

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.