

BASIC NEEDS FOR HEALTH & SAFETY

People's foundation for physical and mental well-being starts with access to fresh air, clean water, and nutritious food. We all need a balance between physical activity and sleep. We need healthy relationships, with freedom to express our gender and sexuality. We need to support the health and needs of women of reproductive age to ensure the conditions exist to nurture healthy babies. We need to feel safe from violence, crime, and injury. And we need to be free from addiction, trauma, and toxic stress.

Meeting these basic needs allows us to be healthier today by avoiding hunger, exhaustion, disease, and injury. It also means we are more likely to thrive tomorrow by supporting our ability to withstand adversity.

FREEDOM FROM TRAUMA, VIOLENCE & ADDICTION

PUBLIC HEALTH

HEALTH CARE

FOOD

