



Goal 3: Good Health and Well Being



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Defining Goal 3



❑ What is good health and well being?

- Good health is defined as a complete state of physical, mental and social well being, the absence of any disease or illness.

❑ Why is good health and well being essential?

- Your health is the most important thing in your life and if not taken of, it can affect your emotional, mental and physical well being.

Target 3.6

Target 3.6: By 2030, halve the numbers of global deaths and injuries from road traffic accidents.

Death rate due to road traffic injuries

When researching we want to be able to identify how can road traffic injuries/deaths be reduced or even prevented in the United States and Poland.

Research Found for the United States

❑ According to U.S Department of Health and Human Services, there are have been interventions put in place to help decrease the number of deaths and injuries in the U.S

- Increase the use of seatbelts
- Reduce speed related accidents
- Reduce drunk driving accidents



❑ Increasing the amount of crosswalks in big cities helps protect pedestrians and reduce the amount of motor vehicle accidents.

❑ It is also encouraged to not drive for long period of times without stretching and stretching should be at least every 2 hours.

❑ **Road safety is key to help prevent road accidents.** Knowing traffics rules, signs and signals is needed to be known before getting behind the wheel to drive a vehicle and keep you as safe as possible.

❑ Law enforcement is more popular on the road during holidays to help create the safe driving environment and prevent dangerous driving that can put someone else in danger.



Research Found for Poland

□ The Polish government is implementing a comprehensive strategy to reduce road injuries and fatalities:

- **Improving Road Infrastructure:** construction of pedestrian bridges, investing in safer road designs, modernizing infrastructure, and building new roads with features that minimize accidents: roundabouts, speed bumps, safer crosswalks, better lighting, especially in high-risk areas.
- **Stricter Traffic Laws and Penalties:** The government has raised fines and expanded penalty points for severe infractions (speeding and driving under the influence), aiming to discourage reckless driving and improve overall compliance with traffic laws.
- **Public Awareness and Education Campaigns:** Public Awareness and Education Campaigns: promoting safe driving practices through education and media campaigns targeting all road users. These campaigns address speeding, seat belt use, mobile phone use while driving, and pedestrian safety.
- **Increased Road Enforcement:** frequent inspections, particularly during high-risk times like holidays. Random checks for alcohol and speed violations are becoming more common, and the presence of law enforcement on the roads acts as a preventive measure against unsafe driving behaviors. Statistics on the consequences of excessive speed and speed inappropriate for road conditions reveal a very large impact on the number of fatal road accidents in Poland.
- **Data-Driven Analysis and Monitoring:** collects and analyzes accident data to identify high-risk areas and patterns.



North Carolina		Poland	
Fatal Crashes			
2022: 1,647	2023: 1,565	2022: 1,896	2023: 1,893
Road accidents involving road users under the influence of alcohol			
2022: 11,850	2023: 12,146	2022: 2,248	2023: 2,074
https://connect.ncdot.gov/business/DMV/CrashFactsDocuments/2023%20Crash%20Facts.pdf?fbclid=IwY2xjawGhf0VleHRuA2FlbQIxMAABHQ2F-bxeQojGBs7BXjltlph27OMde2U_IKZ1-QtYT8Ik26ft2A6FpfDXmg_aem_c4tQNQkM1FUMkHTHP7Jpg		https://www.krbrd.gov.pl/wp-content/uploads/2024/05/Stan-bezpieczenstwa-ruch-drogowego-oraz-dzialania-realizowane-w-tym-zakresie-w-2023-r.pdf	

Resources for Research

Link for the United States

<https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/injury-prevention/reduce-deaths-motor-vehicle-crashes-ivp-06#:~:text=Interventions%20aimed%20at%20increasing%20seat,deaths%20from%20motor%20vehicle%20crashes.>

Link for Poland

<https://www.krbrd.gov.pl/baza-wiedzy/badania-i-analizy-krajowe/>

<https://dlakierowcow.policja.pl/dk/profilaktyka>

<https://orka.sejm.gov.pl/Druki10ka.nsf/0/195723D8DE6D7F18C1258B27002A5EC0/%24File/422.pdf> [Stan bezpieczeństwa ruchu drogowego oraz działania realizowane w tym zakresie w 2023 r.]