
The integration of health, wellbeing and sustainable development in health and social care sector, and how these impact delivery of services.

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- Health is not only the absence of illness.
- It includes physical, mental and social wellbeing.
- Good health allows people to live productive and active lives.
- Health systems focus on preventing disease and promoting wellbeing.

(Evans, S. 2017)



Health

Wellbeing

- Wellbeing describes the overall quality of a person's life.
- It includes physical health, mental health and emotional balance.
- Social relationship and life satisfaction are also important.
- Health and social care services aim to support people's wellbeing.

(NHS 2022)



Sustainable Development

- Sustainable development means meeting today's needs without harming the future.
- Health systems should use resources carefully.
- It focuses on prevention and long-term health improvement.
- Sustainable healthcare protects the health of future generations.

(UNDP,2025)



Relevance

- UK healthcare focuses on prevention and wellbeing
- Reduces pressure on NHS services
- Supports long- term population health
- Linked to Sustainable Development Goals

(Department of Health and Social Care, 2021; UNDP,2025)

Integration of health and wellbeing

Why integration is important

- Integration means different services working together.
- It connects medical care, mental health and social support.
- It helps professional share information and work as a team.
- This improves patient care and health outcomes.

(World Health Organization, 2016)

Example in health in all policies

- Health is considered in all government decisions(housing ,education)
- Helps create healthier environments and communities
- Community programmes help people stay healthy In the UK, NHS England Integrated Care Systems help organisations cooperate.

(NHS England, 2022)



Advantages of Integration

- Better communication between services
- Faster and more effective care
- Reduces hospital admissions
- Focus on overall wellbeing

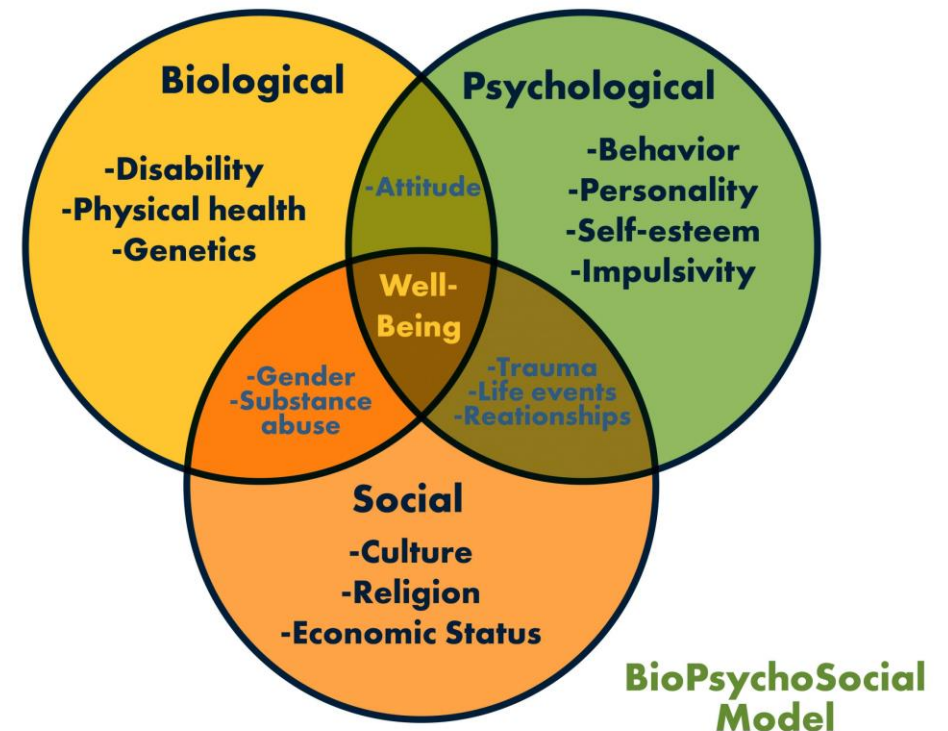
(NHS England, 2022)

Theoretical Perspective

Biopsychosocial Model

- Health depends on body, mind and social factors
- Social life and stress affect health
- Used in UK healthcare practice
- Supports holistic care

(Physiopedia ,2023)



Policy and Governance (UK)

- UK policies focus on prevention and mental health
- Government supports public health programmes
- NHS Long Term Plan improves care services

Challenges:

Funding pressure

Staff shortages

High demand

(Department Of health and Social care,2021; NHS England, 2019)



Service Delivery (UK)

- Integration improves how services are delivered.
- Telehealth and digital care used in the NHS
- Community services support patients at home
- Focus on patient-centred care

(NHS England, 2022)

Public Health Initiative

- Campaigns promote healthy eating and exercise
- Mental health awareness programmes
- Smoking and obesity reduction programmes
- Improve public health and wellbeing

Example :

Improving life condition

Promoting healthy lifestyle

(Public Health England, 2020)

Equity and Access

- Some groups have less access to healthcare
- Health inequalities exist across regions
- NHS aims to provide equal care for all

Solutions:

- Free healthcare through NHS
- Community support services
- Targeted programmes for vulnerable groups

(NHS England, 2022)

Initiatives to reduce these inequalities like

- Targeted community programmes (support vulnerable groups low income families)
- Universal health coverage (ensures all people can access healthcare without financial difficulty) and reduces inequality in access to service



Conclusion

- Health, wellbeing and sustainability are important in the UK
- Integration improves quality of care
- Prevention reduces pressure on NHS
- Supports healthier and fairer society

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