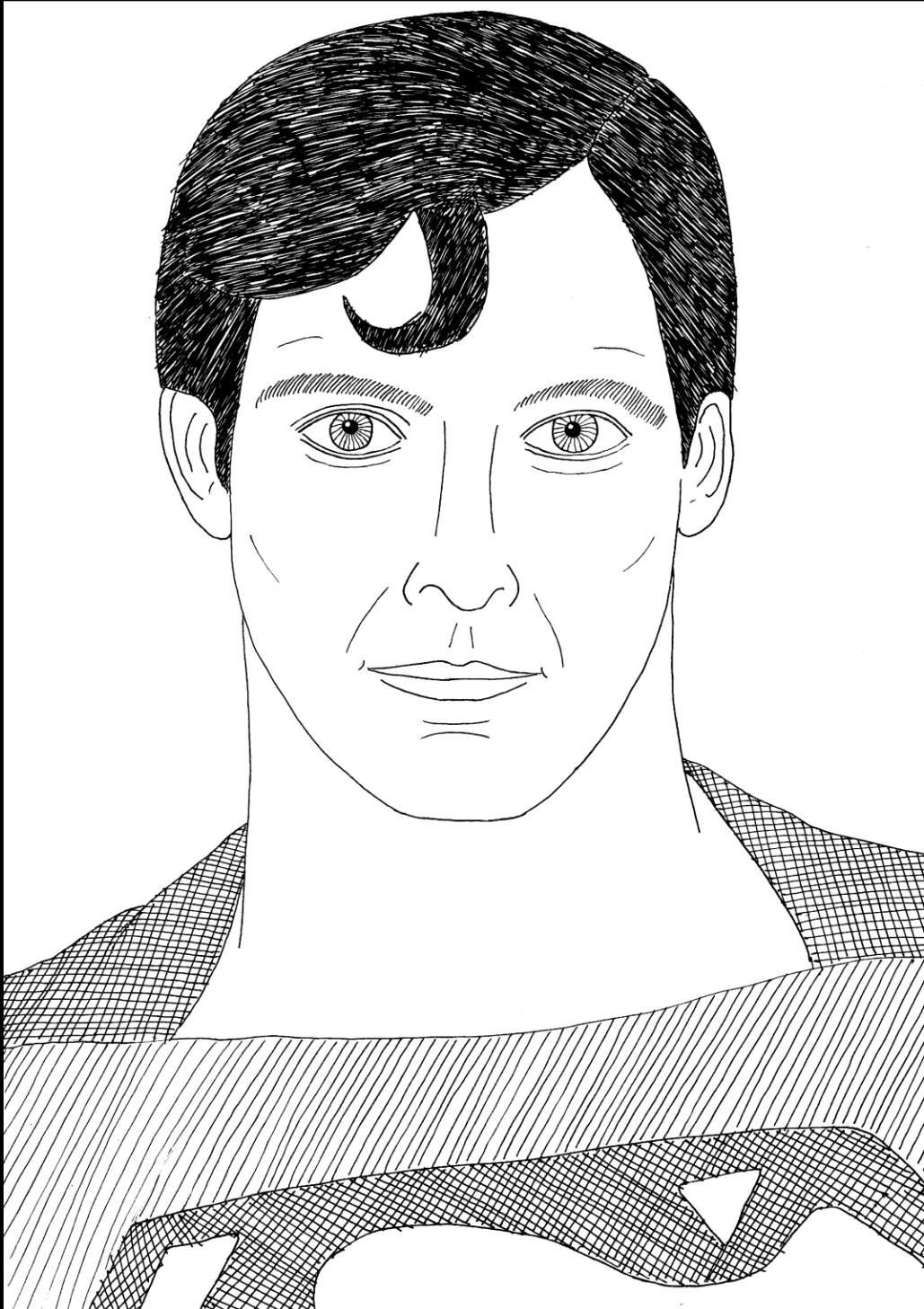
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"We live in a time when the words impossible and unsolvable are no longer part of the scientific community's vocabulary. Each day we move closer to trials that will not just minimize the symptoms of disease and injury but eliminate them."

-- Christopher Reeve

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"Your emotional state has a tremendous amount to do with sickness, health and well-being. For years, my husband and I lived on -- and because of -- hope."

-- Dana Reeve

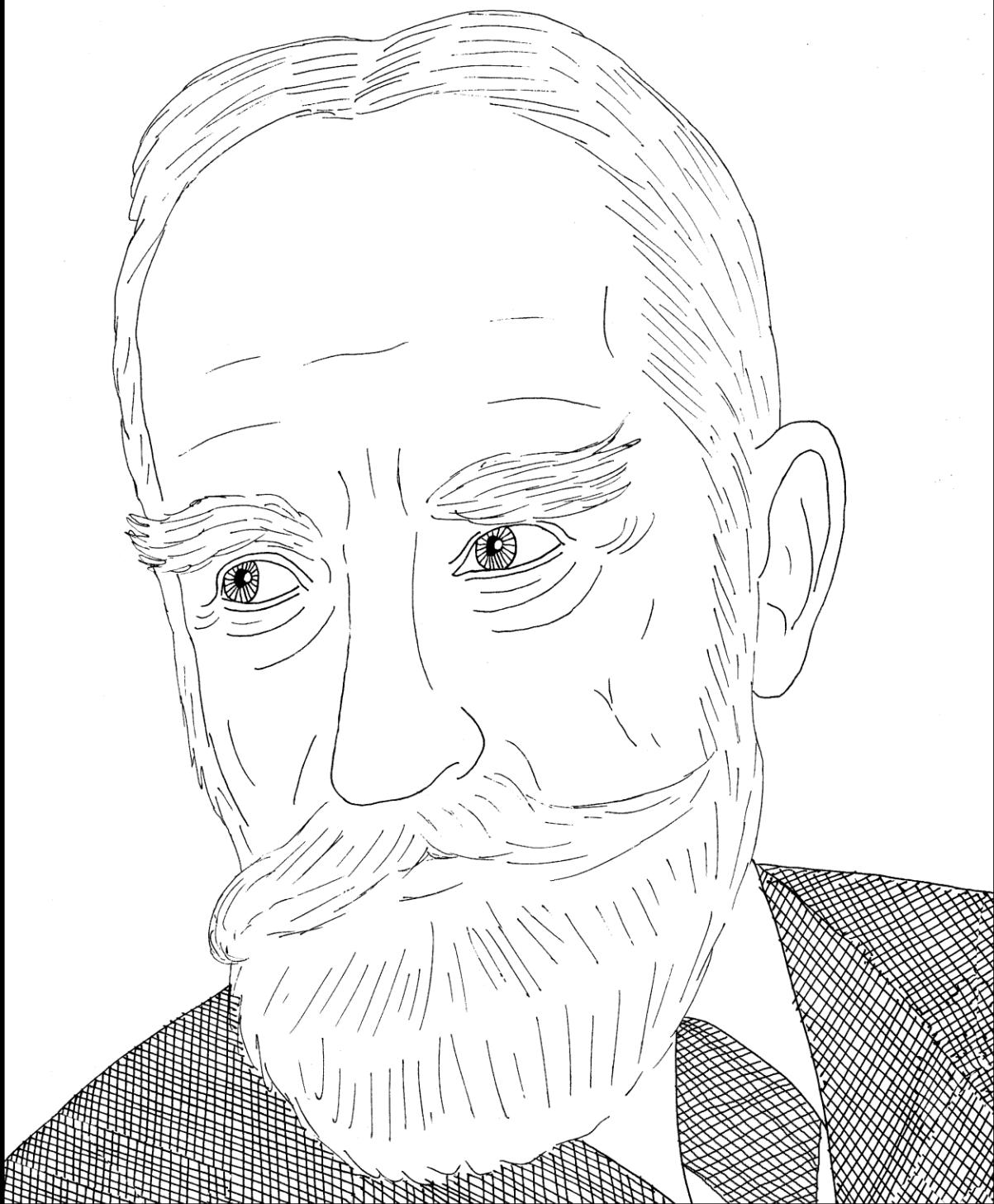
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**"Of all the anti-social vested interests
the worst is the vested interest in ill-health."**

-- George Bernard Shaw

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"My goal in life is to leave behind a safe and healthy world for our children. Before I leave this world, I want to be satisfied that at least I tried. I know I can make a difference, even if it might only be a small one."

-- Maisie Shiell

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"Children who grow up getting nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure and some forms of cancer"

-- Dr. Benjamin Spock

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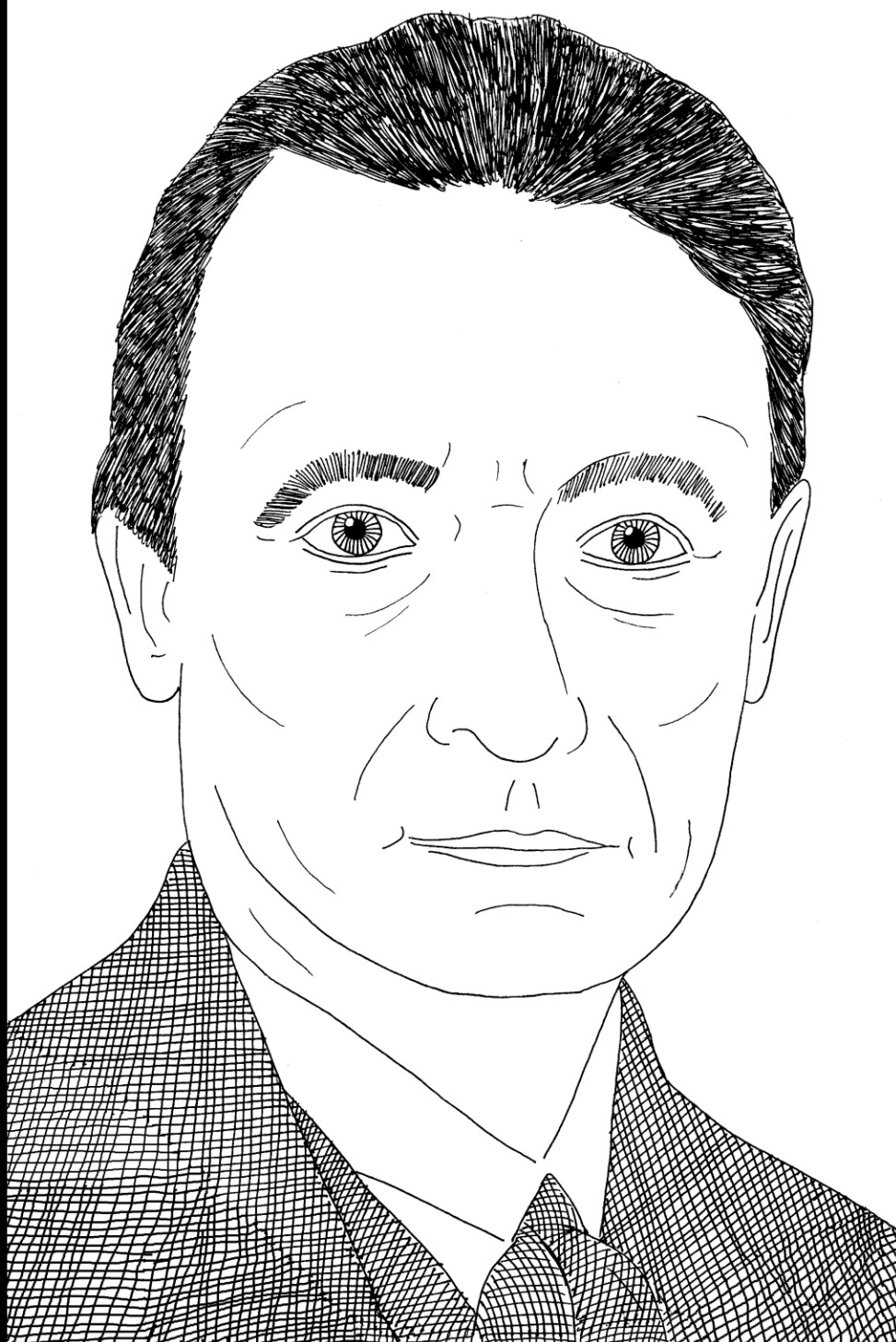
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**"A real medicine can only exist when it penetrates into a knowledge which embraces the human being in respect to body, soul and spirit."
-- Rudolf Steiner**

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We are the only industrialized country in the world that does not have national health insurance. We are the richest in wealth and the poorest in health of all the industrial nations."

-- Studs Terkel

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"A society is judged by the way it cares for its most vulnerable citizens. As an American, I am ashamed that we have turned out backs on millions of our children. I want to do my part to rectify this terrible situation."

-- Marlo Thomas

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"We, The World is dedicated to bringing about a new vision of a world where every life matters. In this world, societies are organized to cultivate holistic health of body, mind and spirit in which individuals look upon themselves and all other life with compassion, caring, cooperation and goodwill."

-- Rick Ulfik

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"I believe that humanity has an uphill battle to wage in its fight to attain real health, and I honestly believe - from hard-earned experience - that homeopathy can offer some solution to this problem."

-- George Vithoulkas

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"War and the preparation for war rob resources from human security... As long as we misplace money for weapons – we keep water polluted, we keep far too many women illiterate and unskilled, we prevent health care and education from being universally enjoyed – we promote poverty. These are among the root causes of violent conflict."

-- Cora Weiss

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"A federation of all humanity, together with a sufficient measure of social justice, to ensure health, education, and a rough equality of opportunity to most of the children born into the world, would mean such a release and increase of human energy as to open a new phase in human history."

-- H. G. Wells

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"We must not leave the health of our families and protection of the world ecology to corporations, governments and military organizations preoccupied with profit, power and armed conquest.

Rather, we must take that responsibility into our own hands. It's up to us to come together across cultural and political divides to prevent these military-industrial polluters from degrading the earth and threatening the well-being of our communities for their own selfish interests."

-- Craig Williams

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