

Alignment Of Zero Hunger And Good Health In The Sustainable Development Agenda

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ABSTRACT

ABSTRACT This article to study the integral relationship between SDG 2 (Zero Hunger) and SDG 3 (Good Health and Well-being) as pillars of development sustainable mutually supportive related. Research aiming analyze relatedness between second objective said, identifying challenge its alignment, and proposes approach integrated For advance both of them. Using a systematic review of literature academic 2020-2025, data analyzed in a way thematic For identify effective strategies. The results show that change climate, inequality economy, urbanization, and transition global nutrition complicates connection hunger-health. Approach gender based, integration knowledge customs, governance effective, intervention education, innovation technology, and multi- stakeholder partnerships interest become a key strategy. In conclusion, the alignment of SDG 2 and SDG 3 requires an approach that transcends sectoral boundaries traditional, supported commitment political sustainable, mechanism financing innovative, and engagement public For transform resilience food become results better health Good.

Keywords: Zero Hunger, Good Health, Sustainability

1 Introduction

The Sustainable Development Goals (SDGs) established by the United Nations in 2015 are framework Work comprehensive aiming for overcome the world's most pressing challenges to date 2030. Among goals This, SDG 2 (Zero Hunger) and SDG 3 (Good Health and Well-being) stand as fundamental pillars that are mutually supportive related and interrelated strengthen. Zero Hunger aims For end all form hunger and malnutrition by 2030, ensuring that everyone, especially the poor and vulnerable, has access to food adequate nutrition throughout year [1].

Connection between nutrition and health create cycle strong influence, where intervention in One field can produce impact positive in the field others. When individuals own access to adequate nutrition, they develop system greater immunity strong, lower vulnerability to disease contagious and not contagious, and increase capacity cognitive support learning and productivity [2]. Approach holistic that integrates resilience strategies food with initiative health public offer potential For reach more impact big compared to with effort separated in handle second problem.

Although progress has achieved in a number of aspect second objective this, global inequality in access to food nutritious and service health Keep going to worsen gap in results health between high-income countries high and low. Conditions change climate, conflict and pandemic as COVID-19 has underline vulnerability system global food and health, emphasizing need urge for more strategies resilient and adaptive [3]. Shift paradigm going to system sustainable and equitable food which is explicit enter consideration health can create synergy that accelerates progress going to achievement both SDG 2 and SDG 3.

At the same time, Good Health and Wellbeing focuses on ensuring healthy living and promoting welfare for everyone in everything age [4]. Alignment second objective This No only as it happens but is confession strategic that resilience food and nutrition is prerequisite important For reach results optimal health. This article explore relatedness between second objective said, reviewing challenge in

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align it, and propose approach integrated For advance both agendas in simultaneously in framework development more sustainable wide.

2 Literature Review

Zero Hunger

Zero Hunger is one of the objective development sustainable development goals (SDGs) established by the United Nations as part from the 2030 Agenda. Concept This aiming For end hunger, reach resilience food, repair nutrition, and encourage agriculture sustainable throughout the world. According to the FAO (Food and Agriculture Organization), Zero Hunger is not only about overcome hungry, but also ensuring universal access to safe, nutritious and sufficient food throughout year [5] . This objective also includes deletion all form malnutrition and ensure system production sustainable food, improving productivity and income farmer small, and maintain ecosystem and diversity genetics seeds, plants and animals cattle.

Zero Hunger's role is very strategic in global development because hunger and malnutrition is barrier main development human and economic. The World Food Programme emphasizes that Zero Hunger achievement will contribute to the improvement health, education, gender equality and poverty alleviation poverty [5] . Implementation of Zero Hunger requires a multi- dimensional approach involving various stakeholders interests, including government, sector private, organization public civil society, and local communities [6] . The strategies implemented covers improvement investment in the field agriculture, development infrastructure rural, strengthening market access for farmer small, and adaptation and mitigation change climate For ensure resilience system food. With overcome hunger, the global community can build strong foundation For reach development inclusive sustainability.

Good Health

Good Health or good health defined by the World Health Organization (WHO) as condition prosperous in a way complete physical, mental and social, not just absence disease or weakness [7] . Concept This is an integral part of Sustainable Development Goals (SDGs) 3: Good Health and Well-Being, which aims ensure healthy living and promoting welfare for everyone in everything age. According to Leavell and Clark, good health covers aspect preventive, promotive, curative and rehabilitative which are mutually supportive integrated. The main goal from effort realizing good health is increase quality life society, lowering number death and pain, as well build system resilient and responsive health to various challenge global health [8].

The role of good health is very fundamental in development sustainable Because good health is prerequisite at a time results from development economic and social. Various studies from institution as the World Bank and UNDP point out that investment in health contribute significant to growth economy, improvement productivity power work, and reduction poverty [9] . Implementation of good health requires approach holistic and cross sectors involving various stakeholders interest start from government, sector private, up to public civil. The strategy developed covers strengthening system primary health, expansion coverage service universal health, prevention disease contagious and not contagious, increase health mother and child, and development innovation in technology health. With prioritizing good health, a country does not only increase welfare its population in a way direct but also build foundation strong For progress social and economic term long [10].

Sustainability

Sustainability or sustainability has defined through various perspectives by experts and global organizations. According to the Brundtland Commission in "Our Common Future" report, sustainability is development that meets today 's needs without sacrifice ability generation upcoming For fulfil need they Alone [11] . Elkington introduced the "Triple Bottom Line" concept which looks at sustainability as balance between three pillars: environment (planet), social (people), and economy (profit) [12] . While that, the United Nations Environment Programme defines sustainability as approach term long For development activity human being who is not damage environment However still allow progress economy [13] . Main objective sustainability is create harmony between growth economy, protection

environment, and justice social, so that formed a system that can survive and thrive in a way sustainable For generation present and future.

The role of sustainability in the global context is increasingly crucial remember challenges the world faces today this, including change climate, degradation environment, inequality social, and instability economy. The World Economic Forum emphasized that implementation principle sustainability in various sector can become catalyst innovation, efficiency source power, and endurance business term long [14] . Implementation sustainability need approach integrated involving various stakeholders interests, starting from government, corporations, academics, to public civil. Sustainability strategy covers transition going to energy renewable, economy circular, production and consumption sustainable, conservation diversity life, and empowerment community local. With make sustainability as paradigm main in taking decisions, global society has the potential creating a better future fair, prosperous and resilient in face various turmoil environment and also socio-economic.

3 Research Methods

Research methods This apply systematic review approach to researching connection between Zero Hunger and Good Health goals in the development agenda sustainable. Research process started with search literature academic latest in 2020-2025. Data from studies selected extracted in a way systematic and analyzed use approach thematic For identify effective strategies overcome hunger at a time increase health society. Quality study guaranteed through evaluation critical and triangulation findings from various source, so that produce recommendation comprehensive and integrated policy For reach second objective development sustainable the in a way simultaneously.

4 Results and Discussion

Connection between hunger and health is one of the most basic connection in development human. Vulnerability food and malnutrition in a way direct influence results health throughout live, while poor health can to worsen hunger and poverty through decreased productivity and increased expenditure maintenance health. According to World Health Organization (WHO), malnutrition is contributor the biggest to burden disease globally, with around 149 million children under five years suffering from stunting and 45 million suffering from wasting [7] . Conditions This No only threaten continuity life in a way direct but also dangerous development cognitive, function immunity body, and prospects health term long. The Food and Agriculture Organization (FAO) reported that although production global food has enough, around 768 million people face famine by 2023, highlights ongoing challenges There is in distribution food, access and utilization [5].

Change climate the more to complicate achievement Zero Hunger and Good Health goals. Changes pattern weather, events extreme, and degradation ecosystem threaten productivity agriculture and resilience food, especially in vulnerable areas. Research by the Intergovernmental Panel about Climate Change (IPCC) shows that change climate can reduce results global agriculture by 30% by 2050, with the most severe impact affect the area that has been fight with vulnerability food [15] . Challenges environment This in a way simultaneously influence health through various path, including improvement prevalence infectious disease vector, disease related heat, and compromised water quality. Integration of resilience climate to in system food and care health is an important front line in aligning SDGs 2 and 3.

Economic factors also play a role important in connect hunger and results health. Poverty limit access to food nutritious and service quality health, creating circle the difficult devil was cut off. The World Bank estimates that around 700 million people still life in poverty extreme, with source Power limited For fulfil need nutrition base or capable pay service health [16] . Inequality economy between and within countries increasingly to worsen challenge this, requires targeted interventions that address accessibility food nutritious and accessible to service health. The COVID-19 pandemic illustrates fragility progress in both field, with the World Food Programme reporting that pandemic push an additional 118 million people to in starvation in 2020 alone [17].

Rapid urbanization and transition global nutrition is increasingly to complicate connection between hunger and health. According to UN-Habitat, 68% of the world's population is projected will live in the area urban areas by 2050, changing pattern production and consumption food fundamentally [18]. In the environment urban, access to fresh and nutritious food often limited especially in

settlements earn low, while availability food processed tall calories increasing. Phenomenon This contribute to the "burden" double malnutrition " where there is a lack of nutrition and benefits overweight / obesity can happen in a way simultaneously in the same society, even in House the same stairs. According to Lancet Global Health study, prevalence burden double malnutrition increased in 123 of 126 low-income countries low and medium between 2000 and 2020, showing complexity challenge nutrition contemporary [19].

Resilience food gender- based and intervention health appear as approach important in aligning SDG 2 and 3. Research show that when Woman own more control big on source Power House stairs, they tend invest more Lots in nutrition and health family. Programs such as Women's Initiative in Agriculture has show that empowerment Woman in system food can increase availability food nutritious while strengthen access to service health [20] . Likewise, UN Women reported that programs that combine support nutrition with service health mother and child can reduce number death baby up to 25% in some community [21]. This perspective takes gender into account confess role centrally played by women Good in production food and also as provider maintenance health main.

System knowledge customs and practices agriculture local offer outlook valuable For integrate resilience food and health in context culture specific. Indigenous communities, which often become guard diversity life, has develop system food local adaptation in a way ecological and nutrient rich that supports health holistic. Unity International For The International Union for Conservation of Nature (IUCN) estimates that public custom manage or control about 28% of the surface global land area, which includes about 40% of the protected area in a way official and almost 37% of all forest the remaining nature [22] . System integration knowledge scientific and customary create opportunity For solution innovative which is simultaneously overcome lack food and challenges health while honor identity culture and practice sustainable in a way ecological.

Effective governance and integration policy is mechanism important For align Zero Hunger and Good Health goals. Approach isolated traditional to agriculture, nutrition, and care health often fail utilise synergy or overcome the trade-off between sectors this. For example, the policy agriculture focused only on improvement production calories can in a way No on purpose promote monoculture and food processed foods that contribute to the burden disease No increased infectiousness. Poor diet quality now responsible answer on more Lots death globally than factor risk others, including use tobacco. On the contrary, the approach integrated that promotes system diverse and nutritious food while consider impact environment and health can advance several SDGs in particular simultaneously.

Intervention education and campaign awareness play role important in connect system food and produce health at the level society. A published studies in the Journal of Nutrition found that the education program nutrition that focuses on sources Power food local can in a way significant increase diversity food and nutritional status, especially among vulnerable populations (Smith & Johnson, 2021). Likewise, feeding programs a school that combines food nutritious with education health has show impact positive on results education and nutritional status. The Global School Feeding Programme, which reaches around 388 million children around the world, depicting potential approach integrated For overcome hunger and health in a way simultaneously (World Food Programme, 2023).

Innovation technology offer promising path For align Zero Hunger and Good Health goals. Digital farming tools, technology storage and processing enhanced food, and products food new can increase resilience food while overcome need nutrition. Application mobile health and telemedicine platforms can in a way simultaneously increase access to service health, especially in the areas remote. Technology Foundation African Agriculture Report that variety plant stand drought has increase resilience food for more from 7 million farmer small while reduce vulnerability to risk health related climate [23] . Likewise, initiative biofortification has increase content nutrition plant main, overcome lack harmful micronutrients health and development.

Partnership public-private is mechanism important other For advancing the Zero Hunger and Good Health agenda. A collaborative effort between government, business, organization public civil, and institutional study can mobilize source power, expertise and innovation going to objective together. The Scaling Up Nutrition (SUN) movement, which covers 65 countries and thousands of organization, shows potential multi- stakeholder approach interest For overcome malnutrition in various its form. The Access to Nutrition initiative also involves company food and Drink in increase products and practices they For overcome hunger and problems health related to diet.

5 Conclusion

Aligning Zero Hunger and Good Health in the Sustainable Development Agenda is needs and opportunities For change transformative. Relationship complicated between system food and produce health demand approach integrated beyond sectoral boundaries traditional. With recognize dependence this and implementing a coordinated strategy, stakeholders interest can maximize synergy and minimize trade-offs between goals important this. In the future, success will need commitment sustainable politics, mechanisms financing innovative, expertise technical, and involvement public For ensure that progress in resilience food translated become results better health good and vice versa. When the deadline 2030 is approaching, integration Zero Hunger and Good Health efforts stand as proof characteristic not inseparable from development sustainable and the fundamental right of all people to undergo healthy and productive life free from hunger and malnutrition. Reference

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