



Student name: Hannah Serwaah Sasaraku

Student ID: 2127147

Module Code: BMHP6030_BIRM

Assignment Title: Health, Wellbeing and Sustainable Development

Lecturer name: Parese Ahmed

Introduction

The World Health Organisation (WHO, 2023) states that the pursuit of health and wellbeing is central to sustainable development. People's quality of life depends not only on healthcare access but also on social, environmental, and economic factors that promote long-term stability. The United Nations (UN, 2024) emphasises that health and wellbeing are vital for achieving the Sustainable Development Goals (SDGs), especially Goal 3 – Good Health and Wellbeing.

(WHO, 2023; United Nations, 2024)



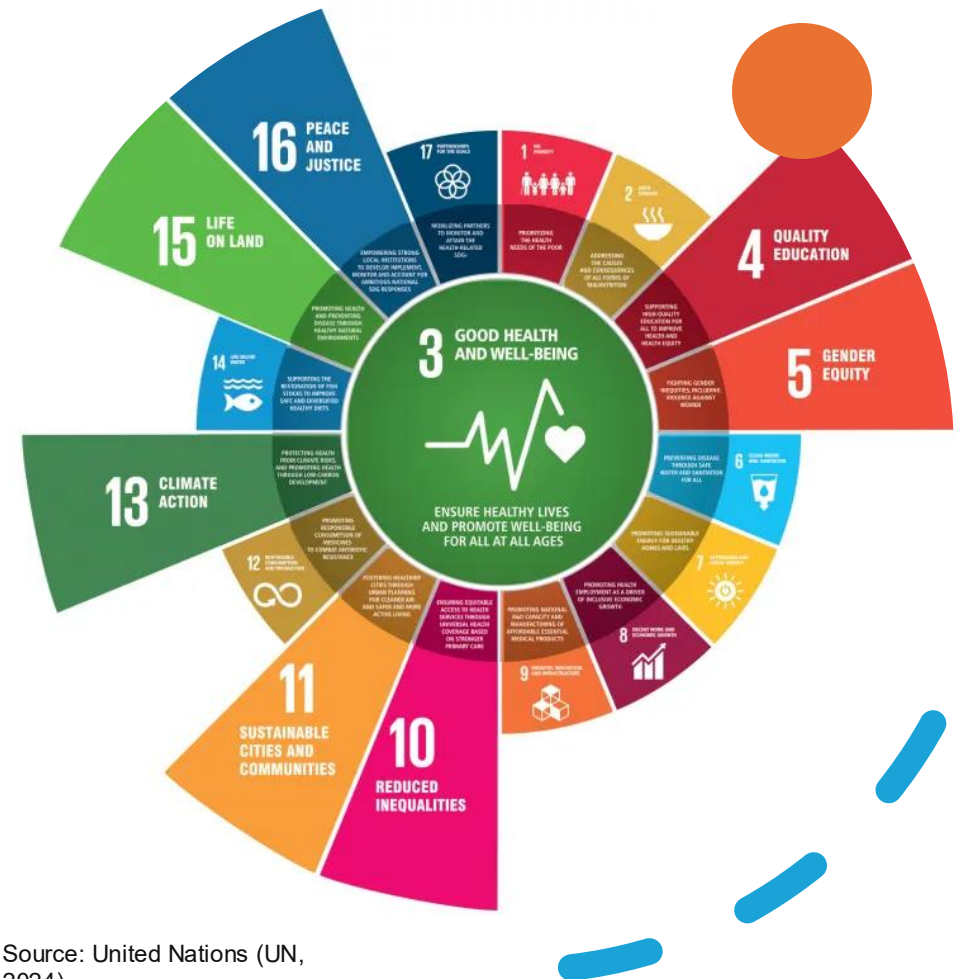
Source: Scottish Tourism Alliance (2024)

Defining Health, Wellbeing and Sustainable Development

The WHO (2023) describes health as “a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.” This contemporary view considers health as a dynamic and flexible process affected by lifestyle, environment, and social support.

Wellbeing extends beyond traditional health, capturing how individuals feel and operate, including emotional stability, life satisfaction, and purpose. As Dodge et al. (2012) and the WHO (2023) note, wellbeing can be (objective) assessed through living conditions and quality of life and (subjective) based on personal happiness and fulfilment.

Sustainable development, outlined by the United Nations (2024), is development that fulfils current needs without compromising the ability of future generations to meet theirs. In health and social care, it promotes environmentally responsible, socially inclusive, and economically efficient services. These concepts are interconnected, laying the groundwork for global and national wellbeing.



Source: United Nations (UN, 2024)

The Eight Dimensions of Wellbeing

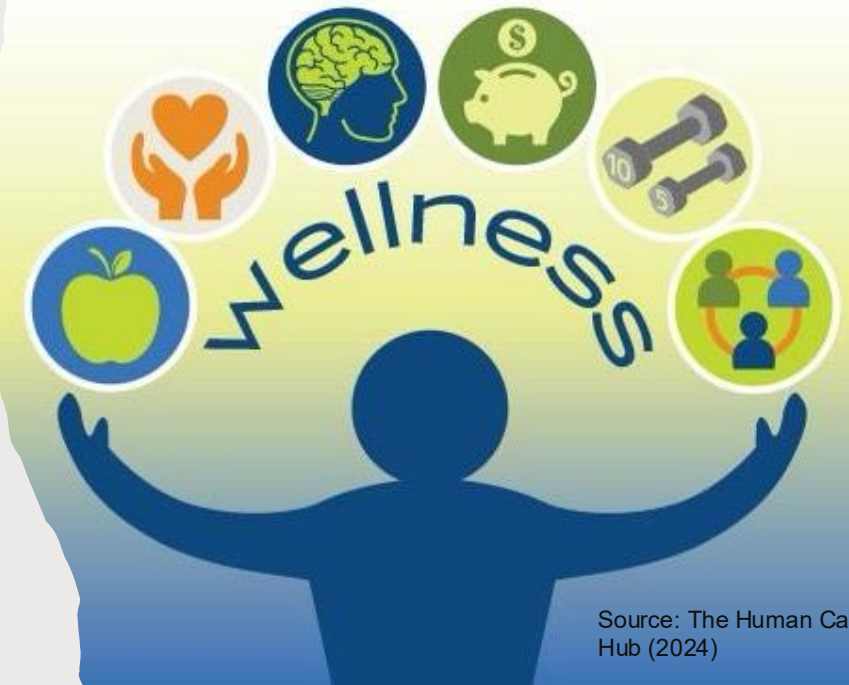
Wellbeing is a multifaceted concept. According to the WHO (2023), it encompasses eight interconnected dimensions that collectively influence human flourishing: *physical, emotional, social, spiritual, intellectual, occupational, environmental, and financial wellbeing*. These aspects are interdependent—poor physical health can impact emotional resilience, and financial insecurity may affect mental health.

In the UK, the Making Every Contact Count (MECC) initiative urges healthcare professionals to use every interaction as an opportunity to support individuals across these wellbeing domains. For example, discussions about exercise, smoking, or mental health can enhance overall life satisfaction and promote sustainable health outcomes.

(WHO, 2023; NHS England, 2024)



Source: SAMHSA (2023)



Source: The Human Capital Hub (2024)

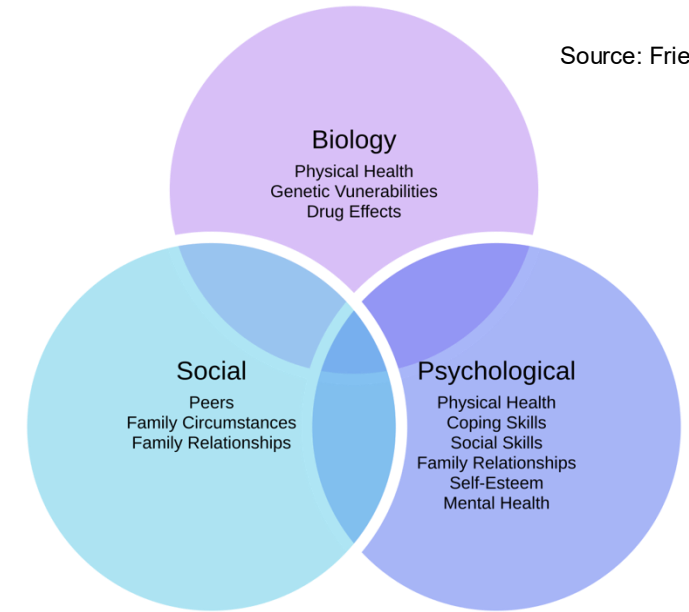
Theoretical Models of Health and Wellbeing

The conceptual understanding of health and wellbeing can be articulated through two principal models that influence contemporary healthcare delivery. The first is the Biopsychosocial Model, established by George Engel in 1977.

As delineated by the World Health Organisation (2023), this model demonstrates that an individual's health status is affected by biological, psychological, and social determinants. It underscores the importance of treating individuals holistically, considering their mental state, emotional well-being, and social circumstances alongside biological factors. This approach has increasingly informed the NHS's adoption of holistic and person-centred care practices.

The second model is the Ecological Model, introduced by Bronfenbrenner in 1979. According to Public Health England (2024), this framework emphasises that health is influenced by multiple layers within an individual's environment, including familial, community, educational, housing, and national policy contexts. It aligns closely with the Health in All Policies strategy employed in the United Kingdom, which promotes the consideration of health implications across all government sectors.

Together, these models reinforce the principle that sustainable wellbeing is contingent upon collaboration among individuals, communities, and policymakers. They highlight that health is shaped by factors extending beyond biological processes alone, necessitating a comprehensive and integrated approach to health promotion and care.



Source: Fried (2024)



Source: Killam (2024)

Sustainable Development and the SDGs

The Sustainable Development Goals (SDGs), established in 2015 by the United Nations, serve as a comprehensive global framework aimed at addressing critical issues such as poverty, inequality, and environmental degradation. Within this framework, SDG 3: Good Health and Well-Being seeks to ensure healthy lives and promote well-being for individuals of all ages, while SDG 10: Reduced Inequalities focuses on minimising health disparities among diverse populations (United Nations, 2024).

In the United Kingdom, the National Health Service (NHS) Long Term Plan (2019) aligns with these international objectives by emphasising disease prevention, early diagnosis, and mental health enhancement. The plan also advocates for environmentally sustainable practices, notably the reduction of carbon emissions within healthcare services (NHS England, 2024).

According to the World Health Organisation (WHO, 2024), aligning national policies with the SDGs ensures that advancements in healthcare contribute not only to immediate well-being but also to long-term sustainability.



Source: WOSH World (2024)

Key UK Policies and Governance

In the United Kingdom, national frameworks are instrumental in integrating health, well-being, and sustainable development. The NHS Long Term Plan (2019) emphasises prevention, early intervention, and the reduction of health inequalities. It additionally advocates for environmental sustainability by endorsing environmentally friendly practices, including the reduction of carbon emissions and the enhancement of energy efficiency (NHS England, 2024).

The Health in All Policies (HiAP) approach, promoted by Public Health England (2024), ensures that health considerations are integrated into decisions pertaining to housing, education, and employment. According to the World Health Organisation (2023), such coordinated governance is vital for establishing health systems that are equitable, preventative, and sustainable.



Global Compact
Network UK

REPORT

Measuring Up 2.0

HOW THE UK IS PERFORMING ON THE
UN SUSTAINABLE DEVELOPMENT GOALS



Supported by SHCO SMITHS SSE

UN Global Compact Network
UK (2024)

Social Processes and Ideology

Health and well-being are profoundly influenced by social determinants such as income, housing, education, and access to resources. The World Health Organisation (2023) describes these as the social determinants of health, which significantly impact both life expectancy and quality of life.

The Marmot Review (Marmot, 2020) indicates that individuals residing in deprived areas within the United Kingdom are at a higher risk of experiencing poor health and reduced life spans, primarily due to factors such as poverty, unemployment, and limited educational opportunities. This underscores that enhancing well-being extends beyond medical intervention; it requires ensuring equitable opportunities for all members of society.

Furthermore, social and political ideologies play a crucial role in shaping health priorities. Policies that promote equality, inclusion, and sustainable development align with the principles of the Sustainable Development Goals (United Nations, 2024), and are instrumental in fostering a society where well-being is supported comprehensively at all levels.



Source: Newcastle Urban Design (2024)



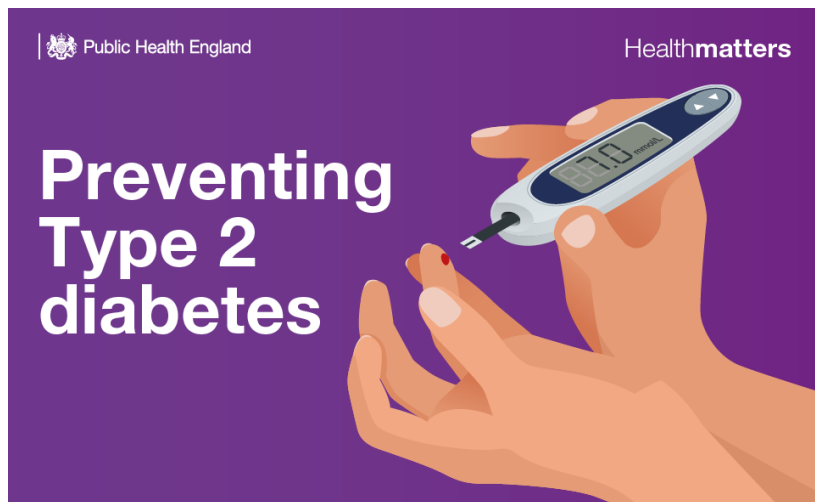
Source: NHS England (2024)

Case Study 1: NHS Diabetes Prevention Programme (NDPP)

The NHS Diabetes Prevention Programme, established in 2016, exists to diminish the incidence of Type 2 diabetes through the promotion of healthier lifestyles.

According to NHS England (2024), the programme identifies adults at elevated risk and provides complimentary coaching on nutrition, physical activity, and behavioural modification. By assisting individuals in weight management and increasing physical activity levels, the initiative alleviates the burden of chronic disease and advances Sustainable Development Goal 3: Good Health and Well-being.

The World Health Organisation (2023) emphasises that preventive health programmes of this nature are essential for sustainable healthcare systems, as they reduce long-term treatment costs and enhance individuals' quality of life. Consequently, the NDPP exemplifies how early intervention supports both individual well-being and the sustainability of national health systems.



Source: Public Health England (2018)

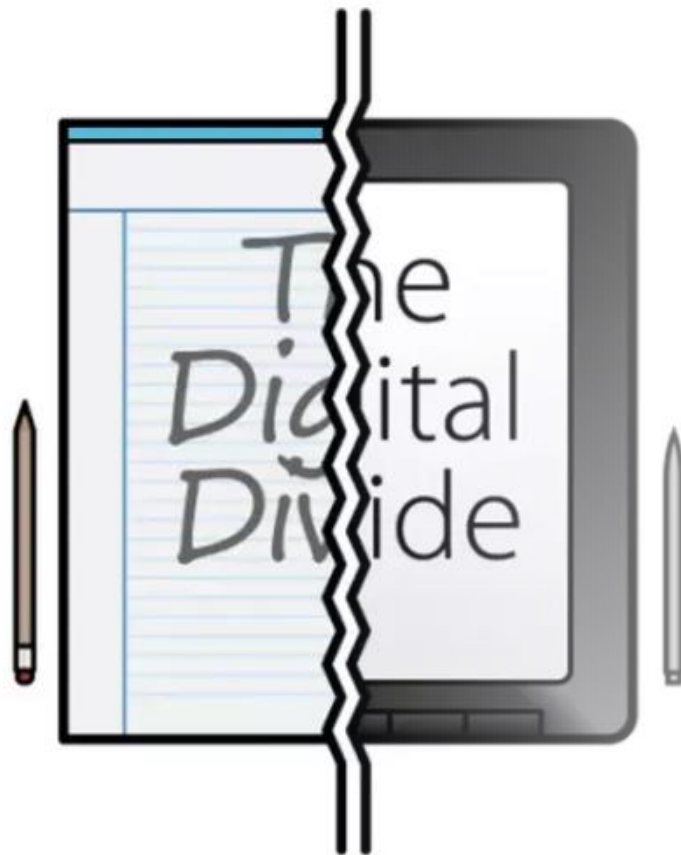
Case Study 2: Every Mind Matters



Every Mind Matters, an initiative developed by Public Health England and the National Health Service (NHS) in 2024, aims to enhance mental health within diverse communities. The campaign offers complimentary online tools and personalised “Mind Plans” designed to assist individuals in managing stress, anxiety, and sleep disturbances. It directly aligns with Sustainable Development Goal 3 (SDG 3), which emphasises mental well-being as a fundamental component of overall health.

According to the World Health Organisation (2024), the promotion of mental health is vital for achieving sustainable development, as psychological well-being influences productivity, interpersonal relationships, and community resilience. Every Mind Matters demonstrates the potential of digital health promotion strategies to make mental health support more accessible, reduce stigma, and encourage individuals to undertake incremental steps toward sustainable well-being.

-  1. Connectivity Divide
-  2. Digital Skills Divide
-  3. Social Divides



Source: UNICEF (2024)

Equity and Access

Health inequalities continue to represent a significant challenge within the United Kingdom. The World Health Organisation(2023) defines health equity as providing every individual with a fair opportunity to attain their full health potential, irrespective of social or economic circumstances. Despite the National Health Service (NHS) offering services free at the point of delivery, disparities in access and health outcomes persist across different regions and communities.

The Marmot Review (2020) indicated that individuals residing in deprived areas experience higher prevalence of illness and reduced life expectancy. To address these disparities, the NHS CORE20PLUS5 framework concentrates on the most disadvantaged 20% of the population and prioritises five key clinical areas, including maternity services, cancer treatment, respiratory health, mental health, and hypertension (NHS England, 2024).

Enhancing health equity also necessitates addressing emerging barriers such as digital exclusion, which hinders certain groups from accessing online health information and virtual consultations. The World Health Organisation (2024) underscores that reducing these barriers is critical to achieving Sustainable Development Goal 3: Good Health and Well-being, thereby ensuring that all individuals can benefit equally from modern healthcare services.

STRONGER COLLABORATION, BETTER HEALTH

Global Action Plan for Healthy
Lives and Well-being for All

Strengthening collaboration among
multilateral organizations to ensure an
equitable and resilient recovery from
COVID-19 and to regain lost ground on
and accelerate progress towards the
health-related Sustainable Development
Goals.

Source: WHO (2024)



3 GOOD HEALTH
AND WELL-BEING



Ensure healthy lives
and promote
well-being for all
at all ages

Source: Asian Development
Bank (ADB, 2024)

Conclusion

In conclusion, integrating health, wellbeing and sustainable Development is essential for constructing a fair and resilient healthcare system. The World Health Organisation (2023) emphasises that genuine sustainability in healthcare relies on principles of equity, prevention, and cross-sector collaboration.

The NHS Long Term Plan (2019) and the CORE20PLUS5 framework embody this approach by enhancing access, reducing disparities, and fostering long-term well-being (NHS England, 2024). By aligning these initiatives with the United Nations Sustainable Development Goals (2024), particularly SDG 3: Good Health and Well-Being, the United Kingdom continues to develop a system that harmonises medical advancements with social justice and environmental sustainability, thereby ensuring health for all, both now and in the future.

References

1/4

Asian Development Bank (ADB) (2024) *Sustainable Development Goals – SDG 3: Good health and well-being* [image]. Available at: <https://www.medicusmundi.ch/fr/plaidoyer/publications/mms-bulletin/inequity-in-health-persists-should-switzerland-be-concerned/legalite-des-chances-dans-le-secteur-de-la-sante-plaidoyer-pour-un-changement-structurel/the-unbearable-lightness-of-sdg3> (Accessed: 11 October 2025).

Better Health – *Every Mind Matters* (2024) *Better Health: Every Mind Matters campaign* [image]. Available at: https://www.linkedin.com/posts/umo-mentoring_mental-health-issues-every-mind-matters-activity-7337765557884055552-ilUQ (Accessed: 11 October 2025).

Fried, E. (2024) *Biopsychosocial model diagram* [image]. Available at: <https://eiko-fried.com/all-mental-disorders-are-brain-disorders-not/> (Accessed: 11 October 2025).

Killam, K. (2024) *Ecological model of wellbeing* [image]. Available at: <https://kasleykillam.medium.com/the-inspiration-behind-community-microgrants-5bdeff5e48a> (Accessed: 11 October 2025).

Newcastle Urban Design (2024) *Health, equity and sustainable development diagram* [image]. Available at: <https://nclurbandesign.org/how-urban-design-creates-healthy-neighbourhoods/> (Accessed: 11 October 2025).

NHS England (2024) *Healthier You: NHS Diabetes Prevention Programme* [image]. Available at: <https://heathlansurgery.co.uk/nhs-diabetes-prevention-programme/> (Accessed: 11 October 2025).

Public Health England (2018) *Preventing Type 2 diabetes: Health Matters* [image]. Available at: <https://ukhsa.blog.gov.uk/2018/06/13/health-matters-evaluation-and-next-steps-for-the-nhs-diabetes-prevention-programme/> (Accessed: 11 October 2025).

References

2/4

Substance Abuse and Mental Health Services Administration (SAMHSA) (2023) *Eight Dimensions of Wellness [image]*. Available at: <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness> (Accessed: 11 October 2025).

The Human Capital Hub (2024) *Wellness program: A step-by-step guide to designing a wellness program [image]*. Available at: <https://www.thehumancapitalhub.com/researches/wellness-program-a-step-by-step-guide-to-designing-a-wellness-program> (Accessed: 11 October 2025).

UN Global Compact Network UK (2024) *Measuring Up 2.0: How the UK is performing on the UN Sustainable Development Goals [image]*. Available at: <https://www.unglobalcompact.org.uk/sdg-tools-and-reports/> (Accessed: 11 October 2025).

United Nations International Children's Emergency Fund (UNICEF) (2024) *The Digital Divide: Connectivity, skills, and social inclusion [image]*. Available at: <https://www.unicef.org/digitaleducation/equityandinclusion> (Accessed: 11 October 2025).

World Health Organization (WHO) (2024) *Stronger collaboration, better health: Global Action Plan for Healthy Lives and Well-being for All [image]*. Available at: <https://www.who.int/initiatives/sdg3-global-action-plan/resources> (Accessed: 11 October 2025).

WOSH World (2024) *Sustainable Development Goals: Health and wellbeing [image]*. Available at: <https://woshworld.com/> (Accessed: 11 October 2025).

References

3/4

Bronfenbrenner, U. (1979) *The ecology of human development: Experiments by nature and design*. Cambridge, MA: Harvard University Press.

Dodge, R., Daly, A. P., Huyton, J. and Sanders, L. D. (2012) 'The challenge of defining wellbeing', *International Journal of Wellbeing*, 2(3), pp. 222–235.

Engel, G. L. (1977) 'The need for a new medical model: A challenge for biomedicine', *Science*, 196(4286), pp. 129–136.

Local Government Association (2024) *Community Champions Programme Case Study*. Available at: <https://www.local.gov.uk/case-studies> (Accessed: 10 October 2025).

Marmot, M. (2020) Health equity in England: *The Marmot Review 10 years on*. London: Institute of Health Equity.

NHS Digital (2023) *Digital inclusion and health inequalities: National report*. London: NHS England.

NHS England (2019) *The NHS Long Term Plan*. London: NHS England.

References

4/4

NHS England (2024) *Making Every Contact Count (MECC): Updated framework and guidance*. Available at: <https://www.england.nhs.uk> (Accessed: 10 October 2025).

NHS England (2024) *CORE20PLUS5 – Reducing healthcare inequalities*. London: NHS England.

Public Health England (2023) *Health in All Policies: A guide for local government*. London: PHE.

Public Health England (2024) *Every Mind Matters campaign*. London: UK Health Security Agency.

United Nations (2024) *The 17 Sustainable Development Goals*. Available at: <https://sdgs.un.org/goals> (Accessed: 10 October 2025).

World Health Organisation (WHO) (2023) *Health and wellbeing in the context of sustainable development*. Geneva: WHO.

World Health Organisation (WHO) (2024) *Sustainable Development Goal 3: Global action plan for healthy lives and wellbeing for all*. Geneva: WHO.