



Health, Wellbeing and Sustainable Development

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INTRODUCTION

The integration of health, wellbeing, and sustainable development (SD) is essential for promoting holistic and equitable health outcomes.

Health and social care systems in the UK aim to enhance population wellbeing while aligning with the United Nations Sustainable Development Goals (UN SDGs), particularly Goal 3 – “Good Health and Wellbeing” (UN, 2023).



HEALTH

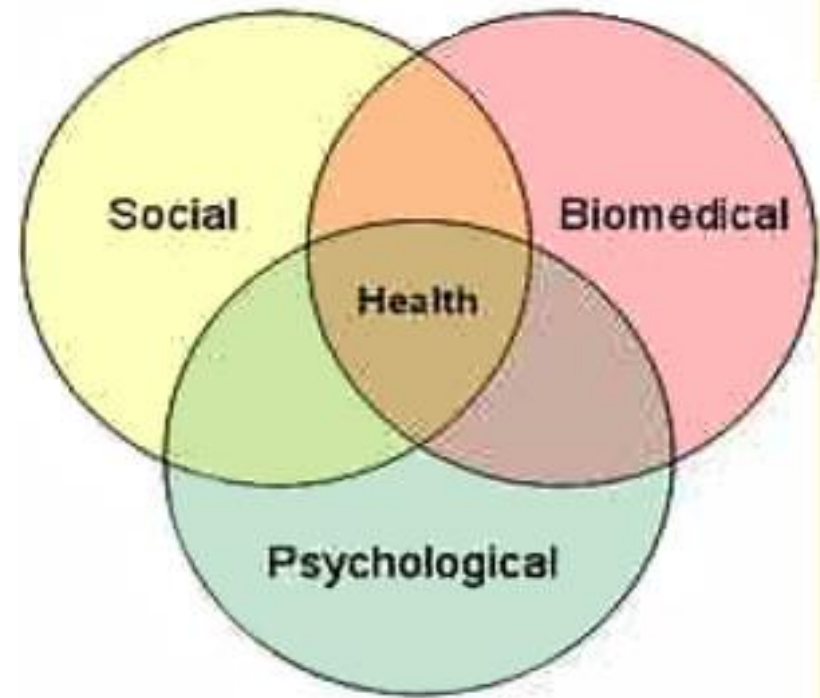
WHO (World Health Organisation) (2025) defines health as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”.

Determinants of Health - Personal, social, economic, and environmental factors that influence health outcomes.

Health Inequalities - Differences in health status or access to healthcare across population groups.

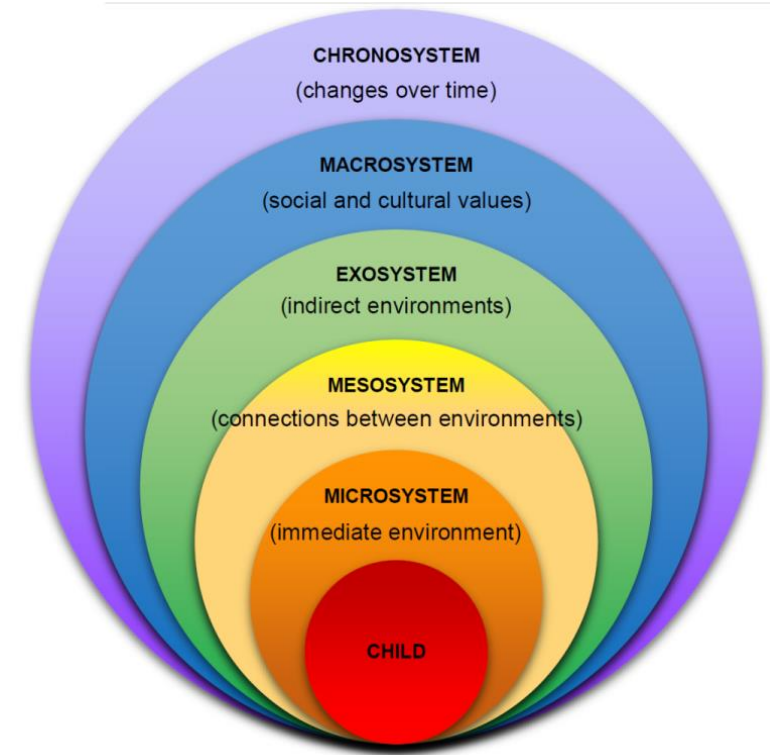
BIOMEDICAL MODEL

Views illness as a result of biological factors such as pathogens, genetic abnormalities, or physical injury, and assumes that health can be restored through medical treatment and intervention. (Naidoo and Wills, 2009)



ECOLOGICAL MODEL

- Emphasises environmental, community, and policy, influences on health.(UNICEF, 2023)





WELLBEING

Wellbeing refers to a state of being comfortable, healthy, or happy. It's more than just the absence of illness—it involves physical, mental, emotional, social, and sometimes spiritual dimensions.(Gautam et al., 2024)

8 DIMENSIONS OF WELLNESS (Stoewen, 2017)



Physical Wellness



Emotional Wellness



Intellectual Wellness



Social Wellness



Spiritual Wellness



Occupational Wellness



Environmental Wellness



Financial Wellness

WELLBEING



Subjective wellbeing: how a person feels—life satisfaction, happiness, sense of purpose, how they evaluate their life as a whole. (Das et al., 2020)



Objective wellbeing: external circumstances such as health status, economic security, social support, living conditions. (Das et al., 2020)

SUSTAINABLE DEVELOPMENT

Sustainable Development: "Development that meets the needs of the present without compromising the ability of future generations to meet their own needs" (WHO, 2024);

Integration - UN Sustainable Development Goals (SDGs)

The Sustainable Development Goals (SDGs), also known as the Global Goals, are a universal call to action adopted by the United Nations in 2015. They represent a shared blueprint for peace and prosperity for people and the planet, with a target date of 2030

Focus on SDG 3: Good Health and Wellbeing (UN, 2023).

SDG 3 is the United Nations' Sustainable Development Goal focused on "Good Health and Well-being". The goal is to ensure healthy lives and promote well-being for all people at all ages by 2030.



CASE STUDIES

Health promotion - enabling control over health
Active10

NHS Diabetes Prevention Programme (NHS
England, 2023).

Dry January

MECC: Behaviour change through everyday
conversations

Supports lifestyle improvements



EQUITY AND ACCESS

Health Inequalities - Differences in health status or access to healthcare across population groups.

Barriers to access and quality of care



POLICY AND GOVERNANCE

- - NHS Long Term Plan (2019): Prevention, sustainability, and integrated care.
- - Health and Care Act (2022): Collaborative health and social care.
- - WHO Health in All Policies (2023): Intersectoral collaboration for equity.



CONCLUSION

Integration of health, wellbeing, and SD supports sustainable and equitable care.

Theories guide service design; policies like the NHS Long Term Plan and SDGs shape priorities.

Achieving SDG 3 requires collaboration, prevention, and inclusivity.(UN, 2023)

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