
HEALTH, WELL-BEING, AND SUSTAINABILITY (BMHP6030)

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Table of Contents

Introduction:.....	3
Sustainable Development Goal 3:.....	3
Sustainable Development Goal 10.....	5
Evaluation of National Wellbeing Initiatives in the UK	7
Evaluation of Local Wellbeing Initiatives.....	9
Conclusion:	10
References:.....	11

Introduction:

Health, well-being, and sustainable development are becoming an important part of international health care and social strategies. The Sustainable Development Goals (SDGs) are important in informing policies and interventions and allow for a better approach to global health, well-being, and social equity. This report will focus on the SDG 3, "Good Health and Well-Being," and SDG 10, "Reduced Inequalities," integration into the health and social care sector. This report will also evaluate how they affect the health and well-being of the citizens. Also, the report assesses both national and local well-being initiatives, and it gives recommendations on how these could be enhanced in solving health inequalities and in enhancing sustainable development.

Sustainable Development Goal 3:

Sustainable Development Goal 3 (SDG 3) strives to provide healthy living and well-being to all individuals at every age. This objective has a broad scope, which includes: reduction of maternal mortality, reduction and elimination of preventable deaths of newborns and children below the age of five, addressing the communicable diseases like malaria, HIV/AIDS, and tuberculosis, and advocating for mental health and well-being. It is also concerned with enhancing access to basic health services as well as universal health coverage, which are concerned with both preventive and curative care (WHO, 2023)

SDG 3 has a great influence on the health and well-being of citizens worldwide. It also promotes universal healthcare provision by working towards eliminating health disparities. SDG 3 is focused on ensuring that people, irrespective of their socio-economic background, can have access to the medical care they require. This is important for minimising preventable illnesses, extending life expectancy, and curing physical and mental health problems. The emphasis on the mortality rates of mothers and children has helped in the

better reproductive health worldwide, and has lowered the mortality rate of women and children from the causes that can be prevented (Alitabar, 2025)

SDG 3 also focuses on mental health due to its increasing recognition as a major health problem and due to its importance for overall well-being. Mental health has been a neglected issue in most societies, but SDG 3 has brought mental health issues to the forefront, and due to this, it has become one of the concerns of policymakers. Early intervention and access to more mental health services can be used as an effective measure to promote mental health and prevent mental illnesses among millions of people and to make their lives better (SDC, 2010).

Furthermore, SDG 3 aims at addressing communicable diseases. It means that it ensures that efforts are invested to prevent health risks due to diseases such as malaria, HIV/AIDS, and tuberculosis. These diseases have been systematically dealt with through global health campaigns and promotion of sanitation and health infrastructure, which have resulted in better population health (Berniak-Woźny and Rataj, 2023)

Universal health coverage (UHC), one of the aims of SDG 3, is especially transformative. It encourages financial security, which means that people are not being neglected due to poverty (United Nations, 2025). UHC plays a critical role in guaranteeing that all citizens have access to basic healthcare facilities, including vaccinations, screening, and management of chronic diseases. This, consequently, results in healthier and more productive populations and cuts the cost of healthcare systems (SDC, 2010).

In the area of sustainable development, the SDG 3 goals also take into consideration environmental dimensions of health. The well-being of the citizens is directly affected by a healthy environment, which is without pollution, toxins, and waste. Lacking sufficient

sanitation and air contamination leads to the proliferation of disease and may impact physical and mental health. Therefore, SDG 3 advocates strongly that a combination of efforts is required regarding health and environmental sustainability (Green et al, 2022).

Thus, SDG 3 focuses on the holistic approach to health, which incorporates the physical, mental, and social health. It makes health accessible, equitable, and sustainable, and thus it is a key pillar in improving world health outcomes. SDG 3 can also be used to make communities healthier and more resilient by making sure that people have access to care that is both preventive and equitable.

Sustainable Development Goal 10

SDG 10 aims to minimise the inequality among and within nations. This objective is aimed at minimising differences in income, service access, and opportunity, and the objective is to enhance inclusivity and equity. SDG 10 consists of the targets that will guarantee equal opportunities to all individuals irrespective of their socioeconomic background, gender, race, and other factors of inequality (WHO, 2023).

SDG 10 is important in enhancing the health and well-being of citizens as it tackles the root causes of health disparities. Disparities in health outcomes are caused by the inequality of the income, education, and social protection systems. Poor health outcomes are usually faced by those in lower socioeconomic strata because of the poor living conditions, limited access to medical services, and health literacy (Kruk et al, 2018)

This SDG will help reduce income inequalities, thus enabling people with disadvantaged backgrounds can afford the means to have good health. Inequality based on higher income is usually associated with poorer health outcomes, such as increased chronic illnesses, poor mental health, and the lack of access to healthy food. SDG 10 helps to decrease the number

of income disparities, thereby promoting healthier lifestyles and access to healthcare services. Therefore, these factors have a direct effect on overall well-being (Cooper, 2023)

The objective also solves disparities in education that have a strong influence on health. Education equips people to make better health decisions, enhances health literacy, and gives them chances to get jobs and economic stability. All these elements contribute to enhancing the health outcomes. SDG 10 assists in minimising the social determinants of health that enhance inequalities because of equal access to quality education (SDC, 2010).

The emphasis of SDG 10 on the inequalities within and between countries also brings into the limelight the need to tackle systemic racism, gender disparities, and other discrimination issues. Discriminatory practices against women, racial minorities, and people with disabilities tend to challenge them in their unique ways regarding their health. Through inclusion and equal rights of all citizens, SDG 10 has made it possible such that every citizen will be capable of attaining the best health regardless of their status (Lynch et al, 2024)

One of the focuses of this SDG is to emphasize the need for social protection systems, which are important in safeguarding vulnerable groups, such as the elderly, disabled, and low-income families. The systems are a safety net that means that people are able to get healthcare services, food, and shelter that are essential for their well-being. Health outcomes have been known to have improved in those countries that have well-developed social protection programs, especially among the most vulnerable groups within the population.

SDG 10 is focused on addressing inequalities that are entrenched within a societal setup, which directly affects the health and well-being of the citizens. SDG 10 leads to the creation of a more equal society, where everyone can have access to improved health outcomes by managing income inequality, access to education, and social protection benefits. The

objective is necessary in order to make the world a more inclusive and fairer place where all people can enjoy a healthy and successful life (Oster et al, 2023).

Evaluation of National Wellbeing Initiatives in the UK

1. The NHS Long-Term Plan

One of the major attempts to change healthcare services in the UK is the NHS Long-Term Plan, which was launched in 2019. It deals with prevention, early intervention, and integration of health services to minimise inequalities and enhance access to services. Some of the components of the plan are to increase mental health, improve primary care, and combat social determinants of health. Especially noteworthy is the heightened attention to mental health, with the new resources being allocated to early intervention and greater access to services (UK Health Security Agency, 2025).

The objective of the plan is to address the issue of health inequalities through the inclusion of health and social care. The vulnerable populations should receive comprehensive services. Moreover, it entails the creation of new models of care to treat chronic illnesses like cardiovascular diseases, diabetes, and mental illnesses. Digital health solutions have also been offered to enhance access to services, particularly in underserved regions (Oster et al, 2023).

Recommendations: For further improvement, it can be suggested that the NHS Long-Term Plan can be improved by focusing more on social determinants of health, including poverty and housing. Such aspects usually make individuals inaccessible to healthcare services or good health. To be more effective, social services should work with the healthcare systems on

the problem areas, such as affordable housing, and jobs should be implemented to take care of both physical and social needs. In this way, the NHS will be able to eliminate health disparities more and increase the effectiveness of the current programs (Pascale et al, 2025)

2. Public Health England's "Better Health" Campaign

The purpose of the Better Health Campaign by Public Health England is to change the lifestyles of people and help individuals to be healthier through the promotion of physical activity, a healthier diet, and improved mental health. The program is aimed at decreasing obesity, enhancing mental health, and preventing lifestyle diseases like Type 2 diabetes and heart disease. The initiative has managed to sensitise the population about the need to live healthy lifestyles through the use of social media and awareness creation programs such as the “Couch to 5K program” (Couch to 5K. (2025).

Nevertheless, the effect of the campaign might be greatly enhanced by giving more attention to the disadvantaged groups that tend to have obstacles to healthy food, physical exercise, and mental health services. To counter this, the campaign must help ensure that the low-income communities can afford healthy food, physical exercise, and holistic mental health facilities. A localised outreach to these locations would make the objectives of the campaign more accommodating, addressing people who need it the most (Pascale et al, 2025).

Both programs can be aligned with SDG 3: Good Health and Well-Being and SDG 10: Reduced Inequalities, yet the success of both can be improved by integrating them more with social services and conducting outreach activities more focused on marginalised populations. The solutions to health disparities in the UK will include curbing the underlying causes of

health inequalities, which will make such initiatives more significant and long-lasting (Richardson et al, 2023).

Evaluation of Local Wellbeing Initiatives

Local Authority Health and Wellbeing Boards

Local well-being programmes play a crucial role in facilitating the healthcare system, eliminating inequalities, and satisfying the demands of particular groups in a society. These campaigns are compliant with Sustainable Development Goal (SDG) 3, which is about good health and well-being, and SDG 10, which targets to minimise inequalities. The Local Authority Health and Wellbeing Boards and Community Health Programs in Schools are two major local health interventions in the UK. These programs are useful in achieving the health status of the local communities, yet some refinement can be made to suit the SDGs better and enhance the outcomes of the underprivileged populations (UK Health Security Agency, 2025).

The Local Authority Health and Wellbeing Boards are intended to bring together the services and to meet the particular health demands of the local population. These boards have the mandate of eliminating health disparities through promoting healthy lifestyles, enhancing access to mental health services, as well as dealing with problems like smoking, obesity, and alcohol abuse. They also have the role of addressing the social determinants of health, like poverty, housing, and employment, that have a major influence on the health of communities (UK Health Security Agency, 2025).

These boards work together in various sectors such as the NHS, local councils, and the voluntary sector. They have launched effective programs such as mental health assistance programs, smoking cessation programs, and obesity prevention campaigns. An example

includes the work of certain boards in enhancing mental health through giving more funding to local mental health services and encouraging early intervention, which is important in long-term health outcomes (Pascale et al, 2025).

Nevertheless, some aspects of improvement are required. Although the boards have done well, they can do better by being more data-driven in order to be more specific in addressing the needs of various communities. As an example, more specific approaches might be needed in regions with a high degree of deprivation, as is the case with some urban and rural districts. These may involve prioritising affordable housing, employment opportunities, and food insecurity, which have a direct effect on health outcomes. Combining health services with housing and employment programs would help to target these more general social determinants of health, which would offer a more holistic solution to the issue of health inequalities. Partnership with the local employers, schools, and community groups can also be used to make sure that the health initiatives can address the needs of various people, which would make them more applicable and productive (Oster et al, 2023).

Also, the boards might have done more to reach out to marginalised populations, including ethnic minorities and refugees, and the low-income populations, to make sure that they have access to the available resources and services. Applying interventions to particular groups, such as taking into account language barriers and cultural differences, will increase the effectiveness of health services.

Conclusion:

Sustainable development and well-being in the health and social care sector should be integrated with the health sector in order to realise long-term improvement of public health. SDGs 3 and 10 are important towards supporting universal health initiatives, minimising

inequalities, and enhancing well-being for everyone. The national and local initiatives should be constantly optimised to meet the needs of the vulnerable populations and decrease the health disparities. Better health and sustainable development goals cannot be achieved without a multi-approach policy that incorporates opportunities to improve the social determinants of health, healthcare access, and educational opportunities.

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