



## Sustainable Development Goals and Home Economics

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**ABSTRACT**

In September 2015, the UN approved the United Nations Agenda, which provides comprehensive set of initiatives in order to foster long-term development. The seventeen goals act as the foundation for this program. The main goal of this essay is to investigate the relationship between home economics and the SDGs. Home economics, which have historically been associated with the management of household resources, are essential to the advancement of several SDGs, especially those pertaining to gender equality, health and well-being, poverty alleviation, and sustainable consumption. Finding ways to promote change becomes crucial for success as the agenda moves forward. Home economics has a lot of potential to contribute significantly in this area. The present study looks at how home economics might help create progress toward achieving some of the SDGs by 2030. Since home economics focuses on improving the well-being of individuals, families, and communities a goal that is in line with many SDGs the findings show a high correlation between the SDGs and home economics. The secondary data used in this work was collected between 1990 and 2024.

## 1. INTRODUCTION

The eight MDGs were agreed upon following a meeting of world leaders at the United Nations. In 2000 countries collectively came together for a summit where they made eight goals to be completed by 2015 (United Nations General Assembly (UNGA,2000). It largely involved commitments by developing countries to improve in areas such as policy, accountability, and governance as developed countries pledged to provide the tools (ICL EI, 2015). The SDGs are a key policy document that focus on shared goals. Targets to forge a path to ensure economic, social and environmental challenges are met across the globe. The common thread that ensures coherent policies for sustainable development is the synergy with the Sustainable Development Goals (SDGs). SDGs are...integrated and do not indicate priority of one over others. As a result, progress On one front should not impede progress on other fronts. In reality, it is a major challenge and a key condition for coherence among and within the extremely diverse SDG policy fields (United Nations, 2015).

The spillovers from individual targets to SDGs as such are clear, but the aims of the SDGs also have a literature documenting them. Countries have differed in their delivery and success because of differences between countries (OECD, 2021). The Sustainable Development Goals (SDGs), which further develop and extend the MDGs beyond the latter's commitment period that ended in 2015, span a period from 2015 to 2030. Formally also known as Transforming our world the 2030 Agenda for Sustainable Development (United Nations, 2015), the SDGs are a set of 17 ambitious worldwide goals comprising of 169 targets in all. The process is sensitive for 194 member countries. The SDGs are different from the MDGs and are universal, bolder and more comprehensive. In contrast to the MDGs' original strategy, they provide a shared objective for all nations, wealthy or poor (United Nations, 2015). The SDGs envision a society free from gender inequality and poverty, where everyone has access to quality healthcare and education, and where economic expansion does not harm the environment. Every nation in the world fails to reach at least half of the 17 Sustainable Development objectives (SDGs), and 25% fail to meet any of the 17 objectives altogether (United Nations, 2015). The SDGs audaciously set quantifiable, explicit goals that are connected to the 17 objectives. Finding ways to bring about change is crucial to

the SDG plan's success as it develops. Many of these objectives have a direct or indirect connection to home economics.

The IFHE, 2008 Position Paper states that home economics is a subject and a profession that draws from a variety of disciplines and has its roots in the human sciences in order to provide the best possible and sustainable living for people, families, and communities (International Federation for Home Economics [IFHE], 2008, p.1). This globally accepted definition emphasizes how home economics and the Sustainable Development Goals (SDGs) are aligned because they have similar objectives and goals. Additionally, the Millennium Development Goals (MDGs) and the Sustainable Development Goals (SDGs), which are based on six fundamental principles prosperity, justice, cooperation, dignity, and people have a significant relationship (The Guardian, 2015).

### **1.1. Analysis of the SDGs (2015-2030)**

**Goal 1: End poverty in all of its manifestations worldwide.** One of the biggest obstacles to Afghanistan's growth is poverty. Recent statistics indicate that the percentage of people living in poverty jumped from 33.7 percent in 2007 to 54.5 percent in 2016–2017. This indicates that over 50% of people in the nation are below the poverty line. Rural locations have higher rates of poverty than urban areas. While 41.6 percent of people live below the poverty line in cities, 58.2 percent do so in rural areas. (NSIA, 2018). Afghanistan must address poverty as a key issue in its efforts to meet the SDGs, especially the first goal, which is to eradicate poverty. By 2030, the nation must establish a suitable social safety system and enhance equality and everyone's access to financial resources in order to accomplish this aim (Ministry of economy, 2021).

### **Goals 2 : No Hunger Prevent hunger, ensure food security, enhance nutrition, and advance sustainable farming practices.**

Afghanistan has been ravaged by a long-running battle for the past 40 years, which has destroyed livelihoods and increased hunger. At the moment, just 13.4% of the population (3.5 million) are protected by nutrition, and 44.6 percent of people consume fewer than 2100 calories each day. Likewise, 30.1% of the population eats less than 50 grams of protein daily (WFP, 2022). Ending hunger and malnutrition and guaranteeing food access for everyone, especially the impoverished and those in vulnerable circumstances, such as newborns, are the main objectives of goal two. By 2030, this will be

accomplished through the use of resilience strategies in the agriculture sector, sustainable food production methods, and value-adding agricultural goods.

The second goal is to increase investment, take steps to guarantee that food and food derivatives markets operate properly, facilitate prompt access to market information, particularly information on food reserves, and prevent severe volatility in food prices (United Nations, 2015).

**Goal 3:** is to promote health and well-being for people of all ages and to guarantee healthy lifestyles.

Health service accessibility has greatly increased during the last ten years. The 2016 Afghanistan Living Condition Survey (ALCS) found that 83.9 percent of individuals live fewer than two hours from a medical facility; in cities, this percentage is 100 percent, while in rural areas, it is 84.4 percent. The A-SDGs' third goal is about health and wellbeing. Goal three's top priorities include eradicating communicable diseases and lowering the number of maternal, neonatal, and child deaths. This job involves putting policies in place to prevent and treat illnesses, mental health issues, and drug usage in order to lower the number of unexpected deaths. (United Nations, 2015).

**Goal 4: Ensuring high-quality, equitable, inclusive, and equitable education and encouraging opportunities for lifelong learning for everyone**

This goal's primary objectives are to promote sustainability and offer education on sustainable development.

**Goal 5:** Gender equality, achieve gender equality and empower all women and girls. The main focus of goal five is to end discrimination against women and girls everywhere in all its forms.

**Goal 6: Assuring the availability and sustainable management of water and sanitation for everyone is the sixth goal.**

This goal's primary objectives are adequate and equitable sanitation for all, equal access to safe drinking water, and better water quality through decreased pollution and the elimination of waste dumping in water resources. This goal also emphasizes: strengthening water and sanitation capacity in developing nations, including water extraction basins and desensitization; improving water use and wastewater disposal; and

sustainable management of shared water resources at all levels, including through transboundary and international cooperation. (Sameem & Rahmatullah. 2017).

**Goal 7: is to provide everyone with access to modern, affordable, dependable, and sustainable energy.**

This goal focuses on improving access to clean, affordable, reliable modern energy services and increasing renewable energy by 2030. Additional areas covered by this goal are: strengthened international cooperation to facilitate access to clean energy technology and research facilities; investment in energy production infrastructure and access to clean energy production technology; and the building of new infrastructure to support sustainable energy in developing countries (United Nations, 2015).

**Goal 8: Decent Work and Economic Growth, Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all**

Diversification, enhanced technology and innovation in labor sectors, and development policies that promote production, employment, and entrepreneurship are key components of this goal, which places an emphasis on sustainable economic productivity and growth. Global resource efficiency in production and consumption, development policies that promote efficiency, fair job opportunities, creativity, and innovation, and initiatives to disentangle economic progress from environmental degradation are the primary areas of attention covered by this objective. This objective contributes to the availability of good employment for all, including women and men, young people, and people with disabilities, as well as to the reduction of youth unemployment and youth without access to education. (Ministry of Economy, 2021).

**Goal 9: Industry, Innovation, and Infrastructure: Encourage inclusive and sustainable industrialization, develop innovative solutions, and construct robust infrastructure.**

This objective focuses on building infrastructure, modernizing industrial sectors, improving resource efficiency, increasing technology adoption, expanding academic research, improving industrial sectors' vocational skills, and providing citizens with affordable access to information and communication technology. (United Nations, 2015).

**Goal 10: is to lessen inequality both inside and between nations.**

By gradually and sustainably increasing the income of the poor, empowering everyone, and encouraging participation in society, economics, and politics for everyone regardless of age, gender, disability, ethnicity, tribe, origin, religion, or economic status this goal aims to lessen inequality both within and between nations.

**Goal 11: Sustainable Cities and Communities, Make cities and human settlements inclusive, safe, resilient and sustainable**

Achieving this aim contributes to sustainable and inclusive urbanization, safe and economical transportation, and access to suitable housing. This goal additionally involves preserving cultural and natural heritage places, lessening the detrimental effects of natural disasters on urban areas, and expanding everyone's access to public and green areas. This goal also strengthens national and regional development plans and supports and maintains the economic, social, and environmental relationships that bind cities to suburbs and rural areas (United Nations, 2015).

**Goal 12: is to ensure sustainable patterns of consumption and production through responsible consumption and production.**

This goal includes reducing food waste, developing environmentally sound management techniques for chemical materials and their wastes throughout their life cycles, and reducing their production. We also want to improve sustainable management and the efficient use of natural resources. Developed nations will help developing nations enhance their academic and vocational capabilities to promote sustainable production and consumption by implementing the SDGs. By promoting the development of a financial system that will maintain local production and lower the cost of domestic goods, this objective also aids in the assistance of the impoverished and guarantees sustainable economic progress (United Nations, 2015).

**Goal 13: Taking immediate action to fight climate change and its effects.**

**Goal 14: Among the nation's most vulnerable to the effects of climate change, Afghanistan comes in at number**

Climate-related migration is the result of a 20 percent decrease in agricultural production in 20 provinces. This year's severe drought impacted 500 persons and 200,000 animals.

**Goal 15: Terrestrial Life, Protect, restore, and encourage the sustainable use of terrestrial ecosystems; manage forests sustainably; fight desertification; stop and reverse land degradation; and stop the loss of biodiversity.**

The fifteenth Sustainable Development Goal (SDG) aims to stop deforestation, restore forests that are eroding, and encourage sustainable management of all forest types. According to international agreements, target 15 also aims to restore damaged lands, lessen ecological degradation, stop the loss of biodiversity, save endangered species, and create fair and equitable access to genetic resources and benefit sharing. (United Nations, 2015).

**Goal 16: Peace, Justice, and Strong Institutions: Encourage inclusive and peaceful societies for sustainable development; ensure that everyone has access to justice; and create inclusive, responsible, and efficient institutions at all levels.** The SDGs' 16th goal aims to lower all forms of violence and deaths caused by it. This activity includes attempts to end child trafficking, abuse and exploitation, and all forms of violence against children. Equal access to justice for all will also be made possible by the rule of law, both domestically and internationally. In line with national laws and international agreements, Goal 16 also guarantees universal birth registration and the defense of fundamental liberties (United Nations, 2015).

**Goal 17: Partnerships for the Goals: Enhance implementation and international collaboration for sustainable development**

**Table 1:** The seventeen goals of sustainable development

NO	SDGs	No	SDGs
1	- No poverty	12	- Responsible Consumption
2	- No hunger		
3	- Good health and well-being	13	- Climate action
4	- Quality education	14	- Life and water
5	- Equal rights for all genders	15	- Life on land
6	- Pure water and hygienic conditions		
7	- Affordable and clean energy	16	- Peace, justice, and strong organizations
8	- Fair jobs and economic growth		
9	- Industry, innovation, and infrastructure	17	- Collaboration for the goals
10			
11	- Decrease inequality		
	- Sustainable cities and communities		

**Figure 1.** The 17 Sustainable Development Goals



## 2. RESULTS AND DISCUSSIONS

The 17 focus areas that make up the Sustainable Development Goals, which were selected by the UN member nations, provide a blueprint for sustainable growth through 2030. All of them are the outcome of extensive deliberations and are applicable to all nations, taking into account differing objectives and development all phases.

Since home economics directly addresses topics like well-being, resource management, education, and sustainable living, it is crucial to achieving the Sustainable Development Goals (SDGs). The relationship between home economics and the SDGs is summarized here.

The outcome demonstrates a strong connection between home economics and the SDGs. The outcome demonstrates a strong correlation between domestic economic development and the SDGs. The evidence indicates that SDGs have a significant impact on GDP growth, thus they require more concentrated attention in order to enhance each nation's economic and social well-being. Therefore, among other things, SDGs can contribute to greater social welfare, employment opportunities, and domestic economic growth. Setting appropriate goals and selecting pertinent metrics are essential to implementing the DGs successfully, and the goals aid in defining what is appropriate for a certain sector of sustainable development.

## **Sustainable Development Goals (SDGs) and home economics**

### **2.1. Home economics**

Enhancing family life and increasing societal production are the main goals of the home economics course. It enhances practical talents, organizing abilities, and social skills by integrating information from the arts and sciences. James (2003) asserts that home economics is a broad field of study and practice that encompasses all facets of family life. According to Lemchi (2001), home economics is a skill-based topic that can give people the information and abilities they need to become self-sufficient, which can aid in the social and economic advancement of the person, the family, and the nation at large.

Careers in home economics include designing clothing, working in retail establishments, representing home services, being an expert in food, writing about home economics in journalism, concentrating on nutrition and dietetics, raising families and kids, managing advertising for catering, writing for magazines and public relations, working in television, and other fields. A wide range of topics are covered by home economics instruction and research, including food and nutrition, apparel and textiles, human development and family life, managing institutional and household resources, and community health. One significant factor in lowering poverty is home economics. Poverty is a global problem that impacts many African nations.

It is a state in which an individual or group is unable to obtain necessities for survival. Additionally, it is a case of poor income or purchasing power.

According to Olaitan, Ali, Onyemach, and Christ (2000), poverty can be defined as the inability of an individual or group to meet basic human requirements or the inability to get these needs. In this way, poverty might affect a single person, a community, or a whole country.

### **2.2. Home economics and the 2030 Agenda for Sustainable Development**

Among the key concepts in the 2030 Agenda for Sustainable Development are:

1. Universality (applies to all nations and considers all individuals, regardless of their location or status).
2. Interdependence and indivisibility (it needs to be done as a whole).

3. Inclusivity (every contribution matters).

4. Partnerships with multiple stakeholders (to help in implementation).

One of these fundamental principles is the right to decent housing, which is one of the 17 Sustainable Development Goals. People have long focused on it, as has UN-HABITAT (2017).

A roof over your head is only one aspect of adequate housing. Affordably priced housing should also have adequate privacy, space, ease of physical access, safety, security of living arrangements, a sturdy and long-lasting structure, adequate light, heat, and ventilation, basic amenities like waste management, sanitation, and water supply, good environmental quality, and health considerations, as well as a convenient location for work and basic amenities (UN-HABITAT, 2003).

**2.3. Housing's role in the SDGs:** Housing's significance within the SDGs: According to recent research and evaluations of the 17 Sustainable Development Goals (SDGs), which include 169 targets and more than 200 associated indicators, housing either directly or indirectly contributes to the achievement of the majority of the SDGs.

- Housing promotes family stability and strength, which affects quality of life, health, and education outcomes in the Multidimensional Poverty Index<sup>2</sup> and Human Development Index<sup>1</sup>. This comprises metrics pertaining to energy, water, sanitation, school attendance, nutrition, child mortality, and long-term, healthful construction practices.
- As a process, housing can foster a feeling of respect and belonging, fostering community connections and the development of individual social, financial, and network networks.
- Good and affordable housing boosts family financial security, generates more revenue and jobs in the neighborhood, and frequently opens doors for home-based companies. Why Cities that are inclusive, equitable, safe, robust, and sustainable must have adequate housing.

## 2.4. How housing supports the SDGs

### 1. integrated parts of goals



#### Goal 1 No poverty

- Fair access to land and housing, together with the economic benefits they give, encourages sustainability;
- Good and affordable housing helps people recover and reduces the risks from financial, social, health, and climate-related issues and disasters.

#### • Goal 3 - Good health and well-being

A vital component of both physical and mental health and well-being is housing that is sturdy, stable, safe, and affordable.

#### Goal 5 - Gender equality:

A vital component of both physical and mental health and well-being is housing that is sturdy, stable, safe, and affordable.

#### Goal 5 - Gender equality

- Equal rights to housing, land, loans, mortgages, and rental housing protect women from unjust laws and practices and uphold their rights when they are victims of abuse. For women's housing, strong land rights have a significant influence that improves the standard of living for entire communities.

### **Goal 6 - Clean water and sanitation**

A vital human right and a prerequisite for adequate and healthy housing is access to safe and reasonably priced water and sanitation.

### **Goal 7 - Affordable and Clean Energy**

Energy poverty is a unique form of housing poverty that impacts communities on a social, environmental, and health level. Housing changes that prioritize energy availability and improvements to living conditions, such as energy-saving and affordability, are crucial to ensuring that everyone has access to affordable, reliable, sustainable, healthy, and clean energy.

### **Goal 11 - Sustainable cities and communities**

- Having adequate decent housing is essential to building inclusive, secure, resilient, and long-lasting cities.
- Because housing has a significant impact on social, economic, and environmental outcomes, putting housing at the center helps to improve neighborhoods and cities.

### **Goal 13 - Climate action**

Climate change-causing elements are less affected by environmentally friendly construction techniques. Building resilient homes and communities reduces risk, promotes preparedness, and increases the ability to cope with environmental shocks.

## **2. direct contribution to goals**



### **Goal 8 - Good jobs and economic growth**

- By generating construction jobs and raising demand for goods and services, the housing industry contributes to economic growth. The housing industry has a big impact and is frequently just as important to the GDP as other important industries like manufacturing. Because stable and adequate housing allows enterprises to operate from home and gives families more time for constructive pursuits, it improves employment prospects.

#### **Goal 9 - Industry innovation and infrastructure**

- New technologies provide a robust, market-driven, eco-friendly, economical, and energy-efficient housing approach.
- The safety of those residing in slums and informal settlements, as well as the community at large, is at risk due to the lack of strong, reliable, sustainable, and adequate infrastructure.

#### **Goal 10 - Reduced inequalities**

Fair access to housing aids communities in overcoming inequality, and fairness in housing reflects the disparities in broader social and economic institutions.

#### **Goal 12 Responsible consumption and production**

- Using local, repurposed, or renewed materials and conserving energy while building and planning reduces overall costs, carbon emissions, and environmentally harmful effects. Recycling and material reuse in the construction sector can assist lower waste from building projects and lessen the requirement for new raw resources.

#### **Goal 16 - Peace, justice, and strong institutions**

The strategies employed in initiatives addressing slums, makeshift settlements, and exorbitant housing costs can contribute to better city planning and administration in general.

- Vulnerable groups participate in decision-making when their land rights are protected and informal settlements are acknowledged.
- Improving slums may contribute to a decrease in crime and violence.

### **Goal 17 - Partnerships for the goals:**

- Promoting involvement and participation from all will aid in the development of land and housing plans.
- Collaborating on housing projects with governments, corporations, and communities can contribute to the development of resilient and long-lasting cities.

### **3. Indirect contribution to goals:**

#### **INDIRECT contribution to goals**



#### **Goal 2 - No Hunger**

- Having access to less expensive accommodation allows people to avoid having to choose between housing costs and food purchases.
- Proper housing and safe home ownership can promote small-scale food production.

#### **Goal 4 - Quality education**

- People who live in good conditions are more likely to receive an education and achieve better educational outcomes.
- Disaster preparedness and safe, high-quality building techniques are just two of the ways that training programs and skill-building in housing enhance knowledge of sustainable development.

### **3. CONCLUSIONS**

Home economics plays an important role in advancing the Sustainable Development Goals (SDGs) by focusing on individual and community well-being. The field empowers people with practical knowledge and skills to make informed decisions regarding nutrition, resource management, and sustainable living practices. As SDG 1 (No Poverty), SDG 2 (No Hunger), and SDG 12 (Answerable Consumption and Production) are directly tied to the home economics discipline, practitioners contribute to improving food security, reducing waste, and fostering sustainable lifestyles at the household level. Moreover, home economics education equips individuals with the necessary tools to address social inequalities, promote gender equality (SDG 5), and ensure inclusive

economic opportunities (SDG 8). In conclusion, home economics provides a valuable framework to support the SDGs by promoting healthier lifestyles, encouraging responsible consumption, and fostering resilience to environmental challenges. By integrating sustainable practices into daily life, home economics not only contributes to achieving the SDGs but also creates a ripple effect of positive change at the community and global levels.

#### **4. SUGGESTIONS AND RECOMMENDATIONS**

##### **4.1. Integrate SDGs into Home Economics Curriculum**

To ensure that future generations are equipped to contribute to sustainable development, home economics education should actively incorporate the SDGs into its curriculum. This includes teaching students about responsible consumption, sustainable food production, gender equality, and resource management, linking these concepts to everyday household practices.

##### **4.2. Promote Sustainable Living Practices**

Encourage communities to adopt sustainable lifestyles by focusing on energy conservation, water management, waste reduction, and eco-friendly household choices. Home economics can play a main role in educating individuals about how small, everyday decisions at home can aid in the accomplishment of SDGs such as SDG 12 (Answerable Consumption and Production) and SDG 13 (Climate Action).

##### **4.3. Empower Women and Marginalized Groups**

Given that home economics often addresses issues such as nutrition, budgeting, and family care, it can be a powerful tool for empowering women and marginalized groups (SDG 5: Gender Equality). Community based home economics programs should focus on skills development, financial literacy, and leadership to improve economic opportunities for women and marginalized populations.

##### **4.4. Encourage Food Security and Sustainable Agriculture**

Home economics can promote SDG 2 (Zero Hunger) by focusing on sustainable food systems, nutrition education, and the reduction of food waste. Communities should be

educated on growing food locally, preserving nutrients, and reducing food waste to increase food security.

#### **4.5. Collaborate with Stakeholders**

Partnerships with government agencies, local organizations, businesses, and educational institutions are essential to scale up the impact of home economics in achieving the SDGs. Collaboration can facilitate knowledge sharing, resource allocation, and policy support to strengthen the implementation of sustainable development practices at the household and community levels.

#### **4.6. Utilize Technology for Education and Outreach**

With the increasing role of technology in modern life, home economics programs should leverage digital platforms to reach a wider audience, particularly in rural or underserved areas. Online resources, webinars, and social media campaigns can educate individuals about sustainable practices and provide support to adopt SDG-aligned lifestyles.

#### **4.7. Monitor and Evaluate Impact**

To assess the effectiveness of home economics programs in achieving SDGs, it is important to track their impact on community development, environmental sustainability, and well-being. Regular monitoring and evaluation will help identify best practices and areas for improvement, ensuring that the programs remain relevant and effective.

By implementing these recommendations, home economics can be an instrumental tool in achieving the SDGs, making a more sustainable, equitable, and resilient future for all.

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