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Critically Examining the Integration of Health, Wellbeing and Sustainable Development in the Health and Social Care Sector

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What exactly does Health, Wellbeing and Sustainable Development mean?



Health: A state of entire physical, mental, and social wellness, rather than merely the absence of illness (WHO, 2025) and (Jackson, 2024).

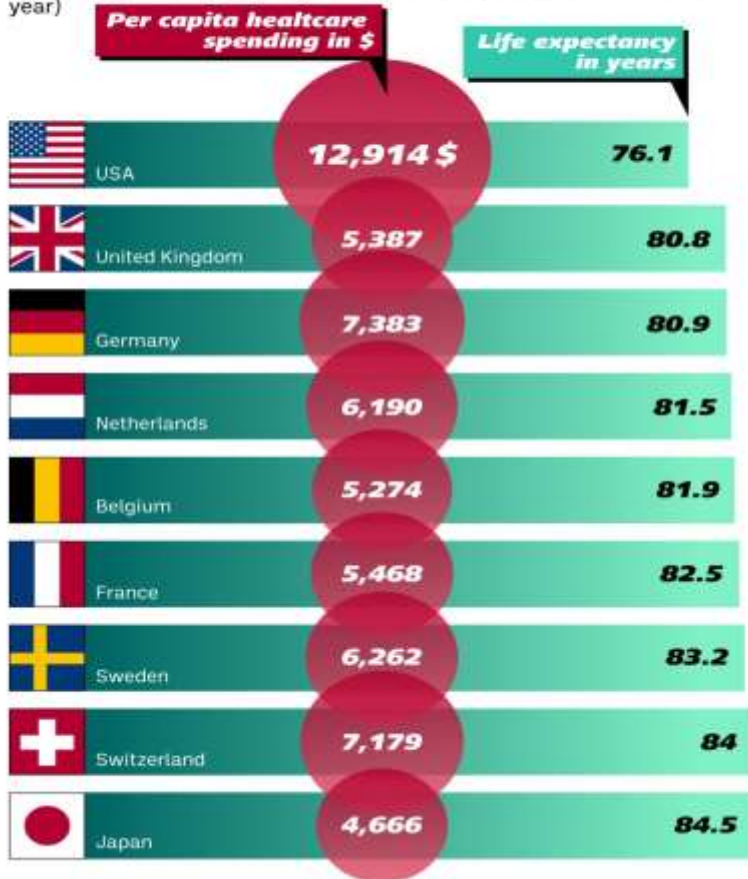
Wellbeing: A holistic concept about physical, mental, emotional, and social aspects of life satisfaction (Allen, Akram and Ellis, 2019) and (Baxter and Burnell, 2022).

Sustainable Development: According to the Brundtland Report from 1987, meeting current needs without sacrificing the capacity of future generations to satisfy their own needs (lexisnexis, 2025) and (Fuso Nerini et al., 2024).

Relevance in Modern Healthcare

The U.S.: Lowest life expectancy & highest healthcare spending

Life expectancy and per capita healthcare spending (2021 or nearest year)



Source: [healthsystemtracker.org](https://www.healthsystemtracker.org)

MEDTECH PULSE

- Alignment with WHO's SDGs, especially:
 - ✓ Goal 3: Promote Health and Well-being.
 - ✓ Goal 10: Reduce Inequalities.
 - ✓ Goal 13: Climate Change.
- **Modern Policies:** Emphasize prevention, equity, and sustainability.
- For example:
Healthcare systems like NHS are increasingly expected to deliver not just treatment, but sustainable, equitable and person-centred care (Owen-Boukra et al., 2025).

Integration of Health and Wellbeing Approaches



- **Why It Matters:**

- Improves patient outcomes.
- Addresses complex needs (physical, mental and social).

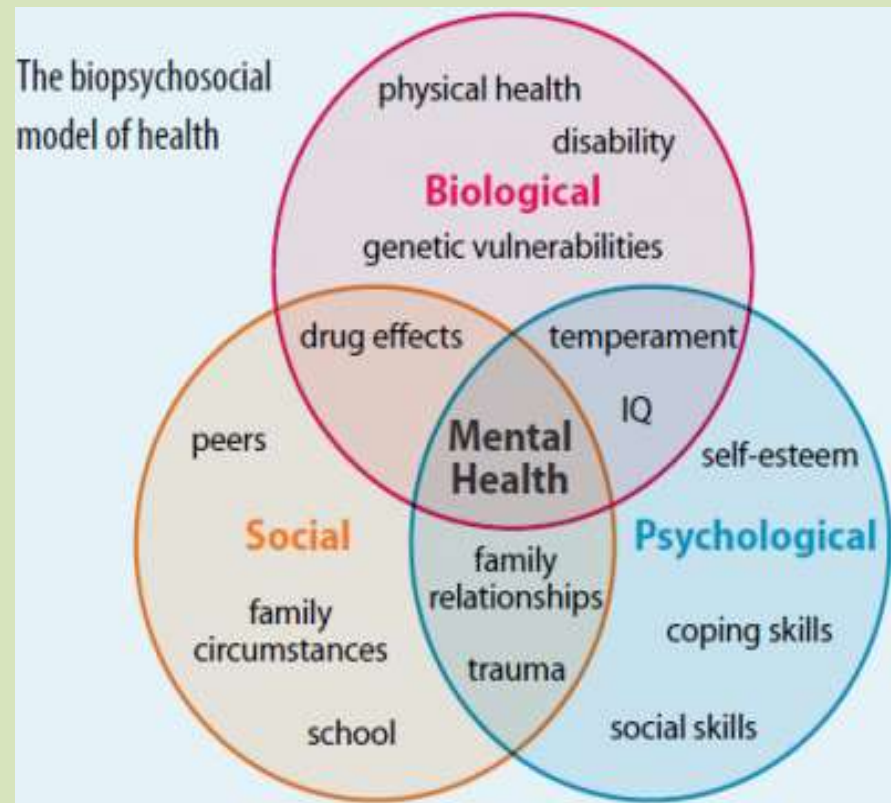
- **Examples of Integrated Approaches:**

- **WHO's (HiAP):** Integrates health into all policy areas to improve overall well-being.
- **Integrated Care Systems (ICSs) UK:** Collaborative care across NHS and local services (Mid and South Essex Integrated Care System, 2025).

- **Advantages:**

- Person-centred care
- Reduced healthcare costs
- Enhanced patient satisfaction

Theoretical Perspective-Biopsychosocial Model



- **Biopsychosocial Approach:**

- **Biological:** Genetic, physical health, nutrition.
- **Psychological:** Emotions, beliefs, coping strategies.
- **Social:** Relationships, culture, socioeconomic status.

Application: Useful in mental health, chronic illness, and rehabilitation (Bolton, 2023).

(Physiopedia, 2025)

Policy and Governance

Supportive Policies:

Preventive care: Vaccinations and lifestyle programs.

Mental health initiatives: “Time to Change” and “Change for life” campaigns UK (Bradshaw, 2019) and (Lamport et al., 2021), WHO’s Mental Health Action Plan.

Challenges:

Fragmented governance structures.

Funding constraints and policy misalignment.

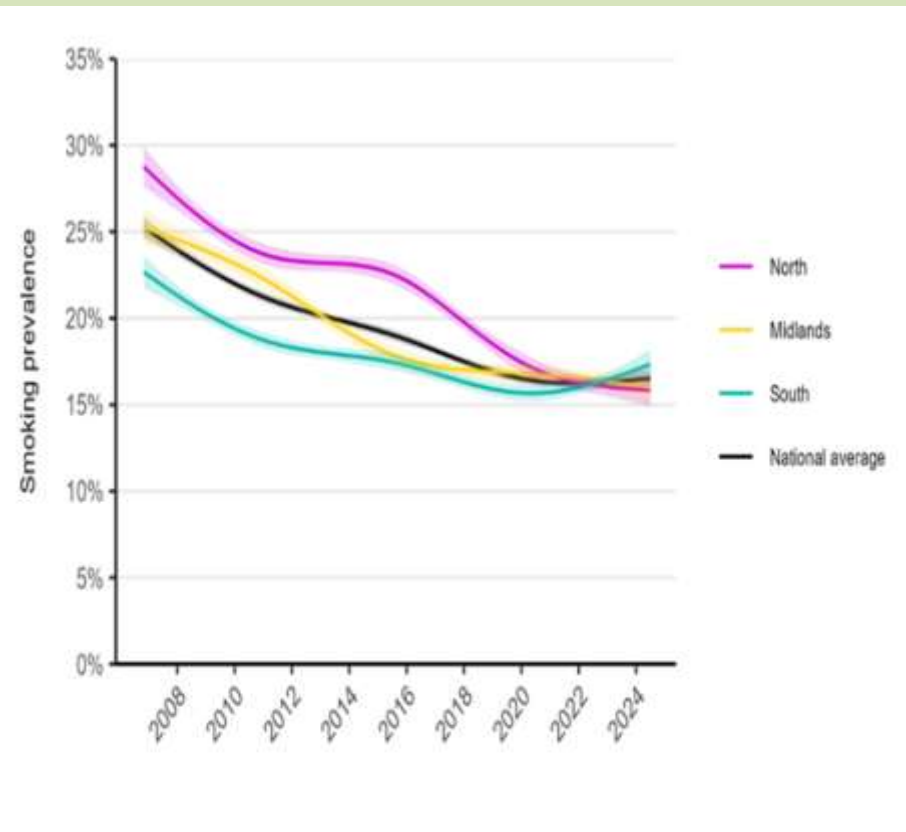


Service Delivery



- **Integration Examples:**
 - Wellness programs in workplaces and schools.
- **Telehealth:** Expands reach and reduces healthcare disparities (Yasmin, 2020).
 - Remote consultations, especially post-COVID.
- **Community health initiatives:**
 - Local health partnerships and social prescribing.
 - NHS Long Term Plan (UK)
- **Case Example:** Holistic care models such as Mayo Clinic's Integrated Care Model.

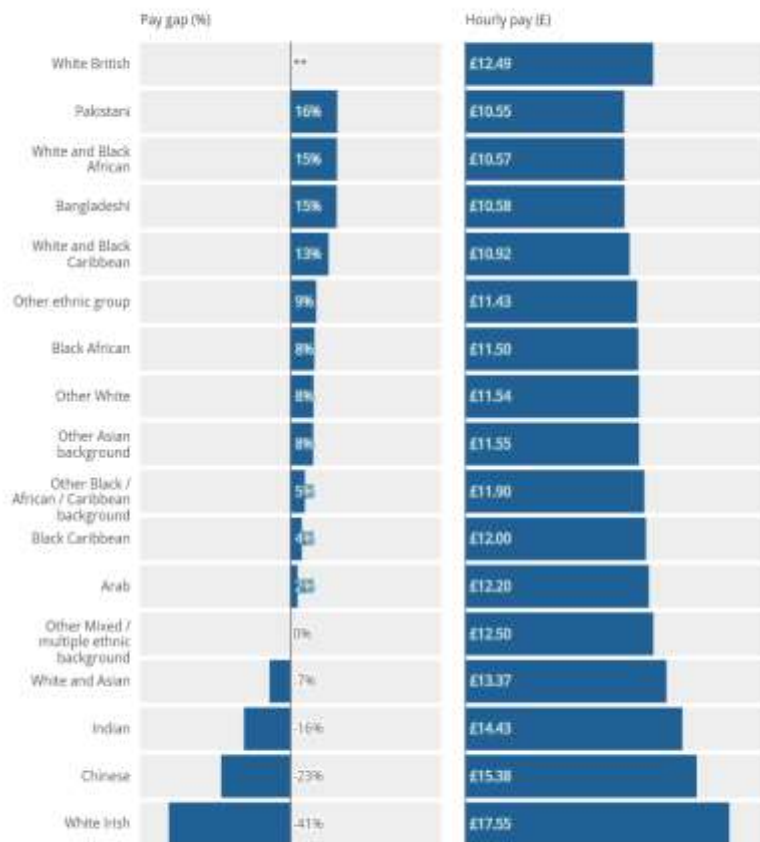
Public Health Initiatives



- **Goals:** Promote healthy environments and preventive lifestyles.
- **Examples:**
 - Smoking cessation and obesity prevention campaigns (UCL, 2025).
 - *Change4Life*, *Stoptober* (UK)
 - Environmental health initiatives (clean air and safe water).
- **Impact:** Increased public awareness and improved longevity.

Equity and Access

Median hourly pay and pay gap, 17 ethnic groups, England and Wales, 2019



Source: Office for National Statistics - Annual Population Survey

- **Disparities:** Based on income, geography, ethnicity and gender (Office for National Statistics, 2019).
- **Solutions:**
 - **Universal Healthcare:** Equal access regardless of socioeconomic status.
 - **Targeted Interventions:** Focused programs for marginalized groups.
- **Example:**
 - ✓ Marmot Review report – 'Fair Society and Healthy Lives' (Goldblatt, 2016).
 - ✓ Universal healthcare systems (e.g., NHS).
 - ✓ Health Inequalities Framework (Germain and Newdick, 2025).

Conclusion

Integration of health, wellbeing and sustainable development is vital for resilient and equitable healthcare systems. Policies, governance, and service delivery must align with WHO SDGs. Future focus: Preventive, inclusive, and sustainable care models.





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