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Introduction

The UN in 2015 introduced the Sustainable Development Goals (SDGs) which are part of the 2030 Agenda for Sustainable Development. These goals interact with each other and form a roadmap to a better future that will be sustainable (United Nations, 2015). The objectives of these goals include but are not limited to poverty, hunger, health, education, climate change, gender equality, water and sanitation, energy along social justice globally. The first goal aims to eradicate extreme poverty from all over the world. Whereas second aim is zero hunger also ensures food security and better nutrition as well as promotes sustainable agriculture (Department for Environment, Food & Rural Affairs, 2021). Thirdly, it is about ensuring healthy lives and promoting well-being at all ages; whereas the fourth goal is towards inclusive and equitable quality education and lifelong learning opportunities. Fifthly concentrate on achieving gender equality and empowering women; sixthly guarantee access to clean water and proper sanitation; seventh calls for affordable access to clean energy while eighth call for inclusive economic growth or full employment with decent work for all who need it (United Nations, 2015). For example ninth seeks resilient infrastructure inclusive industrialisation innovation; tenth reduces inequality among countries both within their boundaries; eleventh makes cities inclusive safe resilient sustainable; twelfth is responsible consumption production; thirteenth acts urgently on climate change impacts; fourteenth conserves oceans seas marine resources fifteenth supports terrestrial ecosystems protection sustainable use; sixteenth achieves access to justice through peaceful societies effective accountable institutions including local governance systems built trust respect diversity gender equality capable children youth participation development transformation just society regarded transparency accountability conformity human rights norms values make people less likely kill each other remove political conflicts based on historical grievances otherwise could continue trigger into violence end demand illicit trade drugs traffic persons weapons etc preventing several hundred deaths these measures need extended apply regions world such asia africa america region covers latin caribbean arab states europe cis pacific countries small island developing not only support national territorial integrity functional self-determination promote inter-state cooperation but also contribute prevention conflicts solutions peacebuilding post-conflict societies (HM Government, 2018). Finally, the eighteenth strengthens the means of implementation and revitalizes the global partnership for sustainable development. Finally, each goal has specific

targets to be achieved by 2030 which addresses the economic social and environmental dimensions of sustainable development.

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Figure 1: The 17 SDGs, Source: UN

These are the front-line actors who make sense of these global objectives so that they resonate with their people's specific needs. For instance, within Redbridge, addressing health, well-being as well and sustainable development relates to tackling local health inequalities as well as

improving residents' quality of life rather than developing a city that would be resilient enough to face future challenges (Local Government Association, 2021). This makes part of extensive work towards improving public health while reducing disparities across populations and protecting nature around us since it has always been considered an integral component of any commonwealth or society's resilience. In examining the current health status quo within the context of the UK healthcare system specifically focusing on the Redbridge council this report sets out to identify good practices from Redbridge regarding selected SDGs including Goal No.3 plus two others depending on how relevant they are to the council performance (Local Government Association, 2021). By doing this it hopes to offer advice through which Redbridge councils can further align themselves with the global agenda towards those key goals thus adding value to their neighbourhoods in terms of welfare and development sustainability.

Selection and Discussion of the Three SDGs

SDG 3: Good Health and Wellbeing

In addition to being called the “Good Health and Wellbeing,” the Sustainable Development Goal (SDG) number three aims to secure healthy lives and promote well-being for all at all ages. It is critical to local communities as well as health sectors since it directly affects the quality of life, economic productivity, and social integration in society. Without good health and well-being, other areas like education, gender equality or economic growth among many others cannot be fully realized (United Nations, 2015).



Figure 2: SDG 3, Source: SociSDG

For example, in relation to this the UK has committed itself to reducing maternal mortality; ending preventable deaths of newborns and children under five years old; fighting HIV/AIDS malaria and other diseases such as tuberculosis; combating polio; and eliminating dengue (Public Health England, 2019). Also included in this is decreasing morbidity and mortality due to hazardous chemicals, pollution or contamination; and strengthening prevention of and treatment for substance abuse including drug dependence and harmful use of alcohol (Public Health England, 2019).

It includes a range of approaches to improve health outcomes such as –strengthening health systems; improving air quality; enhancing road safety; and promoting healthy lifestyles. For instance, in its 2019 report entitled “Health Profile for England”, Public Health England gives an extensive account of the state’s well-being outlining key issues on which successes are evident

(Sustainable Development Solutions Network, 2019). Furthermore, it seeks to embed health into broader policy frameworks acknowledging that socio-economic factors like housing or employment affect people's welfare/mortality rates significantly (Marmot,2010). However initiatives like those ensuring that essential healthcare services are available without financial hardship for everyone regardless of their backgrounds or circumstances point out the need for fairness in access to healthcare particularly universalizing coverage (The King's Fund,2018). By so doing they exhibit an inclusive definition of health which can be seen by numerous interdependencies between health outcomes and other aspects of development plus well-being.

SDG 11: Sustainable Cities and Communities

For the purposes of this analysis, the first chosen SDG beyond Good Health and Wellbeing is SDG 11 “Sustainable Cities and Communities.” This goal emphasizes making cities inclusive, safe, resilient, and sustainable. In terms of relevance to Redbridge in particular and the UK in general; rising urbanization demands like unaffordable housing; traffic congestion; pollution; and absence of green public spaces among others make it a good choice to use SDG 11. Some progress has been made in addressing these challenges by the UK particularly at Redbridge towards creating more sustainable and livable urban environments (Department for Environment, Food & Rural Affairs (DEFRA), 2021).



Figure 3: SDG 11, Source: Joint SDG Fund

Among specific targets under SDG 11 that are aligned with local needs are target 11.1 aiming to ensure access of all to adequate, safe and affordable housing and basic services; as well as target 11.7 targeting universal access to safe, inclusive and accessible green public spaces. These are crucial for Redbridge given the borough's diverse population as well as the need for a

development-environmental sustainability balance for community wellbeing(London Borough of Redbridge, 2020). The UK’s approach to sustainable urban development outlined in “A Green Future: Our 25-Year Plan to Improve the Environment” (DEFRA, 2021) is characterized by commitment towards preserving natural spaces; enhancing air quality; improving water quality amongst others so that every community can have a share of green space. A case in point is Redbridge which brags over having no less than thirty-five parks plus open spaces which greatly contribute towards achieving environmental sustainability within the borough together with promoting physical health while at the same time ensuring the mental wellness of its inhabitants.

Focusing on SDG 11 will enable Redbridge to continue to improve its urban environment thereby making it more livable, and environmentally sustainable as well as ensuring that its residents’ welfare is upheld. This is in line with the council’s health and well-being strategy which underscores a healthy environment as one of the determining factors of public health (London Borough of Redbridge, 2020).

SDG 4: Quality Education

The second SDG chosen for this paper is the SDG 4. Quality Education emphasizes the need to ensure inclusive and equitable quality education, as well as promote lifelong learning opportunities for all (The King's Fund, 2018). The reason behind picking SDG 4 is because of its crucial role in enhancing sustainability at the local level, especially within localities such as Redbridge. Education acts as a bridge towards improving people’s lives and sustainable development whereby positive impacts range from economic prosperity to reduced inequalities, and social cohesion (United Nations, 2015).

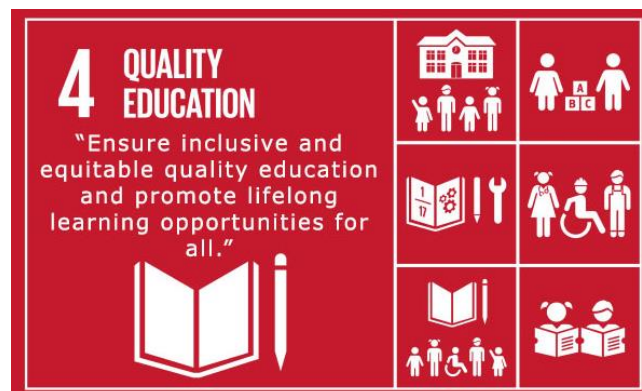


Figure 4: SDG 4, Source: Better World Tomorrow

Within Redbridge Local Area, relevant targets under SDG 4 include target 4.1 which focuses on ensuring that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant effective learning outcomes. This aligns with Redbridge's needs since high-quality education opportunities are viewed by the borough as a way of increasing life chances for everyone who lives in the area (London Borough of Redbridge, 2020). Also, target 4.4 seeks a significant increase in the number of youth and adults who have skills necessary for employment; including technical and vocational skills required for entrepreneurship or decent work. Consequently, if Redbridge considers the changing labour market trends it will have a young population that is prepared for these shifts and this will contribute towards growth and sustainability in the entire region (Thirlwall, 2020).

Additionally, we must value quality learning and lifelong education as tools to create a culture of sustainability for our community (United Nations Development Programme, 2021). For instance, by bringing sustainable development concepts into curricula so as to teach students about sustainable development itself; Redbridge can prepare its citizens to be well-informed active members who shall develop good practices towards sustainability through taking part in local governance UNDP(2021).

Lastly, disregarding Stigmatizing against SDG No. four's insistence on better qualities of education along with long-term training opportunities means that the developmental dynamics surrounding The United Nations are delineated clearly in relation to the Redbridge area (United Nations Development Programme, 2021). In short, focusing on education and linking it with local needs as well as global targets for sustainability will improve the social, economic and environmental status of Redbridge based on the objectives set by SDGs (Sustainable Development Solutions Network (SDSN), 2019).

Analysis of UK Government Policies

Many national policies and initiatives have been put in place by the United Kingdom to address the Sustainable Development Goals (SDGs), mainly concentrating on Good Health and Wellbeing (SDG 3), Sustainable Cities and Communities (SDG 11) and Quality Education (SDG 4). These goals are directed towards a national approach (United Nations, 2015).

Good Health and Well-being (SDG 3)

One major policy is the NHS Long Term Plan which provides a comprehensive approach aimed at improving health and wellbeing across the nation. This means prevention of major diseases such as cardiac conditions improvement in care quality for primary health conditions and sustainability of healthcare provision. Such an initiative corresponds with some specific targets under SDG 3, like lowering death rates from non-communicable ailments while expanding mental health services (Public Health England, 2019). Occasionally it ends up being easier for people to seek mental healthcare services or fewer people die young due to myocardial infarctions (Wilkinson & Pickett, 2010).

The government also takes another significant step in handling cases related to antimicrobial resistance, which involves initiatives towards decreasing the spread of drug-resistant infections and searching for new drugs meant for future use. In respect of achieving target 3.d of SDG_3 [strengthening early warning systems, risk reduction as well as management of public health risks] this factor is important (World Health Organization, 2020). Thus, a decrease in antibiotic consumption coupled with the progress made in developing guidelines for antibiotic stewardship programs illustrates this approach.

Sustainable Cities and Communities (SDG 11)

One direct response to SDG 11 is a target of achieving access for all to adequate, safe and affordable housing – the “Homes for All” policy. Over time, the policy has resulted in an increasing trend in cheap housing projects which has tackled housing challenges and increased living standards for multiple people (Department for Environment, Food & Rural Affairs (DEFRA), 2021).

The Clean Air Strategy is another important initiative in this regard, which seeks to reduce pollution and make cities more habitable (Public Health England, 2019). This strategy complements the targets of SDG 11 on sustainable urbanization and environmental sustainability. For instance, there are some towns whose air quality has improved greatly as a result of this strategy however the national air quality standards are yet to be met (World Health Organization, 2020).

Quality Education (SDG 4)

For example, the introduction of a National Curriculum for England designed to ensure a standardized inclusive and equitable quality education framework has addressed this goal in this region. Such progress indicates that universal primary school completion levels have significantly increased countrywide which can be attributed to the fact that other interventions like this one have led to a rise in literacy and numeracy among children and young people (The King's Fund, 2018).

This encompasses other vital measures such as more apprenticeships and vocational training programs targeted at young adults with the aim of enhancing their skills development and employability (London Borough of Redbridge, 2020). This is aimed at achieving SDG 4's target of substantially increasing the number of youth and adults with relevant job skills. The effectiveness of these efforts is revealed by higher employment rates but they still need to be expanded as well as improved for better training (Public Health England, 2019).

These policies and schemes also demonstrate the UK's commitment towards advancing the SDGs. Still, it may require ongoing monitoring, evaluation, and reassessment due to its long-term nature plus other persistent challenges apart from outcome inequities across them in order for these means to effectively achieve what SDGs nation scale goals demand (Office for National Statistics (ONS), 2020).

Case Study: Redbridge Council

Introduction to Redbridge

Redbridge is situated in the North East of London and is characterized by vibrant neighbourhoods, a multicultural population and a blend of urbanity and greens. According to the London Borough of Redbridge (2020), the borough is highly diverse in terms of ethnicity, culture, religion and social class which brings in various challenges and opportunities for health, wellbeing and sustainable development (Department for Environment, Food & Rural Affairs, 2021).

In a demographic sense, Redbridge is composed of several communities; a large number are of South Asian origin as well as black communities along with other minority ethnic groups (Barton & Grant, 2006). However, there are also difficulties due to diversity in terms of equalizing access in relation to health care provision education as well employment opportunities across all inhabitants even though it could be considered an asset. Economic situations vary between affluent

areas and poor ones within Redbridge (Marmot, 2010). There might be variations in quality or availability which is why health interventions should mainly target some inequalities (Marmot, 2010).

However, Redbridge has unique health issues such as high frequencies of chronic diseases such as diabetes and cardiovascular diseases than most other London Boroughs. Similarly, obesity cases exist whereas one cannot ignore mental illness incidents thus public healthcare aimed at good health needs to comprehensively address both clinical factors alongside socio-economic issues (Public Health England 2019).

Thus, for sustainability to happen within Redbridge there must be conservation balanced with development. The borough itself boasts over thirty-five parks and green spaces revealing how seriously they take wildlife habitat preservation plus biodiversity promotion at least within its boundaries (Office for National Statistics, 2020). However, despite the fact that urbanization led to environmental problems including air pollution waste management still remains important hence smart answers (Department for Environment, Food & Rural Affairs (DEFRA), 2021) are needed.

These challenges have been addressed by the Redbridge Council through the proactive implementation of strategies and policies to improve the health status and well-being of residents as well as ensure sustainable development. Ranging from ensuring equal access to quality education for all children, making improvements in public health care systems and creating a sustainable urban habitat that supports Sustainable Development Goals (London Borough of Redbridge, 2020).

Local Policies and Statistics

Several local initiatives and policies on the Sustainable Development Goals (SDGs) have been put in place by Redbridge Council to meet the unique needs of its community. The concerted efforts have been directed at attaining remarkable milestones in Good Health and Wellbeing (SDG 3), Sustainable Cities and Communities (SDG 11), and Quality Education (SDG 4). A summary of what it has done in this regard is given below, with some statistics to support it (Local Government Association, 2021).

Good Health and Wellbeing (SDG 3)

Initiatives: In line with the “Redbridge Health and Wellbeing Strategy 2020-2025,” health and wellbeing are prioritized by Redbridge Council by enhancing mental health services, reducing health gaps, as well as promoting physical exercises for its inhabitants (London Borough of Redbridge, 2020). Among such them comprise making mental help available more in schools also among communities while having public health drives on healthy eating alongside active living (Local Government Association, 2021).

Outcomes: Although there has been no comprehensive data on health outcomes after the implementation of this strategy, some improvements can be noted such as increased levels of physical activity among children and adults. However, there hasn’t been much success in terms of decreasing obesity prevalence hence underscoring areas that need further investment into better mental wellbeing (Public Health England, 2019).

Sustainable Cities and Communities (SDG 11)

Initiatives: Redbridge’s projects in promoting sustainable urban development are affordable housing schemes with an improvement of public green spaces. These initiatives support the council’s aim of environmental sustainability and the provision of good living conditions for all its residents (DEFRA, 2021).

Outcomes: As a result counting available units of affordable housing as well as opening up green spaces to residents shows increasing progress is being made. However, it can be observed that the borough is committed to sustainably planning its cities through development policies this in turn reduces air pollution and manages urban congestion (DEFRA, 2021).

Quality Education (SDG 4)

Initiatives: To build up its educational standards, Redbridge is in the process of improving school buildings and teachers’ training while supporting special needs children. The inclusion of reading and writing programs from kindergarten onward into the council’s broader plan for a universally inclusive and high-quality education system (London Borough of Redbridge, 2020).

Outcomes: Various indicators have shown achievement in this regard, including above-average GCSE and A-Level results from Redbridge Schools. It has the highest number of good or outstanding schools among London boroughs which attest to the positive influence of local

educational policies and initiatives. Nevertheless, the authority knows it will take more work to shrink disparities between disadvantaged students' attainments with ready pointers on areas for future interventions.

These local initiatives and policies in Redbridge are therefore reflective of its commitment towards achieving SDG targets within its jurisdiction. There has been significant progress but constant assessment and responsive strategies to anticipate new issues so that all inhabitants can equitably enjoy sustainable development benefits are critical.

Review of Redbridge's Performance in Meeting the SDGs

Goal 3: Good Health and Wellbeing

The multifaceted initiatives taken by the Redbridge Council aim at achieving good health and well-being (SDG 3), targeting such areas as mental wellbeing, physical activity and medical help. The programs are crucial in view of the diverse demographic makeup of Redbridge which creates unique public health problems (London Borough of Redbridge, 2020).

Mental Health Services

Improving access to mental healthcare has been a central focus. The council's approach to embedding mental health support within schools and throughout the community is based on a philosophy that aims to achieve early intervention as well as help people who need it. Despite the praise heaped on these programmes, quantifiable reduction of mental health cases among inhabitants particularly young people and ethnic minority communities has remained elusive. Mental health service users are increasingly growing in number, thus this becomes an area demanding more resources and novel approaches (London Borough of Redbridge, 2020).

Physical Activity and Obesity

As far as physical health is concerned, Redbridge has designed initiatives that are aimed at promoting physical activity and reducing obesity which is seen as a major public health problem. They consist of raising awareness on issues related to health such as campaigns and the construction of green spaces for active lives. It is however alarming that despite some progress in physical actions conducted, there is still an increasing number of children who are affected with obesity. On the other hand but still, the newest statistics have it that overweight rates continue to

be more than the national average showing that this problem currently remains very much alive (Public Health England, 2019).

Health Inequalities

Another issue worth mentioning here is about reducing health inequalities. Due to the fact that Redbridge is a multiracial locality, gaps in access to healthcare services have become an issue where social determinants such as economic conditions play a big role in determining their impact on health status. This inequality gap has been reduced through specific interventions by the Health and Wellbeing Strategy but at a very slow pace. Thus, addressing health inequalities should therefore take another facet by targeting unique avenues with local people and care providers (Marmot, 2010).

Conclusion

Generally speaking, Redbridge's efforts under SDG3 have had many positive results including heightening community awareness of available health and well-being services. Nonetheless, there are still challenges, especially in certain areas like mental illness or obesity or ill-health amongst various social groups within boroughs like Redbridge. These concerns must continuously be attended to or alternatively, innovative methods should be used so as to make sure every person living within Redbridge can be both physically healthy and well off. The council seems committed to public health; nonetheless, these initiatives need periodic evaluation alongside being adaptable enough for the changing needs of its populace (London Borough of Redbridge, 2020; Public Health England, 2019).

SDG 11 and 4

The adoption of Redbridge Council for some purposes is in line with its commitment to the Sustainable Development Goals (SDGs) including SDG 11: Sustainable Cities and Communities and SDG4: Quality Education which is crucial in achieving sustainability, equality in service delivery as well as nurturing diversity.

SDG 11: Sustainable Cities and Communities

Redbridge Borough has been working hard to achieve sustainability in the urban setting of this place. It should be noted that the council's efforts in expanding affordable house availability

coupled with enhancing public green spaces cannot go without mention. These actions are consistent with “A Green Future: Our 25-Year Plan to Improve the Environment” (DEFRA, 2021) which recognizes sustainable urban planning as an important factor in designing cities.

Achievements: The provision of low-cost housing as well as the development of easy living spaces for the poor have triumphed. This shift has also been instrumental because it has served as recreational areas for local people thereby promoting their mental health and physical fitness (Public Health England, 2019).

Shortcomings: However, despite all these attempts aimed at reducing air pollution and waste management there are still some challenges. At the same time, even though Redbridge is going towards green space management, many London boroughs continue sharing air quality problems worse than national averages remain shared with many London boroughs (Department for Environment, Food & Rural Affairs, 2021).

SDG 4: Quality Education

Redbridge has consistently shown great interest in quality education through policies aimed at improving educational outcomes and access. As such, it has been observed that local schools consistently outperform national averages during Key Stage examinations, which suggests that area educators do something correctly (London Borough of Redbridge, 2020).

Achievements: One crucial accomplishment for Redbridge is the high rating of its schools with many being recognized as ‘good’ or ‘outstanding’ by Ofsted. The achievement shows the borough’s commitment to qualified teachers, structures and student welfare programs leading to enhanced standards of education.

Shortcomings: However, these successes have been marked by persistent disparities in education achievement amongst different demographic groups. Additional effort and resources are required to secure inclusive and equitable learning for learners from low socio-economic backgrounds and minority communities (London Borough of Redbridge, 2020).

Comparison: Some of the achievements made by Redbridge schools exceed those made by other London Boroughs as well as national averages. Nevertheless, like some other urban areas, it experiences persistent urban sustainability challenges including environmental health problems.

In conclusion, for example, Redbridge has made some notable strides towards SDG 4 and 11, particularly regarding environmental improvements through education and green space development. Still air pollution control and equal opportunity in learning highlight the need for ongoing attention, and creativity if not more integrated approaches perhaps so that the targets outlined under these SDGs can be fully achieved (Public Health England, 2019).

Recommendations

Targeting Goals 3, 11 and 4 of SDGs which are Good Health and Wellbeing, Sustainable Cities and Communities, and Quality Education respectively through an analysis done on how well Redbridge Council has performed in terms of meeting those targets; the following specific recommendations aimed at enhancing their approach in this borough have been put forward.

For SDG 3: Good Health and Wellbeing

1. **Integrate Mental Health Services with Community Programs:** This is to address mental health challenges which can be achieved by integrating mental health services into existing community programs in Redbridge. Furthermore, early intervention as well as prevention should be given priority (World Health Organization, 2020). In order to de-stigmatize mental health issues, schools, community centres and local businesses should work together to provide accessible support through partnerships (World Health Organization).
2. **Targeted Obesity Interventions:** Implement targeted obesity interventions that focus on high-risk groups within the community. One possible way to do this is through tailored nutrition or exercise plans that utilize nearby public parks and recreational sites for these purposes (Public Health England, 2019). On the other hand, there could also be sponsoring healthier food choices by teaming up with food places around them (Public Health England).

For SDG 11: Sustainable Cities and Communities

3. **Enhance Public Transportation and Cycling Infrastructure:** One way to fight against air pollution, as well as promote sustainable urban mobility is investment in public transit and biking lanes within cities. Such may encompass the enlargement of cycling tracks, for

instance, easing transitions across various public transport means and promotion of environment-friendly transportation (DEFRA, 2021).

For SDG 4: Quality Education

4. **Strengthen Support for Disadvantaged Students:** There is a need to allocate more resources in order to strengthen such students like having special educational programs. For instance, this might involve some tutorial schemes, mentorship programmes or even creating links with community bodies or colleges with the aim of sourcing work experience opportunities that can narrow the learning achievement gap (London Borough of Redbridge, 2020).

Mechanisms for Tracking Progress

- A comprehensive monitoring and evaluation framework needs to be developed in order to track the progress of these suggestions. This would mean having well-defined, measurable goals, frequent reporting as well as community feedback mechanisms that enhance openness and liability.
- Implementing initiatives effectively by adjusting approaches depending on immediate feedback from data analytics and changing community needs where necessary.

Conclusion

During the report, Redbridge Local Authority was studied in connection with the Sustainable Development Goals (SDGs) that highlight the commitment to healthier lives, protecting the earth and also ensuring quality education is accessible to all. Remarkably, SDG 4 Education has been accomplished by the council up to date through surpassing educational outcomes than national averages and having many schools built close together. For example, green spaces being opened and housing development for lower-income people show how much this city council aims at creating sustainable suburban areas under SDG 11. Nevertheless, issues like air pollution mitigation or waste management still remain unsolved. Many programmes on mental health have been initiated by Redbridge in relation to SDG 3 Good Health and Wellbeing while addressing obesity cases through different approaches. However, these interventions did not address current barriers of high levels of obesity or poor access to mental healthcare; more effort and resources are needed for this reason. Hence, such findings indicate that there is a strong link between health and well-being domains for the attainment of the SDGs. This can be achieved by making progress towards socially determined factors, including education; housing; and environmental aspects among others that lead to better health outcomes using systematic approaches from different perspectives within Redbridge though it requires cross-curricular collaboration if significant advancement is expected new age practices should be concentrated on one particular area only. Thus it is vital that goals be committed to in perpetuity since local government has the responsibility of considering its residents in terms of their welfare, especially well-being when attempting to bridge these gaps identified above at the district level thus starting with a healthy district equals healthier future generation therefore councils' objectives should not change at any given time thereby sustainability remains an important aspect in enhancing living standards within Redbridge.

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