



GLOBAL  
**SELF-CARE**  
FEDERATION

# IMPACT REPORT 2023



# CONTENTS



<b>Executive summary</b>	<b>3</b>
Introduction	5
<b>Stakeholder engagement</b>	<b>6</b>
Statements	7
Activities	9
<b>United for Self-Care Coalition</b>	<b>10</b>
About Coalition	11
Activities	13
<b>1st Latin American Self-Care Regional Congress</b>	<b>16</b>
<b>Environmental sustainability, regulatory and policy work</b>	<b>19</b>
Environmental sustainability	20
Regulatory	24
Policy	25
<b>International Self-Care Day</b>	<b>27</b>
<b>Media impact</b>	<b>30</b>



# Executive summary



Stakeholder engagement

United for  
Self-Care Coalition

1st Latin American Self-  
Care Regional Congress



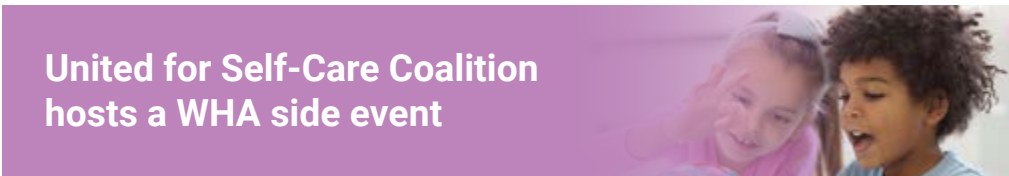

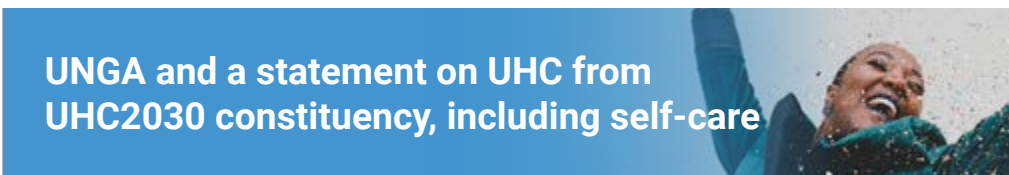
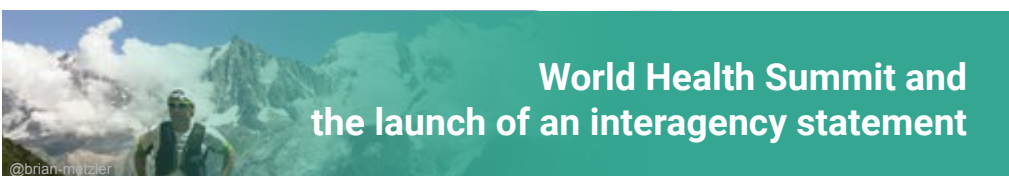
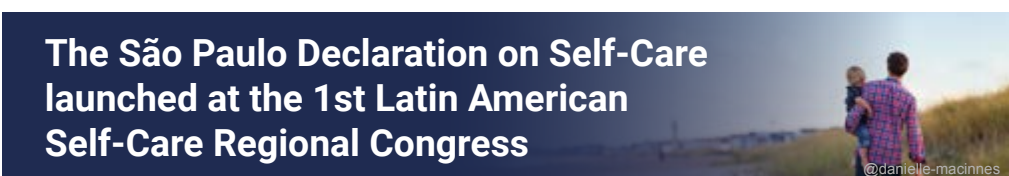

Environmental  
sustainability, regularity  
and policy work

International  
Self-Care Day

Media impact



# Executive summary

January	 <p><b>Environmental Charter One-Year Progress Report</b></p>
March	 <p><b>Manoj Raghunandan elected Chair of the Global Self-Care Federation</b></p>
May	 <p><b>United for Self-Care Coalition hosts a WHA side event</b></p>
July	 <p><b>International Self-Care Day</b></p>
September	 <p><b>UNGA and a statement on UHC from UHC2030 constituency, including self-care</b></p>
October	 <p><b>World Health Summit and the launch of an interagency statement</b></p>
November	 <p><b>The São Paulo Declaration on Self-Care launched at the 1st Latin American Self-Care Regional Congress</b></p>
December	 <p><b>Environmental Charter Two-Year Progress Report</b></p>

Executive summary

Stakeholder engagement

United for  
Self-Care Coalition

1st Latin American Self-  
Care Regional Congress

Environmental  
sustainability, regulatory  
and policy work

International  
Self-Care Day

Media impact



# Introduction

Now, more than at any point in the past, we have the knowledge and information to support self-care's direct inclusion into the healthcare paradigm.

We believe in finding holistic solutions to push our healthcare systems in the right direction. This cannot be done without collaboration.



**Self-care should be recognised as an indispensable solution in realising Universal Health Coverage by 2030, and self-care should be integrated into future health and economic policy, focusing on affordability and access.**

For this to come to pass, it is time to reconfigure how we see self-care. We need to strengthen overall health systems. The sharp focus on UHC among the international healthcare community clearly enables this.

We invite you to join us as we strive to build a healthy future for all.



# Stakeholder Engagement

Executive summary

United for  
Self-Care Coalition

1st Latin American Self-  
Care Regional Congress

Environmental  
sustainability, regularity  
and policy work

International  
Self-Care Day

Media impact



# Stakeholder engagement

GSCF is a non-State actor in official relations with the World Health Organization and has been collaborating with WHO and has been in official relations since 1977.

## Statements

### Primary Health Care (PHC) at WHA 76:

“Reorienting health systems to primary health care as a resilient foundation for universal health coverage and preparations for a high-level meeting of the United Nations General Assembly on universal health coverage”.

### EB152 constituency statement:

“Strengthening the global architecture for health emergency preparedness, response, and resilience”.

### Co-signatories included:



AGA KHAN FOUNDATION  
Aga Khan Foundation



International Federation on Ageing (IFA)



International Hospital Federation (IHF)



International Pharmaceutical Federation (FIP)



International Society for Quality in Health Care (ISQua)



International Society for Telemedicine and eHealth (ISfTeH)



World Federation of Occupational Therapists (WFOT)



World Federation of Public Health Associations (WFPHA)



World Organization of Family Doctors (WONCA)

### Co-signatories included:



International Federation of Pharmaceutical Manufacturers and Associations (IFPMA)



Global Diagnostic Imaging, Healthcare IT & Radiation Therapy Trade Association (DITTA)



Biotechnology Innovation Organization (BIO)

Executive summary

Stakeholder engagement

United for Self-Care Coalition

1st Latin American Self-Care Regional Congress

Environmental sustainability, regulatory and policy work

International Self-Care Day

Media impact



**EB152 GSCF Statement:**

“Reorienting health systems to primary health care as a resilient foundation for UHC and preparations for a HLM of the UNGA on UHC”.

**On behalf of UHC2030 during the 78th Meeting of the UN General Assembly High Level Meeting on UHC:**

Multistakeholder Panels 1&2: Joint Statement by the UHC2030 Private Sector Constituency.



Executive summary

Stakeholder engagement

United for Self-Care Coalition

1st Latin American Self-Care Regional Congress

Environmental sustainability, regularity and policy work

International Self-Care Day

Media impact





## Activities

### Self-Care, Health & Wellbeing Summit: “Identifying key research and development priorities for self-care”

The Summit was organised by Worldwide Universities Network (WUN) and The University of Technology Sydney and hosted by the Self-Care Academic Research Unit (SCARU) at Imperial College London School of Public Health.



**WHO consultation:** “To develop implementation guidance on self-care interventions (HRP Research)”





Executive summary

Stakeholder engagement

# United for Self-Care Coalition

1st Latin American Self-Care Regional Congress

Environmental sustainability, regularity and policy work

International Self-Care Day

Media impact



# United for Self-Care Coalition

## About the Coalition

GSCF is a founding member of the United for Self-Care Coalition.



The Coalition is a global group of like-minded organisations unified by one common goal – to achieve UHC through codifying recognition of the value of self-care within the WHO system, encouraging a WHO Resolution on Self-Care and/or inclusion of self-care as a meaningful component of progress.





To support the Coalition's goal of achieving the WHO Resolution on Self-Care in 2023, GSCF, together with the Coalition, created:

Global Self-Care Resolution Policy brief



Statement on UHC ahead of Global Self-Care Month



Infographic: Self-Care and Universal Health Coverage



United for Self-Care Coalition: UHC toolkit



Executive summary

Stakeholder engagement

United for Self-Care Coalition

1st Latin American Self-Care Regional Congress

Environmental sustainability, regulatory and policy work

International Self-Care Day

Media impact



## Activities

### A side event during 76th World Health Assembly Self-Care: “A Foundational Component of Health System Sustainability”

The event highlighted why a WHO Resolution on self-care is key to achieving universal health coverage (UHC) and brought together a diverse set of stakeholders to advance the call to codify self-care as a critical component of the healthcare continuum.



Panelists included: Dr Manjulaa Narasimhan (WHO), Dr Slim Slama (WHO), Kawaldip Sehmi (IAPO), Dr Mariet Eksteen (FIP and Pharmaceutical Society of South Africa), Dr Austen El-Osta (SCARU, Imperial College London), Manoj Raghunandan (GSCF) and Sandy Garçon (SCTG).


### UNGA Coalition reception:

“A campaign framing UNGA and the need for a WHO self-care resolution to accelerate the achievement of UHC”

Co-hosted with the Allies Improving PHC, a group of global and local organizations who committed to advocate for strong primary health care.





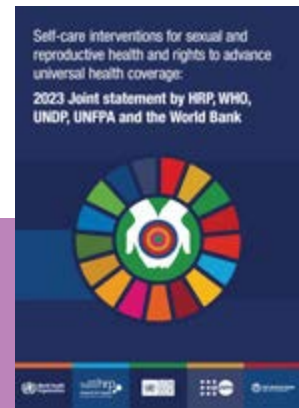
 Click below to watch video.



**A World Health Summit side event:**  
“Self-Care as a Driver of Universal Health Coverage”

The event highlighted the need for equitable and supportive self-care frameworks.

It also served as a platform to launch the 2023 Joint statement by HRP Research, WHO, UNDP, UNFPA and the World Bank titled “Self-care interventions for sexual and reproductive health and rights to advance universal health cover age”.



The Coalition championed a WHO Resolution on Self-Care through bilateral meetings with:



Executive summary

Stakeholder engagement

United for  
Self-Care Coalition

1st Latin American Self-Care Regional Congress

Environmental  
sustainability, regulatory  
and policy work

International  
Self-Care Day

Media impact



# 1ST LATIN AMERICAN SELF-CARE REGIONAL CONGRESS

Executive summary

Stakeholder engagement

United for Self-Care Coalition

Environmental sustainability, regularity and policy work

International Self-Care Day

Media impact



# 1st Latin American Self-Care Regional Congress



On 8-9 November 2023, GSCF, together with ILAR and ACESSA, hosted the first Latin American Self-Care Regional Congress in São Paulo, Brazil.

## Governments:



Ministry of Public Health of Ecuador



Ministry of Health of Argentina



National Directorate of Medicines El Salvador



Panama Ministry of Health

## Regional organisations:

- Latin American Parliament (PARLATINO)
- Organismo Andino de Salud - Convenio Hipólito Unanue (ORAS-CONHU)
- Academia Latino americana de Pacientes – LAPA
- Foro Farmacéutico de las Américas – FFA
- Organización Internacional de Telemedicina y Telesalud – OIT
- Ibero-American Social Security Organization (OISS)





## United for Self-Care Coalition members

The Declaration underscores a dedication to the principles of Universal Health Coverage, including equitable access to healthcare services, financial protection, and the promotion of public health.

The main areas of action include commitments to:

- Promote self-care for Primary Health Care and Universal Health Coverage
- Support self-care education and awareness
- Leverage technology and digital solutions
- Strengthen collaboration and partnerships
- Ensure equity and inclusivity
- Advocate for better self-governance
- Monitor progress and accountability





Executive summary

Stakeholder engagement

United for  
Self-Care Coalition

1st Latin American Self-  
Care Regional Congress

# Environmental sustainability, regulatory and policy Work

International  
Self-Care Day

Media impact



# Environmental sustainability, regulatory and policy work

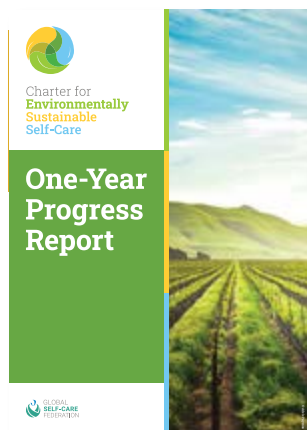
## Environmental sustainability



Climate change is one of the greatest threats to human health. As the consumer health industry, it's our duty to tackle this both in terms of health action and climate action.

The Charter for Environmentally Sustainable Self-Care, launched on 25 November 2021, is a global commitment from the consumer healthcare industry to support environmental sustainability, without compromising health outcomes, product safety and consumers' access.

### Environmental Charter: Progress report



In January 2023, GSCF published a "One Year Progress Report", which focused on the progress made by the signatories of the Charter within their respective commitments.



In December, GSCF launched the "Two Year Progress Report", highlighting progress achieved in 2023.



Executive summary

Stakeholder engagement

United for Self-Care Coalition

1st Latin American Self-Care Regional Congress

Environmental sustainability, regulatory and policy work

International Self-Care Day

Media impact



The Charter currently has 19 key signatories plus regional association members which include P&G, KAPI, ILAR, Haleon, CHPA, FHCP, Kenvue, JSML, PAGB, Reckitt, Sanofi, Self-Care Association, Taisho Pharmaceutical Holdings, anefp, BAH, Consumer Health Products Australia, Jones Healthcare Group, Lif, Sato, Foundation Consumer Healthcare, Perrigo, AESGP.

The launch of the Progress Report was supported by dedicated podcasts:



**Progressing The Global Self-Care Industry's Sustainability Agenda**  
with GSCF's Padmaja Kamath

**The consumer health care sector can make progress on Environmental sustainability through collective action. We invite interested companies and associations from the healthcare sector to pledge to the GSCF charter.**

GSCF published the second yearbook on the progress member companies and organizations have made over the two years since they pledged to the GSCF Charter for Environmental Sustainability. The yearbook also features four (4) new pledges from Foundation Consumer Healthcare, Perrigo and Sato Pharmaceutical Co. Ltd.



## Plastics and Packaging: Blister Packs Task Force

### Position Paper: “Transition to sustainable plastic packaging for consumer healthcare products”

The task force developed a position paper on sustainable packaging that presents the views of the consumer health sector on the transition to sustainable packaging for non-prescription medicines and food supplements.



The task force and other invited stakeholders held an in-person meeting on 19th October in Geneva, Switzerland to strategize on ongoing and future initiatives along with other relevant stakeholders working in this area. This year, the team is spearheading research on second generation recycle ready blisters, and this has involved:

- Mapping current waste streams and investigating projections of future waste-streams
- Assessing the extent of active pharmaceutical ingredients (API) contaminants in blister

## CO<sub>2</sub> Footprint: Supply Chain Task Force

GSCF hosted a webinar on sustainable supply chain, where we partnered with industry stakeholders such as the Pharmaceutical Supply Chain Initiative, Manufacture 2030, International Federation of Pharmaceutical Wholesalers and the Swedish Association of the Pharmaceutical Industry to share key principles and resources on sustainable supply chains.

The task force developed guidance documents on supply chain and green-house gas (GHG) emissions that medicines manufacturers and suppliers can use for assessment of carbon footprint along with other key areas such as packaging, water resources, human rights etc. suppliers’ carbon footprint and develop a GHG strategy.



### Greenhouse gas (GHG) emissions: Sectoral guidance Carbon footprint questionnaire



## Multilateral engagement

At GSCF, and within the wider healthcare sector, we know that public-private partnerships are central to tackling environmental sustainability and serve as a vital catalyst for the urgent changes we need.

**The scale and speed of change that we need is only possible if all relevant actors come together to execute plans that are focused on efficacy and long-term impact.**

This year GSCF participated in an event alongside other relevant stakeholders: “**The State of Cooperation: Navigating Common Challenges of the ESG Agenda**” at the SDG Tent during the World Economic Forum in Davos to answer the question: Is increasing reporting enabling greenwashing or driving real action?

GSCF also engaged with **Pharmaceutical Supply Chain Initiative, Manufacture 2030 and International Federation of Pharmaceutical Wholesalers** who are developing tools reduce emissions along supply chains.

As a part of our efforts towards second generation recycle ready blisters, GSCF has joined **Circular Economy for Flexible Packaging Initiative** and **Circularity in Primary Pharmaceutical Packaging Accelerator** forum as member. GSCF also brought together other relevant organizations active within this domain.



Click below to watch video.





## Regulatory

### Events

#### International Council of Harmonisation (ICH) activities:

- GSCF was represented at the 2023 ICH General Assemblies in Vancouver, Canada and Prague, Czech Republic and working group meetings in June and October.
- GSCF hosted a webinar on the ICH M4Q (R1) on Common Technical Document - Quality, to increase awareness among GSCF members of the regulatory changes that will result from the revision of the M4Q (R1).

GSCF participated in the 5th Self-Medication Collaborative ASIA Pacific Regulator Expert Roundtable (Self-Carer) Meeting held in Taipei, Taiwan on 20th September 2023 which was attended by 36 regulators, 8 GSCF members and additional invited participants to discuss topics such as risk appropriate registration, Rx-OTC switches and e-labelling.

GSCF supported a panel at RAPS Convergence 2023 on Enabling Global Regulatory Environments to Deliver Better Self-Care Interventions.

GSCF participated in the 57th meeting of the WHO Expert Committee on Specifications for Pharmaceutical Preparations.

### Documents

Developed an E-labelling spotlight document and six country one-pager highlights showcasing global progress on e-labelling.



### Taskforces

Kicked-off two task forces: E-labelling and Ingredients Taskforces.



## Policy

### Self-Care Literacy

**GSCF recognizes the need for an integrated self-care policy approach involving multiple actors, settings, and sectors with the purpose of creating conducive environments in support of health and well-being of individuals and communities.**

In 2023, GSCF developed a Policy Brief **“Self-Care Literacy: empowering people, organizations, and systems to maintain and promote self-care for health and well-being”**, with involvement from Kristine Sørensen from Global Health Literacy Academy, which addresses exactly that.

GSCF also held a health literacy roundtable with key stakeholders. Building on these initial roundtable outputs, GSCF plans to host a Health Literacy Interest Group Kick-off meeting in early 2024.

Panelists included Kristine Sorensen, WHO, White Ribbon Alliance, FDI, World Heart Federation, IFS, SCTG, SCARU, IAPO, International Confederation of Midwives, FIP.







## Non-Communicable Diseases

Accounting for 74% of all deaths globally and with those suffering from conditions such as hypertension, diabetes, or other chronic conditions numbering in the billions around the world, NCDs have gained worldwide prominence in public health discussions over the past few decades.



In order to provide evidence that self-care is a key practice in supporting healthcare systems to better prevent and manage NCDs, in 2023, GSCF developed a Policy Brief “How Self-Care contributes to the Prevention and Management of Noncommunicable Diseases”.

The paper provides recommendations for policymakers, on how to integrate self-care into the global response to NCDs and their overburden on healthcare systems.



@monstera



The Coalition work was supported by a publication of an article “Self-care with non-prescription medicines to improve health care access and quality of life in low- and middle-income countries: systematic review and methodological approach”<sup>1</sup> in *Frontiers of Public Health*. *Frontiers* is the 3rd most-cited and 6th largest research publisher and open science platform.

## Policy Toolkit for GSCF members

A key focus in 2023 from a Policy Perspective was the launch of a new Policy Toolkit for members. The Policy toolkit provides a practical overview of the different tools accessible to GSCF members in order to drive transformation of their healthcare system no matter their priority area of focus.

This policy toolkit has been prepared by experts who have experience advocating for change worldwide and so it is relevant to every member no matter their stage of self-care readiness.



<sup>1</sup> May U, Bauer C, Schneider-Ziebe A and Giulini-Limbach C (2023) Self-care with non-prescription medicines to improve health care access and quality of life in low- and middle-income countries: systematic review and methodological approach. *Front. Public Health* 11:1220984. doi: 10.3389/fpubh.2023.1220984



Executive summary

Stakeholder engagement

United for  
Self-Care Coalition

1st Latin American Self-  
Care Regional Congress

Environmental  
sustainability, regularity  
and policy work

# International Self-Care Day

Media impact



# International Self-Care Day

24 June marks the start of Self-Care Month, driven by WHO, which ends with International Self-Care Day (ISCD) on 24 July.

**This symbolic day was chosen because self-care can be practiced “24 hours a day/7 days a week”. It is an annual opportunity to put a spotlight on self-care and the benefit effective self-care can bring to both individuals and health systems.**

In 2023, GSCF celebrated ISCD with a third edition of our **Self-Care Promise campaign**, originally launched in 2021 to encourage individuals around the world to make a personal commitment to embrace a specific self-care action.

The 2023 theme was Universal Health Coverage: “Better self-care, better healthcare for all”.

The campaign engaged a wide variety of stakeholders and gathered 1237 promises made on the [selfcarepromise.com](https://selfcarepromise.com) website while the press release issued on the day received 1365 pieces of media coverage, including in Asia One, Yahoo Finance, Zimbabwe Star and Southeast Asia Chronicle.

Multiple stakeholders engaged in the campaign, including WHO, MSF, UNAIDS, UNDP, Ville de Geneve, Unicef, UNHCR, IOM, WIPO and ILO.

The campaign had the goal of mobilizing consumers around self-care and brings us one step closer to establishing self-care as a vital foundation of health and lead to better health outcomes for all.





Click below to watch video.

# United for International Self-Care Day 2023

#UHC2030



Let's act on  
self-care, together

Make your self-care promise  
[selfcarepromise.org](http://selfcarepromise.org)

#SelfCarePromise  
INTERNATIONAL SELF-CARE DAY 24 JULY 2023

Self-care  
promise

Self-care  
promise

I support accessible  
and affordable  
healthcare for all.

#SelfCarePromise  
INTERNATIONAL SELF-CARE DAY 24 JULY 2023

Self-care  
promise

If the **16%** of Canadians who  
rely on physicians for Short Term  
Consultations **practiced selfcare**,  
500,000 more people would be  
able to **access physicians**.

Source: The Self-care Socio-Economic  
Research report

I promise to...  
schedule health checkups  
once a year.

#SelfCarePromise  
INTERNATIONAL SELF-CARE DAY 24 JULY 2023

Executive summary

Stakeholder engagement

United for  
Self-Care Coalition

1st Latin American Self-  
Care Regional Congress

Environmental  
sustainability, regularity  
and policy work

International  
Self-Care Day

Media impact



Executive summary

Stakeholder engagement

United for  
Self-Care Coalition

1st Latin American Self-  
Care Regional Congress

Environmental  
sustainability, regularity  
and policy work

International  
Self-Care Day

# Media Impact



# Media Impact

## Media engagement

### Five press releases

09.11.2023	Stakeholders Endorse <b>First-Ever Declaration on Self-Care</b> for Universal Health Coverage
22.09.2023	The time for a <b>WHO Resolution on Self-Care</b> is now
24.07.2023	<b>International Self-Care Day:</b> Better self-care, better healthcare; better welfare globally
24.05.2023	<b>Codify self-care for advancement of Universal Health Coverage</b> , says United for Self-Care Coalition at WHA76
22.03.2023	<b>Manoj Raghunandan Elected Chair</b> of the Global Self-Care Federation

1567 pieces of coverage resulting from the press releases, including **Bloomberg, Business Insider, AP or Asia One.**

07.12.2023	<b>Sao Paulo Declaration</b> is a Monumental Step to Making Self-Care a Health Movement (Health Policy Watch)
10.11.2023	<b>LATAM Congress: 'São Paulo Declaration'</b> Affirms Self-Care Essential For Universal Health Coverage (HBW Insight)
27.10.2023	Self-care: <b>The Invisible Glue Holding Healthcare Systems Together</b> (Health Policy Watch)
25.07.2023	<b>Universal Health Coverage?</b> Not Without Primary Health Care (The Well News)
19.05.2023	<b>Opinion: We need actionable insights</b> for strong self-care policies (Devex)



The Global Self-Care Federation exists to create a healthier world through better self-care. We represent associations and manufacturers in the self-care industry, working closely with our members and relevant stakeholder groups to ensure evidence-based self-care products and solutions are recognized as key contributors to health for individuals and systems worldwide.

Our work ensures key policy and decision-makers embrace self-care, recognize its values and use its broad range of benefits as the buildingblocks to deliver better and more sustainable health outcomes for all. We represent the self-care and self-medication industry and endeavor to contribute to the World Health Organization's public health goals through our specialized expertise. GSCF is a non-State actor in official relations with WHO.