Why a human rights-based approach?

A human rights-based approach (HRBA) aims to support better and more sustainable development outcomes by analyzing and addressing the inequalities, discriminatory practices (de jure and de facto) and unjust power relations which are often at the heart of development problems.

Under a human rights-based approach, development efforts are anchored in a system of rights and corresponding State obligations established by international law. Civil, cultural, economic, political and social rights provide a guiding framework for development plans, policies and processes. A HRBA also appreciates the importance of capacity development.

The UN common understanding has served as a reference point and guiding framework for many other partners, including governments, bilateral agencies and non-governmental organisations.

Key elements of a HRBA to health

A human rights-based approach to health specifically aims at realizing the right to health and other health-related human rights. Health policy making and programming are to be guided by human rights standards and principles and aim at developing capacity of duty bearers to meet their obligations and empowering rights-holders to effectively claim their health rights.

Elimination of all forms of discrimination is at the core of a HRBA. Gender mainstreaming is a key
strategy to achieving gender equality and eliminating all forms of discrimination on the basis of sex.

Building on the UN Common Understanding on a Human Rights-based Approach, the below sections identify core aspects of the HRBA elements: goal, process and outcome.

**GOAL**

A HRBA emphasizes that the ultimate goal of all health policies, strategies and programmes is to further advance the realization of the right to health and other health-related human rights as laid down in national and international human rights legislation. Human rights standards provide guidance in defining the precise elements of a health objective.

If the right to health and other health-related human rights are to be fully realized, policies and plans need to systematically integrate and further these rights.

The right to health is recognized in several core international and regional human rights treaties and national constitutions. The International Covenant on Economic, Social and Cultural Rights (ICESCR), the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) and the Convention on the Rights of the Child (CRC) are some of the central human rights instruments for the protection of the right to health.

The Committee mandated to monitor the implementation of the ICESCR (Committee on Economic, Social and Cultural Rights) has interpreted the content of the right to health in the General Comment No. 14, available at OHCHR’s web site: http://www.unhchr.ch/tbs/doc.nsf/(Symbol)/40d009901358b0e2c1256915005090be?Opendocument

Among other essential points, General Comment No. 14 highlights that the right to health extends to both timely and appropriate health care and to the underlying determinants of health, such as safe and potable water, sanitation, food, housing, health related information and education, and gender equality. These points highlight the importance of inter-sectoral action to effectively realize the right to health.

Similarly, General Comment No. 14 explains that the four elements of availability, accessibility, acceptability and quality (AAAQ) are essential to the enjoyment of the right to health by all.

**THE RIGHT TO HEALTH**

Underlying determinants | Health care
---|---
**Availability:** functioning public health and health care facilities, goods, services and programmes in sufficient quantity
**Accessibility:** non-discrimination, physical accessibility, economic accessibility (affordability), information accessibility
**Acceptability:** respectful of medical ethics and culturally appropriate, sensitive to age and gender
**Quality:** scientifically and medically appropriate

**PROCESS**

Human rights standards and principles guide programming in all sectors

A human rights-based approach gives importance not only to outcomes, but also to the processes. Human rights standards and principles - such as participation, equality and non-discrimination, and accountability - are to be integrated into all stages of the health programming process: assessment and analysis, priority setting, programme planning and design, implementation, and monitoring and evaluation.

**Participation and inclusion** means that people are entitled to active, free and meaningful participation in decisions that directly affect them,
such as the design, implementation and monitoring of health interventions. Participation increases ownership and helps ensure that policies and programmes are responsive to the needs of the people they are intended to benefit.

Information sharing is a critical component of participatory processes. Participation can only be meaningful if relevant information is available on time and in an accessible language and format, considering for example age, gender, ethnic, religious and cultural backgrounds. Effective participation also requires that freedom of association is guaranteed.

Equality and non-discrimination requires States to address discrimination in laws, policies and practices, such as in the distribution and provision of resources and health services. Discrimination may be indirect, for example policies and actions can lead to inequalities in access and in the enjoyment of rights, as a result of being gender-blind.

Functioning national health information systems and availability of disaggregated data are essential to be able to identify the most vulnerable groups and diverse needs. Commonly marginalized groups include: children and adolescents; women (across groups); persons with disabilities; indigenous peoples, ethnic, religious or linguistic minorities; internally displaced people and refugees; migrants, particularly undocumented; and persons living with HIV or AIDS.

General Comment No. 20 of the Committee on Economic, Social and Cultural Rights offers ample details about non-discrimination in relation to the right to health. General Comment No. 20 is available on OHCHR’s web site: http://www2.ohchr.org/english/bodies/cescr/comment s.htm

Accountability: States must be transparent about their decision-making processes, actions, or omissions, and put redress mechanisms in place. There are many ways to address accountability such as:

- Ratification of treaties and incorporation of standards in domestic law;
- Judicial and quasi-judicial mechanisms, e.g. court rulings, constitutional reviews, national human rights commissions or ombudspersons;
- Administrative and policy mechanisms, e.g. reviews of health policies and strategies, audits, and human rights impact assessments;
- Political mechanisms, e.g. parliamentary processes, monitoring and advocacy by NGOs;
- Reporting on human rights treaties incorporating the right to health.

Recommendations of international human rights bodies and mechanisms should inform programming. The Universal Human Rights Index of UN documents provides easy access for all countries to human rights information from the UN system: http://www.universalhumanrightsindex.org

The index includes observations and recommendations of UN treaty monitoring bodies and the Special Procedures of the Human Rights Council.

Focus on capacity development of duty bearers to meet their obligations and of rights-holders to claim their rights

A human rights-based approach focuses on capacity development, both of duty bearers to meet their obligations and of individuals to claim their rights. Capacities include skills, abilities, resources, responsibilities, authority and motivation.

Duty bearers: A HRBA aims to build the capacity of the State at all levels (local, regional/federal and national) to respect, protect and fulfil human rights. Important categories of duty-bearers in relation to health include policy makers, hospital managers, health professionals, inspectors and parliamentarians, among others.

Three types of State obligations:

- **Respect**: not to interfere directly or indirectly with the enjoyment of the right to health, e.g. refrain from limiting access to health-care services or marketing unsafe drugs.
- **Protect**: prevent third parties from interfering with the right to health, e.g. ensure that private companies provide safe environmental conditions for their employees and surrounding communities.
- **Fulfil**: adopt appropriate legislative, administrative, budgetary, judicial, promotional and other measures to fully realize the right to health.
**Rights-holders:** A human rights-based approach gives attention to ways of empowering individuals and communities, particularly marginalized groups, to understand and claim their rights.

In order to effectively claim their rights, rights-holders must be able to access information, organize and participate, advocate for policy change and obtain redress.

A HRBA situation analysis

The 2009 Guidelines for UN Country Teams on a Common Country Assessment (CCA) United Nations Development Assistance Framework (UNDAF) provide guidance on how to carry out a HRBA situation analysis. In relation to health, such an analysis responds to four main questions:

1. **What is happening, where and who is more affected? (assessment)** For every health challenge, identify the inter-related human rights standards and the groups suffering from a greater denial of rights.

2. **Why are these problems occurring? (causal analysis)** Identify the underlying and root causes of exclusion, discrimination and inequality.

3. **Who has the obligation to do something about it? (role analysis)** Identify individual and institutional duty-bearers and their corresponding obligations.

4. **What capacities are needed for those affected, and those with a duty, to take action? (capacity analysis)** Identify the skills, abilities, resources, responsibilities, authority and motivation needed by those affected to claim their rights and those obliged to fulfil the rights.

Once capacity development assets and needs have been identified, the central question is: where and how can capacity development efforts produce the greatest results?

The U.N. Secretary-General has reaffirmed the centrality of human rights in development (Policy Decision 2008/18) and requested the Office of the High Commissioner for Human Rights (OHCHR) and the United Nations Development Group (UNDG) to initiate an interagency process to strengthen system-wide coherence, collaboration and support for UN Resident Coordinators and UN Country Teams in mainstreaming human rights.

WHO and other UN agencies working in the area of health need to continue strengthening their capacity to integrate a human rights-based approach and advocate for health-related human rights.

**Selected resources**

- WHO, 25 Questions and Answers on Health and Human Rights, 2002
- OHCHR/Sida/WHO, Human Rights and Gender Equality in Health Sector Strategies - an analytical tool (forthcoming)
- UN Practitioners’ Portal on HRBA Programming: www.hrbaportal.org
- Also refer to the WHO Health and Human Rights web site: www.who.int/hhr/en