



United Nations Activity Report

[International Youth Day](#) (IYD) was held on 13 August 2019. IYD is an awareness day designated by the United Nations; the purpose of the day is to draw attention to a given set of cultural and legal issues surrounding youth.

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The theme for International Youth Day 2019 (IYD) was “transforming education,” which highlights efforts to make education more relevant, equitable, and inclusive for all youth. It included a panel of youth from youth-led organizations, who highlighted lessons learned and good practices in the efforts to ensure education.

This event was specifically rooted in [Sustainable Development Goal #4](#), which is to “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.” However, education is a development multiplier, meaning it plays a crucial role in progressing the other 16 Sustainable Development Goals (SDGs), especially [SDG #3](#), which is ensuring healthy lives and promoting well-being for all at all ages.

Several reports released by [World Health Organization](#), [United Nations Education, Scientific, and Cultural Organization \(UNESCO\)](#), and [United Nations Population Fund](#) emphasized that education directly affects health and well-being. This reflects a common understanding that education is a powerful intervention for improving people’s health. According to the United Nations, only 10% of people in low-income countries have completed upper secondary education. In addition, young people with disabilities, indigenous youth, young people belonging to vulnerable groups, and young women are facing additional challenges to access education that embraces their unique identities and diverse needs. These statistics, among others, remind us as nurses that significant transformations are still needed to make educational systems more accessible and inclusive.

This event is important to Sigma members because we are engaged in this endeavor, whether directly or indirectly, to ensure education is equitable, relevant, and inclusive. It helps sketch out the road ahead. We should encourage and help develop educational programs that provide students with the skills and values that not only translate into success in their future endeavors but also enable them to live more fulfilling and healthier lives. As nurse leaders, we have seen first-hand that basic education enables healthy lifestyle choices and informed healthcare decisions.