Self-care interventions for health and well-being

Communications Toolkit 2023

1. Introduction to this toolkit
2. Overview
3. Technical resources
4. Communications resources

Click to view the toolkit
Background to this toolkit

This toolkit supports communication on the WHO guideline on self-care interventions for health and well-being, 2022 revision. This guideline provides a framework for self-care interventions, recommendations, good practice statements, and key considerations for implementation. The guideline is targeted towards policy-makers, programme managers, health workers, civil society, donors and researchers.

Self-care interventions offer solutions to support universal health coverage (UHC), improve health and well-being, and protect the underserved and vulnerable, including in health emergencies.

Who is this toolkit for?

This toolkit contains standard language, versatile graphics and tailored resources to support stakeholders interested in disseminating and implementing the WHO guideline on self-care interventions for health and well-being.

What are the communication objectives for this toolkit?

• To raise awareness and the profile of the work and goals of WHO around self-care interventions.
• To provide a shared language for communication to support global, regional and national efforts around self-care interventions.
• To provide easy access to a comprehensive list of technical and communications resources on self-care interventions.
1: INTRODUCTION

Toolkit structure:

3 Technical resources
- Guideline
- Living Guideline
- Executive summary
- The HRP, WHO, UNDP, UNFPA and World Bank joint statement on self-care interventions for sexual and reproductive health and rights
- Classification of self-care interventions for health
- Global values and preferences survey
- Policy portal on self-care interventions for SRHR
- Ethical, legal, human rights and social accountability implications
- Economic and financing considerations
- Technical briefs

4 Communications resources
- WHO website
- Videos
- Infographics / social media tiles
- Hashtags and handles

How to get involved:
- Access each resource online or by downloading
  - Technical resources
  - Communications resources
- Make use of each resource in your work environment
- Share widely across your networks
- Use social media tiles, messages and hashtags to spread the word
- Join the self-care community of practice
- Follow and participate in Self-care Month, held each year from 24 June through 24 July
2: OVERVIEW

What is self-care?
WHO’s definition of self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health worker. It recognizes individuals as active agents in managing their own health care in areas including health promotion; disease prevention and control; self-medication; providing care to dependent persons; and rehabilitation, including palliative care.

What are self-care interventions and who uses them?
Self-care interventions are evidence-based, quality drugs, devices, diagnostics and/or digital interventions which can provide full or partial interventions outside of formal health services and can be used with or without a health worker. Examples of self-care interventions include self-administration of injectable contraception, pregnancy and HIV self-tests, self-sampling for HPV and other STIs, and self-monitoring of blood glucose or blood pressure.

There are interventions that users have good knowledge of and feel comfortable using independently from the outset. Other interventions need to be provided with more guidance and support before they can be accepted and used independently. Self-care interventions should be linked to the health system and supported by it, thereby ensuring health system accountability.

WHO website
The website is packed with information and resources on self-care interventions for health and well-being.
What is the WHO framework for self-care interventions?

The framework (see image to the right) for self-care interventions, like the guideline itself, supports people's needs through comprehensive and integrated health services throughout the entire life course, prioritizing primary care and essential public health functions.

It also supports systematically addressing broader determinants of health through evidence-informed policies and actions across all sectors. Importantly, it is about acknowledging that individuals, families and communities can optimize their health as advocates for policies that promote and protect health and well-being, and as co-developers of health and social services.
Executive summary

The Guideline is also available on a user-friendly and easy-to-navigate online platform, which will allow for continual review of new evidence and information.

Arabic, Chinese, French, Japanese, Russian and Spanish versions of the executive summary are all available.
Self-care interventions for sexual and reproductive health and rights to advance universal health coverage:
2023 Joint statement by HRP, WHO, UNDP, UNFPA and the World Bank

Interventions d’autogestion de la santé et des droits sexuels et génésiques pour faire progresser la couverture sanitaire universelle :
Déclaration commune de 2023 du HRP, de l’OMS, du PNUD, du FNUAP et de la Banque mondiale

Intervenciones de autocuidado para la salud y los derechos sexuales y reproductivos a fin de avanzar con la cobertura sanitaria universal:
Declaración conjunta de HRP, OMS, PNUD, UNFPA y el Banco Mundial 2023
Webinar on the classification document

WHO organized this webinar, hosted by The IBP Network, to present the WHO classification of self-care interventions. This document aims to promote an accessible and bridging language for researchers, policymakers, donors and health programme managers.
Global values and preferences survey

WHO guideline on self-care interventions for health and well-being, 2022 revision
Web Annex A. Global values and preferences survey report

Webinar on Global values and preferences survey

WHO organized this webinar, hosted by The IBP Network, to present the results of the Global Values and Preferences Survey (GVPS). The GVPS was a key document which helped inform the WHO Guideline on Self-care interventions and well-being.

Download PDF

View webinar
3: TECHNICAL RESOURCES

Policy portal on self-care interventions for SRHR

This site contains the latest date on SRHR at health system, policy and service delivery levels; recent policy guidance as well as links to WHO resources to help support stakeholders in their efforts to promote and deliver self-care interventions.

Sexual and reproductive health and rights: infographic snapshot

Snapshots per country of the national SRHR situation - including successes, areas for improvement, and data gaps.
Human papillomavirus (HPV) self-sampling as part of cervical cancer screening

Self-administration of injectable contraception

Self-management of medical abortion

Self-collection of samples for sexually transmitted infections (STIs)

HIV self-testing

Availability of lubricants during sexual activity

WHO consolidated guidelines on self-care interventions, with the first volume focusing on sexual and reproductive health and rights (SRHR). Each recommendation is based on extensive consultations and a review of existing evidence. During humanitarian emergencies, including pandemics, routine health services are disrupted to the most essential health services. WHO is incorporating self care as an innovative strategy to strengthen universal health coverage (UHC) and help ensure continuity of essential health services.

At least 400 million people worldwide lack access to the most essential health services. Worldwide, an estimated shortage of 18 million health workers is anticipated by 2030.

For select health services, primary health care, increase.
3: TECHNICAL RESOURCES

Feature stories on self-care interventions and HRP impact stories

Morocco
Expanding contraceptive access through self-administered injectable contraception

Germany
Self management of medical abortion via telemedicine

Nigeria
Self-administered contraception is helping women in an IDP camp to access their SRHR

Timor-Leste
How self-care interventions are having an impact

Coming soon
3: TECHNICAL RESOURCES

HRP at 50
Sexual and reproductive health and rights across the life course

HRP at 50
Harnessing the power of science, research, data and digital technologies to improve sexual and reproductive health and rights

HRP at 50
Sexual and reproductive health and rights in epidemic and pandemic preparedness and response

HRP at 50
Strengthening impact at country level

Introduction >
Overview >
Technical resources >
Communications resources >
Back <
Next >
Importance of self-care interventions to reach UHC

Remarks of WHO Director-General on the WHO guideline on self-care interventions

Self-care interventions advance health, well-being and UHC (44 second clip)

Five self-care interventions for sexual and reproductive health and rights

Social media trailer about self-care interventions

Dr Mike Ryan, Executive Director, WHO Health Emergencies Programme speaking on self-care interventions

Self-care interventions for health and well-being

An overview of what self-care interventions are, and how they are giving people more choice and control over their health.
You can make use of these hashtags and handles to spread the word about self-care and share WHO's resources widely across your networks:

#SelfCare #SRHR
#UHC #PHC
@WHO @HRPresearch
For further information contact: selfcare@who.int