

# Sigma nurses can influence global healthcare and policy

As a non-governmental organization, Sigma has special consultative status with the United Nations. We ask our members and chapters to work toward achieving the UN Sustainable Development Goals, which aim for a better and more sustainable future by 2030.

## 1. NO POVERTY

End poverty in all its forms everywhere



**Chapter:** Organize a service project, such as a coat drive for kids, in your community.

**Individual:** Support campaigns collecting items for residents of local shelters. Donate clothes, food supplies, etc., for those in need.

## 2. ZERO HUNGER

End hunger, achieve food security and improved nutrition and promote sustainable agriculture



**Chapter:** Volunteer at a local community garden.

**Individual:** Volunteer at a food bank that provides food and other essentials to children, seniors, and families in need.

## 3. GOOD HEALTH AND WELL-BEING

Ensure healthy lives and promote well-being for all at all ages



**Chapter:** Organize a community health fair staffed by members to provide education, services, and health awareness.

**Individual:** Take care of your mental health. Practice self-care, get fresh air, talk to friends and family, or seek professional help.

## 4. QUALITY EDUCATION

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



**Chapter:** Volunteer to host a monthly reading session about the SDGs for youth-serving organizations.

**Individual:** Mentor youth at your local school, which connects them to social and economic opportunity.

## 5. GENDER EQUALITY

Achieve gender equality and empower all women and girls



**Chapter:** Voice your support for equal pay for equal work in your community and workplace. Host a program about the same topic.

**Individual:** Ensure your mentors include women in leadership positions.

## 6. CLEAN WATER AND SANITATION

Ensure availability and sustainable management of water and sanitation for all



**Chapter:** Partner with an environmentally friendly organization to clean up a local riverbank or beach.

**Individual:** Reduce water usage at home by fixing leaky faucets, taking shorter showers, and turning off the faucet when you brush your teeth.

## 7. AFFORDABLE AND CLEAN ENERGY

Ensure access to affordable, reliable, sustainable and modern energy for all



**Chapter:** Create a campaign aimed at reducing waste and/or increasing recycling at your institution.

**Individual:** Turn off the lights when you leave the room. Use social media to raise awareness about how saving energy saves money.

## 8. DECENT WORK AND ECONOMIC GROWTH

Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all



**Chapter:** Organize a mentoring program that connects nursing students with alumni who can offer advice. Form a committee to review safe working policies at your institution.

**Individual:** Support local economic growth by choosing to buy from local businesses.

## 9. INDUSTRY, INNOVATION AND INFRASTRUCTURE

Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation



**Chapter:** Offer microloans to promote start-up health related businesses.

**Individual:** Create a public space hotspot map to help people access the internet.

## 10. REDUCED INEQUALITIES

Reduce inequality within and among countries



**Chapter:** Host a booth at a local neighborhood or cultural event to learn more about the health needs of that specific community.

**Individual:** Raise your voice against any type of discrimination. Be the voice of change.

## 11. SUSTAINABLE CITIES AND COMMUNITIES

Make cities and human settlements inclusive, safe, resilient and sustainable



**Chapter:** Volunteer to build houses, helping whole neighborhoods improve and families achieve stability.

**Individual:** Commute in a sustainable way—bike, walk, or take public transportation. Start a ride share program at work.

## 12. RESPONSIBLE CONSUMPTION AND PRODUCTION

Ensure sustainable consumption and production patterns



**Chapter:** Start a recycling program at work.

**Individual:** Be conscious of packaging—the less the better. Buy used/second-hand whenever possible. Compost and donate to a local community garden.

## 13. CLIMATE ACTION

Take urgent action to combat climate change and its impacts



**Chapter:** Develop a carpool program to transport individuals to medical appointments.

**Individual:** Become a nurse climate champion to educate health professionals on the impacts of climate change on human health.

## 14. LIFE BELOW WATER

Conserve and sustainably use the oceans, seas and marine resources for sustainable development



**Chapter:** Advocate for safe disposal programs for medications, medical supplies, and waste at work. Host a fundraiser to buy and install a water bottle filling station.

**Individual:** Wash and reuse plastic bags. Reduce use of plastics. Recycle!

## 15. LIFE ON LAND

Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss



**Chapter:** Spend a day cleaning your local parks or green spaces. Adopt a trail or park. Ask chapter members to track how much food they waste in a month, present a program based on that information, and offer solutions on how to do better.

**Individual:** Volunteer to help plant trees. Volunteer at a holiday tree recycling program with the local parks department.

## 16. PEACE, JUSTICE AND STRONG INSTITUTIONS

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels



**Chapter:** Host a program on how to recognize patterns of abuse and trafficking and appropriate steps to intervene.

**Individual:** Vote! Take advantage of your right to elect the leaders in your local community and country.

## 17. PARTNERSHIPS FOR THE GOALS

Strengthen the means of implementation and revitalize the global partnership for sustainable development



**Chapter:** Partner with other organizations to work on a project that helps achieve the Sustainable Development Goals.

**Individual:** Support small businesses in other countries by ensuring what you purchase has a Fair Trade Certified label.