

University of Wales Trinity Saint David
BSc Health and Social Care Level 6
Health, Wellbeing and Sustainable Development
Written Report



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Contents

Introduction	3
1. Wellbeing	4
Dimensions of Wellbeing	5
1.1. The Importance of Wellbeing.....	6
2. Sustainable Development.....	7
2.1. Importance of Sustainable Development	8
3. Health	9
3.1. The Importance of Health.....	9
4. Sustainable Development Goals.....	10
4.1. The importance of Sustainable Development Goals (SDG).....	11
5. Goal 13 - Climate Action.....	13
5.1. Definition of Climate Action.....	13
5.2. UK Strategies	14
5.3. Evaluate	14
5.4. Critically Examine.	14
Health Impact	14
5.5. Implementing climate action in the UK.....	16
5.6. Recommendation to achieve climate action.....	16
6. Goal 2 - Zero Hunger.....	18
6.1. Definition of the Zero Hunger	18
6.2. The strategies, programmes, or initiatives to implement Zero Hunger.....	18
6.3. Critically review the strategies, programmes, or initiatives for Zero Hunger.....	19
6.4. Evaluate and Progress	20
6.5. The impact of the implementation of Zero Hunger on health, wellbeing	20
6.6. The Challenge in implementing the Zero Hunger	21
6.7. Recommendation	24
7. Conclusion	25
Reference:.....	26

Introduction

The Sustainable Development Goals (SDGs) are a set of 17 global goals established by the United Nations in 2015. These goals are designed to guide countries and organizations in addressing some of the world's most pressing challenges by 2030. The SDGs cover a wide range of interconnected issues. Each goal has specific targets and indicators to track progress. The SDGs provide a comprehensive framework to promote sustainable development and create a more equitable and sustainable future for all (UNDP, 2023).

This report will be settled around diverse topics concerning Sustainable Development Goals. First, the report will provide a summary of the Sustainable Development Goals (SDG), including:

Health and Wellbeing

Goals 13 - Climate Action

Goal 2 - Zero Hunger

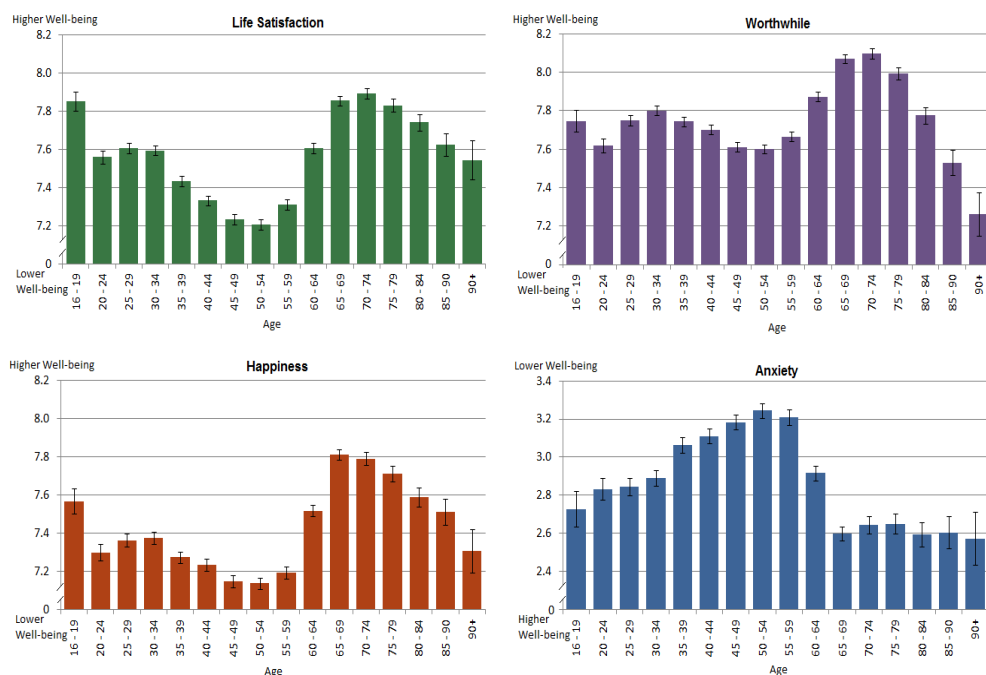
The report will review, and critically examine the ubiquitous nature of health, wellbeing and sustainable development in present health and care sectors. Then will analyse secondary data and provide some recommendations for improvement for each Goal that was chosen.

To improve health, wellbeing, and sustainable development initiatives and policies at the local and national levels, a brief conclusion and future recommendations will be provided.

1. Wellbeing

Well-being is as the state of being comfortable, healthy, or happy (Halbreich, U., 2022). However, it is critical to recognise that happiness is only one aspect of well-being. While happiness is included, it also includes other factors such as people's overall satisfaction with life, their sense of purpose, and their sense of control. In this context, the New Economics Foundation defines happiness as follows (Mental Health Foundation, 2015).

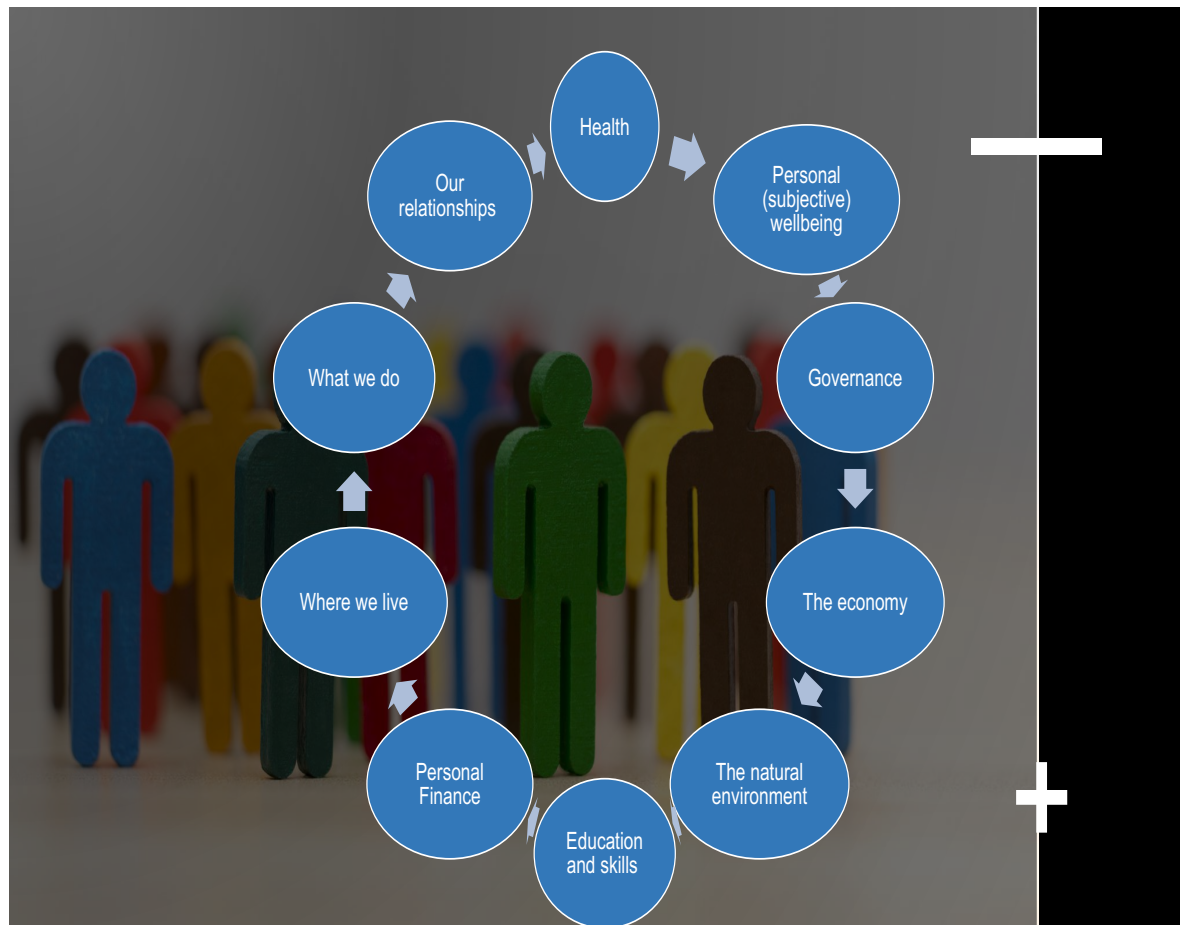
Figure 1 shows, however, that various age groups estimate their well-being in different ways.



(Steel, 2016)



Dimensions of Wellbeing



These dimensions have been shown to matter most to people in the UK as identified through a national debate, run by the Measuring National Wellbeing Programme at the UK Office for National Statistics (ONS) and benefiting from guidance by leading international experts

(Wellbeing, 2022)



1.1. The Importance of Wellbeing

It's important to note that well-being is subjective and can vary from person to person. What contributes to one person's well-being may not be the same for someone else. It's essential to prioritize our needs and make choices promoting our well-being. However, when we talk about well-being, we usually consider various factors that have an impact on a person's quality of life. These factors can include:

- **Physical health:** This refers to the condition of the body and its ability to function optimally. It involves maintaining a healthy lifestyle through regular exercise, proper nutrition, and adequate sleep (www.wpa.org.uk, no date).
- **Mental health:** Mental well-being involves taking care of one's cognitive and emotional processes. It includes managing stress levels, cultivating positive relationships, seeking support when needed, and practising self-care (www.wpa.org.uk, no date).
- **Social connections:** Building and maintaining relationships with friends, family, and the community is important for our overall well-being. Strong social connections provide a sense of belonging, support, and fulfilment (www.wpa.org.uk, no date).
- **Financial stability:** Financial well-being refers to having a sense of security and stability in one's financial situation. It involves managing finances responsibly, planning, and having a sense of control over one's financial circumstances (www.wpa.org.uk, no date).

2. Sustainable Development

The concept of sustainable development can be interpreted in a variety of ways, but at its core is a development approach that seeks to balance various, and often competing, needs while being mindful of the environmental, social, and economic constraints we face as a society (Sustainable Development Commission, 2019).

SUSTAINABLE DEVELOPMENT DEFINITION

Sustainable development is a strategy of driving growth while using resources efficiently. It takes into consideration the immediate and long-term well-being of our environment and people.

In business, the three pillars of sustainable development are:

- **Economic** – The efficient and responsible use of resources results in long-term profitability and business viability
- **Environmental** – Reducing waste and carbon footprints while maximizing energy efficiency helps to reverse negative impacts on the environment such as pollution and global warming.
- **Social** – A focus on initiatives like employee safety, wellness, and diversity and inclusion supports the creation of healthier communities that can sustain themselves



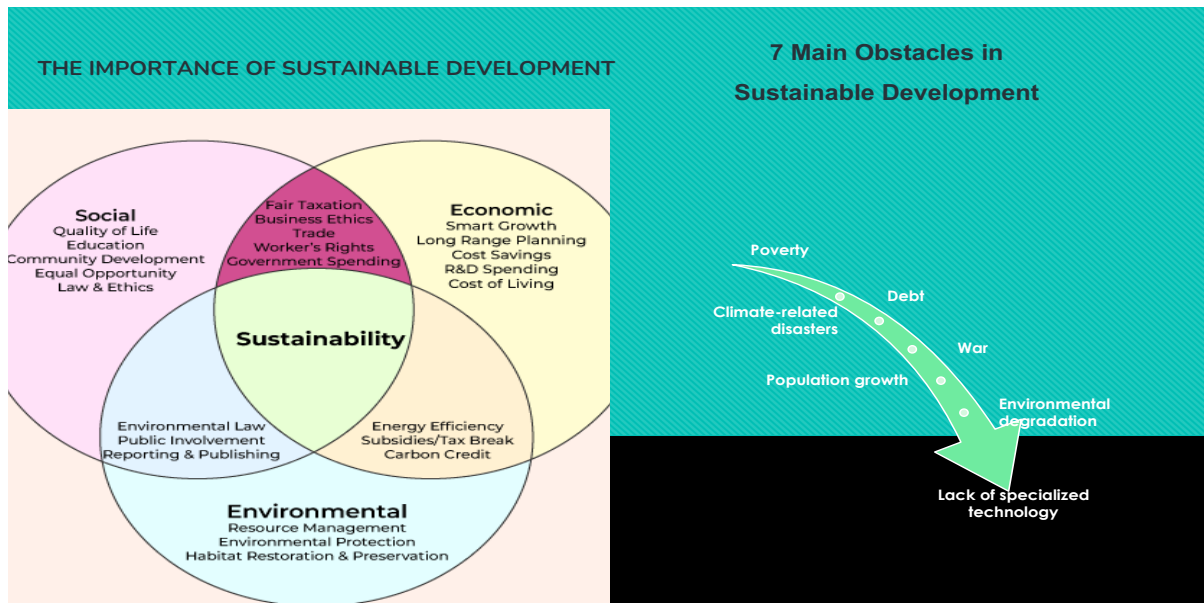
Arena. (n.d.).

However, development is driven by a specific need rather than considering broader or future implications. As a result, it appears that this approach will result in massive financial crises caused by irresponsible banking systems, as well as global climate changes caused by our reliance on fossil-fuel-based energy sources. (Sustainable Development Commission, 2019).

However, development affects us all. And the results of our collective choices had serious repercussions on people's lives. Poor community planning, for example, lowers the quality of life for citizens. The UK is currently facing an important obstacle or the risk of a food crisis. This is due to the UK's reliance on imports rather than producing its food (United Nations, 2023).

2.1. Importance of Sustainable Development

Simon (2021) said that the main objective of sustainable development is to promote growth, keeping in mind how crucial it is to protect the environment in which we live. Working to meet today's needs, because it is worth meeting the demands of the current generation but not compromising those of the future, sustainable development is important, which is why it teaches us how to effectively manage our resources.



(GeeksforGeeks, 2023)

The following examples demonstrate the significance of sustainable development:

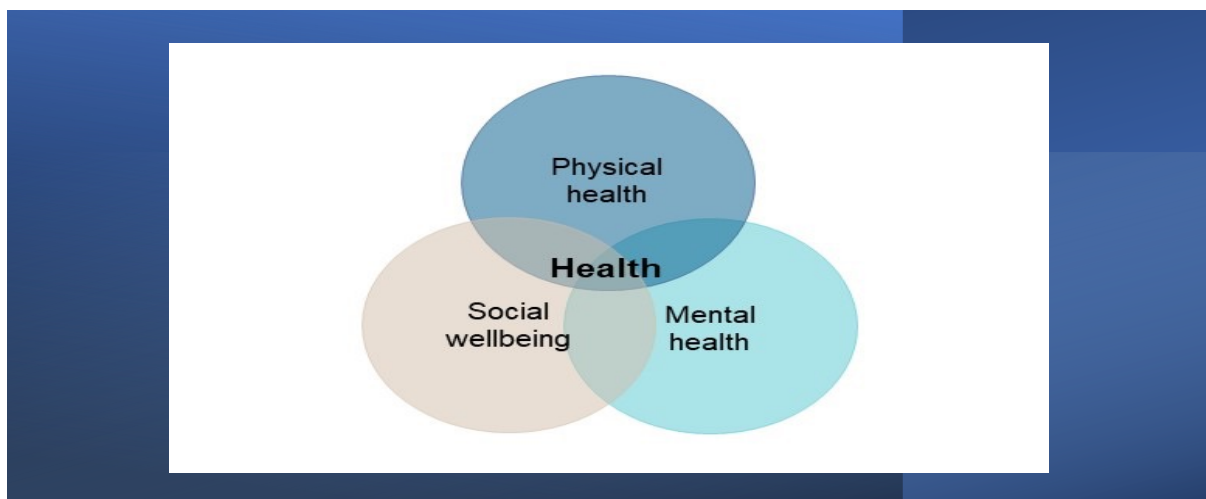
Focuses on environmentally friendly agricultural practises: currently, sustainability is associated with Mother Earth; it is crucial to consider the requirements of future generations and make sure that the expanding population is not overloaded and encourage agricultural practices such as crop rotation and effective sowing methods (Simon, 2021).

Protect the Climate: Due to the overconsumption of fossil fuels and the destruction of animal habitats, society is dealing with the issue of climate change. Using sustainable development practises sustainable development plays a significant part in averting climate change. encourages cutting back on the use of fossil fuels, which cause the atmosphere to be destroyed by gases known as greenhouse gases (Simon, 2021).

Sustainable Biodiversity: By implementing sustainable development, the habitats and homes of all other living creatures will remain intact, bearing in mind that sustainable development places a strong emphasis on protecting ecology and inevitably helps in preserving and protecting biodiversity. (Simon, 2021).

3. Health

Health refers to the overall well-being of an individual, both physically and mentally. It encompasses various aspects such as physical fitness, absence of illness or disease, mental stability, emotional well-being, and social harmony. Continuing good health is fundamental for leading a fulfilling and productive life (World Health Organization, 2023).



(WHO, 2023)

3.1. The Importance of Health

People can achieve wellness by taking several actions, such as:

- ☐ Eating a healthy, well-balanced diet that comes from as many natural sources as you can.
- ☐ Ensuring for illnesses that could be dangerous.
- ☐ Take an immunisation against infectious illnesses.
- ☐ Keeping a healthy weight in mind.
- ☐ Obtaining adequate rest.
- ☐ Control one's stress.

- ☐ Avoid alcohol abuse and smoking.

There are three main areas we can concentrate on each day to give our bodies the best chance to continue to be strong, active, and healthy so we may accomplish the things we desire in life (WHO,2023).

Sleep and Rest: Sleep is essential and crucial for numerous bodily processes. It enables us to renew, upgrade, fix, and restore. (WHO,2023).

Eating and Drinking Well: the bodies require certain fuels to function properly; this kind of fuel is referred to as food. It's crucial to understand that our diet and hydration both have a significant impact on our general health. Keep in mind that nutrition is a matter of the decisions we make (WHO,2023).

Moving: According to the NHS (2022) health depends on including physical activity in our daily routines.

4. Sustainable Development Goals

Sustainable Development (SDG) has as its main objective to improve the situation in the world, promoting actions to combat poverty and inequality, safeguard the environment and ensure that everyone has access to health, justice, and wealth. Its main motto is to ensure that no one is left behind. (World Health Organization, 2015).

In 2015, members of the ONO (United Nations) approved the implementation of Sustainable Development for 2030. As a result, these nations established 17 Objectives with 169 targets. These big, lofty goals are interconnected. Goal 3 is to promote and ensure healthy lives for all people, regardless of age. However, it is also interconnected, so advances in its implementation help advance other Objectives. Most goals include some direct health goals. Each of these has metrics by which progress can be assessed (World Health Organization, 2015).



(World Health Organization, 2015).

4.1. The importance of Sustainable Development Goals (SDG)

These goals are designed to address some of the most pressing challenges facing humanity and the planet, and they provide a framework for building a more sustainable and equitable future for all. Here are some reasons highlighting the importance of the SDGs:

- **Addressing global challenges:** The SDGs aim to tackle interconnected issues such as poverty, hunger, inequality, climate change, and environmental degradation. By addressing these challenges comprehensively, the goals provide a holistic approach to achieving sustainable development (UK Government, 2020).
- **Promoting social equity:** The SDGs prioritize leaving no one behind, focusing on reducing inequalities within and between countries. This includes issues related to gender equality, education, health, and access to basic services, ensuring that no one is excluded from development opportunities (UK Government, 2020).
- **Protecting the planet:** The goals emphasize the need for sustainable consumption and production patterns, promoting responsible stewardship of natural resources, and mitigating the impacts of climate change. This ensures

the preservation of ecosystems, biodiversity, and the long-term sustainability of our planet (UK Government, 2020).

- **Enabling economic progress:** The SDGs recognize the importance of inclusive and sustainable economic growth. By promoting innovation, investment in infrastructure, and job creation, the goals contribute to reducing poverty and promoting prosperity for (UK Government, 2020).
- **Encouraging collaboration:** The SDGs require global cooperation and partnership among governments, civil society, businesses, and individuals. They provide a common agenda and framework for coordinating efforts, sharing knowledge, and mobilizing resources to achieve the goals (UK Government, 2021).
- **Ensuring intergenerational justice:** The SDGs aim to create a sustainable world for future generations. By addressing immediate needs while also considering long-term consequences, the goals work towards a fair and just world for present and future populations (UK Government, 2020).

5. Goal 13 - Climate Action

To combat climate change, the UK has a few climate action plans. The National Adaptation Programme (NAP3) is a five-year strategic plan designed to increase resilience and safeguard individuals, residences, commercial buildings, and cultural assets from the effects of climate change, including heat waves, droughts, and flooding (UK Government, 2021).

A framework of policies to lower domestic emissions and guarantee the UK's adaptation to climate change is outlined in the Climate Change Act of 2008. This involves promises to create a UK Climate Change Risk Assessment to pinpoint hazards and, every five years, a National Adaptation Programme to deal with those risks (UK Government, 2021).

5.1. Definition of Climate Action

It refers to a series of activities, mechanisms, policy instruments, etc., aimed at reducing the severity of human-induced climate change and its impacts. Therefore, Goal 13 urgently calls for action to combat climate change and its impacts. This goal is intrinsically linked to all 16 other Objectives of the 2030 Agenda for Sustainable Development. (Martin, 2022).

Why we need action.

Martin (2022) said that we need this Goal because climate change is increasingly affecting all countries on all continents. Disrupting national economies and affecting lives, costing people, communities, and countries dearly today and even more tomorrow. Many people are suffering from the significant impacts of climate change, which include changes in weather patterns, rising sea levels and more extreme weather events. Greenhouse gas emissions from human activities are driving climate change and continue to increase (Martin, 2022).

5.2. UK Strategies

The UK Climate Change Act (2008) and the National Adaptation Programme (NAP), which include measures for education in adaptation to climate change, were mandated as the two key policies and programmes to execute climate action in the United Kingdom. Then, the Legislation was passed by the UK government to achieve net zero emissions by 2050. Since, the UK is the first nation to create legally enforceable carbon budgets, limiting the total quantity of greenhouse gases the UK can emit over five years. In its most recent law, Carbon Budget 6, the UK committed to a 78% reduction in emissions by 2035 when compared to 1990 levels (UK Government no date).

5.3. Evaluate

The most common assessment of the UK government's progress in implementing climate action has been that it is actively undermining investor confidence in the nation's commitment to taking climate action by making several U-turns on crucial climate policies, exhibiting chronic delays and a lack of vision in developing new policies, and destroying the UK's long-standing claims to climate leadership. The CAT has downgraded the UK's global climate efforts from "Sufficient" to "Insufficient" because of this policy escalation. To re-establish credibility on the international stage, the UK needs to develop and implement its climate strategy as quickly as possible (systemschangelab.org, no date).

5.4. Critically Examine.

The implementation of climate action in the UK healthcare system has the potential to significantly impact health, well-being, and sustainable development. Here, we will critically examine these different aspects:

Health Impact

Mitigating climate change can improve public health by reducing air pollution and promoting cleaner energy sources. This can lead to a decrease in respiratory

diseases, cardiovascular problems, and premature deaths. Climate action can also address the health impacts of extreme weather events, such as heatwaves and floods, which are likely to increase with climate change. Adequate infrastructure, early warning systems, and preparedness measures can minimize the health risks associated with these events (NHS England, 2020).

Well-being Impact

Climate action can have a positive impact on mental health. By promoting green spaces, access to nature, and reducing pollution, individuals may experience improved well-being and a decrease in stress and anxiety.

Engaging the public in climate action and environmental initiatives can foster a sense of purpose and community, leading to increased social connections and overall well-being (NHS England, 2020).

Sustainable Development Impact:

Implementing climate action measures in healthcare can contribute to sustainable development by reducing greenhouse gas emissions and resource consumption. This includes energy-efficient practices, waste reduction, and sustainable procurement policies (Jubb, 2022).

By adopting sustainable practices, the healthcare sector can serve as an example for other industries to follow, driving broader societal change towards sustainability.

However, transitioning to sustainable practices may require significant investments in technology, infrastructure, and training, which could pose financial challenges for the healthcare system. Balancing economic considerations and environmental priorities can be complex, as healthcare providers may face financial constraints that limit their ability to invest in sustainable practices (Jubb, 2022).

5.5. Implementing climate action in the UK

The United Kingdom's government acknowledges that numerous obstacles to effective adaptation must be overcome. These include limitations in knowledge and sensitivity to climate risk, a lack of clarity regarding the appropriateness of risks and responses, and the complexity of adaptation to an uncertain future. We recognise that in many cases, strong government leadership is required to ensure that the solutions are implemented throughout the system and to prevent excessive individual activity adaptation (UK Government, 2020).

The UK government and devolved administrations acknowledge the need for a much more comprehensive integration of adaptation into all aspects of public policy. This will involve considering how adaptation and mitigation might work together. We must incorporate adaptation measures into mitigation efforts to attain net-zero emissions. In turn, effective mitigation will guarantee that adaptation is still feasible (UK Government, 2020).

Conversely, this calls for ensuring that our increasingly electric energy system, environmentally friendly technologies, and other low-carbon infrastructure are resistant to the effects of the changing climate. Addressing these challenges requires a holistic and integrated approach involving multiple stakeholders, including government, businesses, communities, and individuals. It involves setting ambitious targets, providing adequate funding, and continuously engaging in dialogue with various stakeholders to build consensus and drive meaningful change (UK Government, 2020).

5.6. Recommendation to achieve climate action.

It's recommended to implement the following measures:

- ❑ **Minimise energy use:** This can be done by utilising energy-saving appliances, shutting off lights and electronics when not in use, and enhancing ventilation and insulation to reduce the need for heating and cooling (GOV.UK (2020)).

BSc HEALTH AND SOCIAL CARE LEVE 6

- ❑ **Make the switch to renewable energy sources:** Air quality can be improved, and greenhouse gas emissions can be decreased by using renewable energy sources like solar, wind, and hydropower (GOV.UK (2020)).
- ❑ **Minimise waste:** This can be done by avoiding single-use plastics, composting food waste, and reducing, reusing, and recycling materials (GOV.UK (2020)).
- ❑ **Encourage sustainable agriculture:** Techniques like integrated pest management, conservation tillage, and crop rotation can help lower greenhouse gas emissions and enhance soil health (GOV.UK (2020)).
- ❑ **Encourage public transport:** By lowering the number of cars on the road, public transport can help reduce greenhouse gas emissions (GOV.UK (2020)).

6. Goal 2 - Zero Hunger

6.1. Definition of the Zero Hunger

However, by 2030, Goal 2 seeks to eradicate hunger, establish food security, enhance nutrition, and support sustainable agriculture. Therefore, the survival, growth, and development of children and young people are threatened by the triple burden of malnutrition and undernutrition, hidden hunger, and overweight. Children who eat well are more likely to develop and learn, take part in their communities, and be able to handle emergencies like illness and disasters (UNICEF DATA, no date).

An estimated 690 million people, or 8.9% of the world's population, were hungry in 2019, according to estimates. In the poorest and most marginalised areas, children and teens suffer the most from all types of malnutrition. Malnutrition is to blame for about half of all child deaths under the age of five worldwide.

In contrast, 144 million children under the age of five, or 21.3%, had rickets, 47 million, or 6.9%, had acute malnutrition (of which 14.3% million had severe malnutrition), and 38 million, or 5.6%, were overweight in the same year as in 2019. Children's nutritional outcomes during pregnancy can be impacted by malnutrition; in 2016, a third of women in the world between the ages of 15 and 49 had anaemia, with little to no improvement over the previous two decades (UNICEF DATA, no date).

6.2. The strategies, programmes, or initiatives to implement Zero Hunger

The two UK policies, programmes, or projects listed above aim to end hunger:

- ☐ Improve border biosecurity, elevate welfare standards, and increase the sustainability, productivity, and resilience of the agriculture, fisheries, food, and beverage industries and Animals.
- ☐ Creating shared international standards, promoting human rights and democracy, and supporting humanitarian needs are all ways to shape the global order and make the UK a force for good in the world (UK Government, 2021).

6.3. Critically review the strategies, programmes, or initiatives for Zero Hunger

There have been several strategies, programs, and initiatives aimed at achieving Zero Hunger worldwide. I will provide a critical review of some key initiatives:

Sustainable Development Goal 2: One of the most prominent initiatives is the United Nations' Sustainable Development Goal 2 (SDG 2), which seeks to achieve Zero Hunger by 2030. While this goal is important and has garnered global attention, progress has been slow in many regions. Economic and political barriers, limited access to resources, and conflicts have hindered effective implementation (GOV.UK, 2022) (UNICEF UK, no date).

Connected to Agricultural Development Programs in the UK, the strategy is to increase food production and reduce hunger. These programs often focus on increasing agricultural productivity, improving technology and infrastructure, and promoting sustainable farming practices. However, some critics argue that these programs often prioritize large-scale, industrial agriculture over small-scale farmers, leading to ecological degradation, loss of biodiversity, and marginalization of local communities (GOV.UK, 2022) (UNICEF UK, no date).

Regarding the Food Aid and Distribution Programs in the UK: Various initiatives aim to alleviate hunger through food aid and distribution programs. While these programs have often succeeded in providing emergency relief, there are concerns about their long-term effectiveness. Critics argue that such programs create dependency, lack sustainability, and neglect the underlying structural issues causing hunger, such as poverty, inequality, and limited access to resources (GOV.UK, 2022) (UNICEF UK, no date).

The Food Security Policies: Governments and international organizations have developed policies to enhance food security by improving access to nutritious food. These policies include social safety nets, school feeding programs, and nutrition education. However, the implementation and monitoring of these policies can be challenging, leading to gaps and inconsistencies in their effectiveness (GOV.UK, 2022) (UNICEF UK, no date).

6.4. Evaluate and Progress

A policy that might be SDG 2's commitment to eradicating hunger, achieving food security, enhancing nutrition, and supporting sustainable agriculture was the key advancement and evaluation made by the UK government in putting Zero Hunger into practice. This acknowledges the connections between promoting sustainable agriculture, addressing malnutrition, assisting small farmers, advancing gender equality, reducing rural poverty, promoting healthy lifestyles, addressing climate change, and other challenges covered by the SDGs (The UK's global contribution to the Sustainable Development Goals, 2022).

6.5. The impact of the implementation of Zero Hunger on health, wellbeing

According to NHS, the impact of Zero Hunger on health and well-being in the UK is connected to food insecurity, with an increase in the frequency of physical and mental health issues brought on by hunger and unhealthful diets, healthy.

As a result, it has been emphasised that rising food insecurity rates represent a national catastrophe and endanger the most vulnerable (Lowe and Mahmood, 2022).

Given that the cost-of-living crisis is a major factor in the rising prevalence of food insecurity, government measures must support those most vulnerable to solve the underlying problem (Lowe and Mahmood, 2022).

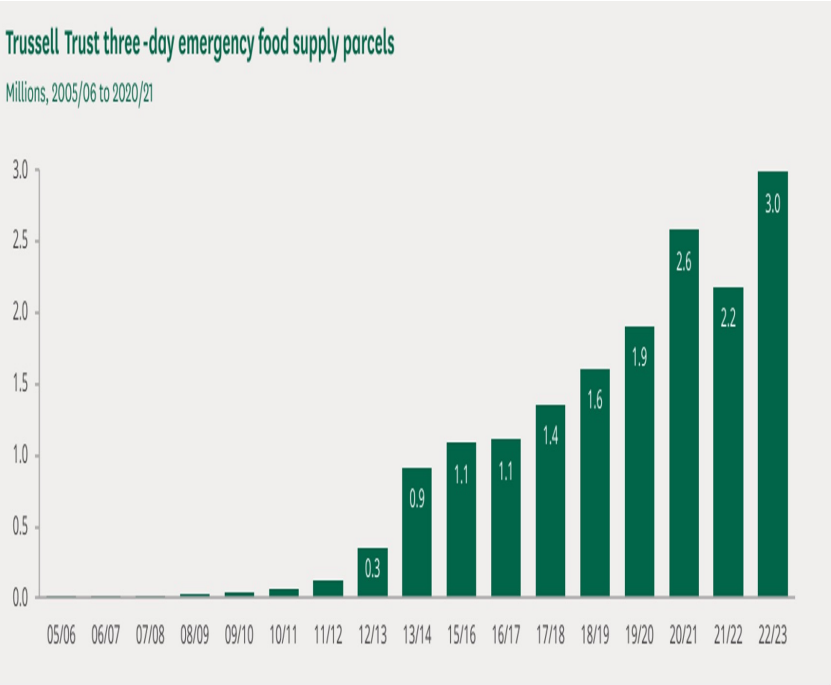
Given the rate of cost increases for healthy food choices, if current conditions continue, we will witness devastating and long-lasting effects on people's health and well-being. Regarding Healthcare, malnutrition is a serious and expensive problem, accounting for over 15% of the UK's health and social care budget, or about £23.5 billion per year.

This could be detrimental to the country's healthcare industry. With a prevalence in general practice reported between 7 and 10%, the effects of malnutrition include an increase in problems, medical consultations, and hospital readmissions, which are significant in the neighbourhood where most people live. Therefore, it is crucial to properly manage malnutrition because the severe effects of unrecognised and unchecked malnutrition are what incur the highest costs. It's projected that the annual cost of health and social care for a patient who is malnourished (£7,408) is over four

times more than the cost for a patient who is not malnourished (£2,155) (Brown et al., 2020).

6.6. The Challenge in implementing the Zero Hunger

The United Kingdom's Sustainable Development Stakeholders, through their intersectoral network of groups working to push action relevant to the SDGs, highlighted several related concerns while assessing the difficulties in attaining zero hunger, it was stated. dietary needs in the UK. The UKSSD noted in its Measuring Up report from July 2018 that while there must be much to celebrate in the UK's overall implementation of the SDGs, it has come to light that many of the most disadvantaged areas and members of our society are progressively being left behind. Considering the study, his report highlighted the UK's ongoing battle to combat malnutrition in all its manifestations, with food insecurity and obesity on the rise (UK Parliament, 2019).

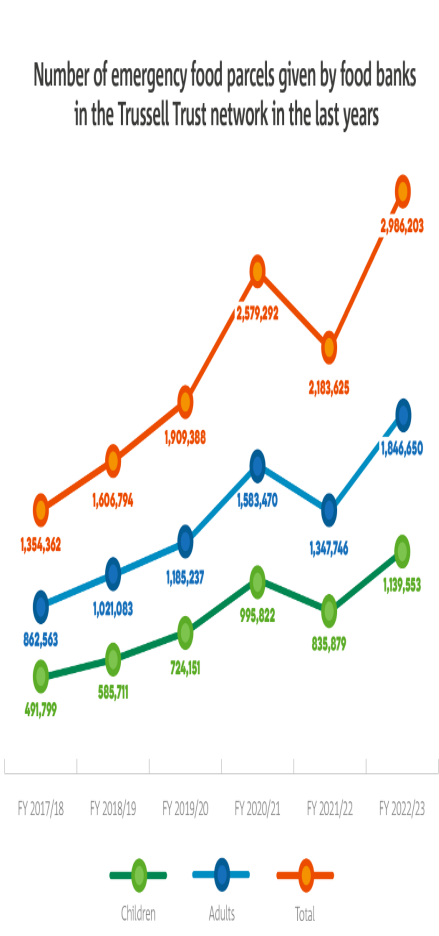


(Trussell Trust, 2022)

According to this graph, the Trussell Trust network of food banks in the UK supplied nearly 3 million emergency food parcels to those in need between 1 April 2022 and 31 March 2023, a 37% increase over the same time last year. Children received more than a million of these instalments (Trussell Trust, 2022).



(Trussell Trust, 2022)



As a result, it could potentially be argued that the (average) situation in the UK conceals significant socioeconomic status-related variances as well as two problems, including one of Europe's highest rates of family food insecurity and high and rising rates of obesity and diet-related disorders. These issues are supported by a food system that fails to offer diverse, wholesome diets for everyone in the UK (UK Parliament, 2019).

However, because of this, the UKSSD evaluated the internal performance of the UK in comparison to the targets underlying the Goal. Therefore, it was determined that all pertinent targets were either amber (where there are some coverage gaps, the UK is not performing well enough or performance is declining) or red (where there are few or no policies in place that effectively satisfy the target, performance is poor) (UK Parliament, 2019).

As we can find in the figure below, it explains and makes us better understand the challenge.

Number	Sustainable Development Goal Target	UKSSD rating
2.1	By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round	Amber
2.2	By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons	Red
2.3	By 2030, double the agricultural productivity and incomes of small-scale food producers, in particular women, indigenous peoples, family farmers, pastoralists and fishers, including through secure and equal access to land, other productive resources and inputs, knowledge, financial services, markets and opportunities for value addition and non-farm employment	Amber
2.4	By 2030, ensure sustainable food production systems and implement resilient agricultural practices that increase productivity and production, that help maintain ecosystems, that strengthen capacity for adaptation to climate change, extreme weather, drought, flooding and other disasters and that progressively improve land and soil quality	Amber
2.5	By 2020, maintain the genetic diversity of seeds, cultivated plants and farmed and domesticated animals and their related wild species, including through soundly managed and diversified seed and plant banks at the national, regional and international levels, and promote access to and fair and equitable sharing of benefits arising from the utilization of genetic resources and associated traditional knowledge, as internationally agreed	Amber
2.A	Increase investment, including through enhanced international cooperation, in rural infrastructure, agricultural research and extension services, technology development and plant and livestock gene banks in order to enhance agricultural productive capacity in developing countries, in particular least developed countries	Grey
2.B	Correct and prevent trade restrictions and distortions in world agricultural markets, including through the parallel elimination of all forms of agricultural export subsidies and all export measures with equivalent effect, in accordance with the mandate of the Doha Development Round	Grey
2.C	Adopt measures to ensure the proper functioning of food commodity markets and their derivatives and facilitate timely access to market information, including on food reserves, in order to help limit extreme food price volatility	Grey

Key	
Red	There is little or no policy in place that adequately addresses the target, performance is poor
Amber	There are some gaps in policy coverage, the UK is not performing well enough or performance is deteriorating
Green	The UK is performing well and has appropriate policy in place to address the target
Grey	The target is not considered relevant to the UK context or scope of the project

(UK Parliament, 2019).

6.7. Recommendation

Lacking considerable and well-coordinated effort, performance in the UK is unlikely to improve and the SDG targets for SDG2 are unlikely to be met. In the context of the UK, the problems of food insecurity, hunger, malnutrition, and obesity should be taken into consideration simultaneously. They frequently share a location and contributing characteristics. For instance, lack of availability to food may result in risk-averse buying behaviours and a preference for inexpensive, filling items with lengthy shelf life, which are frequently nutrient-poor but high in calories. The connection between food instability, hunger, and malnutrition is not completely understood by the government. It is missing the chance to bring about broad change by targeting obesity in isolation.

7. Conclusion

In conclusion, health is of utmost importance because it affects every aspect of our lives. By prioritizing our well-being, we can live happier, more fulfilling lives, and contribute to a better society overall.

Overall, the SDGs are important as they provide a comprehensive framework for addressing global challenges, promoting social equity, protecting the planet, enabling economic progress, fostering collaboration, creating a roadmap for progress, and ensuring intergenerational justice. Governments, organizations, and individuals must work together towards the achievement of these goals to secure a sustainable future for everyone.

On the other hand, the implementation of climate action in the UK healthcare system can have various positive impacts on health, well-being, and sustainable development. However, it is important to carefully consider and manage potential challenges, such as budget limitations, so that the benefits can be maximized while minimizing any potential negative consequences.

Regarding Zero Hunger, the UK has some of the worst food insecurity rates in all of Europe, especially for children. Of those under the age of 15, 19% live with an adult who has moderate to severe food insecurity, of whom 50% have severe food insecurity. Rising living expenses and stagnant wages are factors contributing to the rising prevalence of food insecurity among both working and non-working people. Despite the necessity for coordinated cross-government efforts, the government's policies have failed to adequately address hunger and food insecurity. Despite DFID being the only department to mention them in its Single Departmental Plan, the government continues to view hunger and food insecurity as international problems.

Finally, it is concluded that there is no clear governmental accountability for addressing hunger in the UK, and the government has failed to ensure that the core SDG targets related to hunger, and food insecurity are incorporated in planning and performance frameworks. We are concerned about the Government's failure to address hunger, food insecurity, and malnutrition in the UK and its refusal to acknowledge it.

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