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Integration of Health, Wellbeing, and Sustainable Development in UK Health and Social Care



Introduction

This presentation examines the integration of health, wellness, and sustainable development within UK health and social care services.

It centres on the NHS Health Checks project, a public health campaign that supports the Sustainable Development Goals (SDGs) of the UN and aims to prevent illness and enhance wellbeing.

Definitions and Key Concepts



Health – A state of complete physical, mental, and social wellbeing (WHO, 1948)



Wellbeing – Subjective (personal satisfaction) and objective (living conditions)



Sustainable Development – Meeting present needs without compromising future generations (UN, 2015)



SDGs relevant to health: DG 3 (Good Health and Wellbeing), SDG 10 (Reduced Inequalities)

Integration in Health and Social Care

- The NHS Health Checks align with sustainable development by reducing preventable diseases, promoting early detection, and supporting population health improvement.
- The programme demonstrates integration of physical, mental, and social wellbeing within national health systems. (NHS, 2023)

Policy and Governance

- Early intervention and prevention are the main focuses of the NHS Long Term Plan . (Alderwick and Dixon, 2019)
- The goal of Health in All Policies (HiAP) is to promote cooperation across sectors. (Freiler et al., 2013)
- UK Health Security Agency (UKHSA) guidance and Public Health England reports.
- UN SDGs integrated into national health policy.

Theories

The biopsychosocial model acknowledges the impact of social, psychological, and biological factors on health. (Adler, 2009)



The Health Belief Model (HBM) explains how people's perceptions affect their willingness to get health exams. (Green, Murphy and Gryboski, 2020)



The holistic model encourages all-encompassing care that goes beyond physical well-being. (Cheetham and Chivers, 1996)

Case Study: NHS Health Checks

Goal: By identifying risk factors early, prevent dementia, diabetes, renal disease, heart disease, and stroke.

Target Audience: Adults without pre-existing ailments between the ages of 40 and 74.

Methods and Activities: Check your waist, BMI, cholesterol, and blood pressure.

Examine lifestyle risk variables, such as alcohol, food, activity, and smoking.

tailored guidance and recommendations for available resources.

Challenges/ Barriers: Low awareness and attendance are obstacles and challenges.

problems with access in underserved or rural locations.

A change in lifestyle is not assured.

Contribution to Reducing Health Inequalities: Help in Mitigating Health Inequalities: focuses on high-risk groups.

provides assistance to marginalised communities.

encourages early illness prevention measures.

Impact on Health, Wellbeing, and SD

- • Helps lower premature mortality (NHS England, 2023).
- reduces NHS long-term costs
- • Promotes SDG 3 by enhancing population health results.
- Through empowerment and targeted prevention, wellbeing is improved.
- • Addresses environmental sustainability by lowering the cost of healthcare.

Equity and Access

- Current Health Disparities
 - Ethnic disparities: Some ethnic groups have greater rates of maternal mortality, diabetes, and heart disease.
 - Deprivation: Life expectancy is lower and health outcomes are worse for residents of lower-income areas.
 - Financial limitations, transportation problems, and language hurdles are obstacles to access and care quality.
 - Lack of health literacy or cultural scepticism.
 - Services are scarce in underserved or rural locations.
- Initiatives and Policies Minimising Inequalities:
 - The NHS Long Term Plan focuses on better access and prevention for marginalised communities.
 - Health examinations and screening initiatives: Prioritise early detection in populations at high risk.
 - Community outreach, translation services, and digital inclusion projects are examples of local public health initiatives.



Conclusion

- The UK public health system's integration of health, wellbeing, and sustainable development is demonstrated by the NHS Health Checks project. It addresses national health priorities and encourages comprehensive and equitable service delivery by focusing on prevention and aligning with SDGs.

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