

The Integration of Health, Wellbeing and Sustainable Development in Health and Social Care



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Introduction: Aim and Objectives

Aim:

To critically examine how health, wellbeing and sustainable development are integrated within the UK health and social care services.

Objectives:

- Define and explore key concepts of health, wellbeing and sustainable development
- Examine theories that influence healthcare service delivery.
- Analysis the relationship between the above key concepts provide to healthcare and policy frameworks .
- Evaluate approaches being used to promote sustainable and equitable healthcare.
- Critically access a case study demonstrating the integration of these concepts impacts in delivery.
- Provide recommendations for improving equitable, person centred care and sustainable delivery.



Quick Poll

Which of the below factors do you think has more significant impact on a person's health and wellbeing?

- **Lifestyles decisions**
- **Healthcare services**
- **Housing and Environment**
- **Income and employment**
- **Education**

WHO, (2023) recognises that the conditions individuals are born, grow, live, work or age in influence health outcomes.



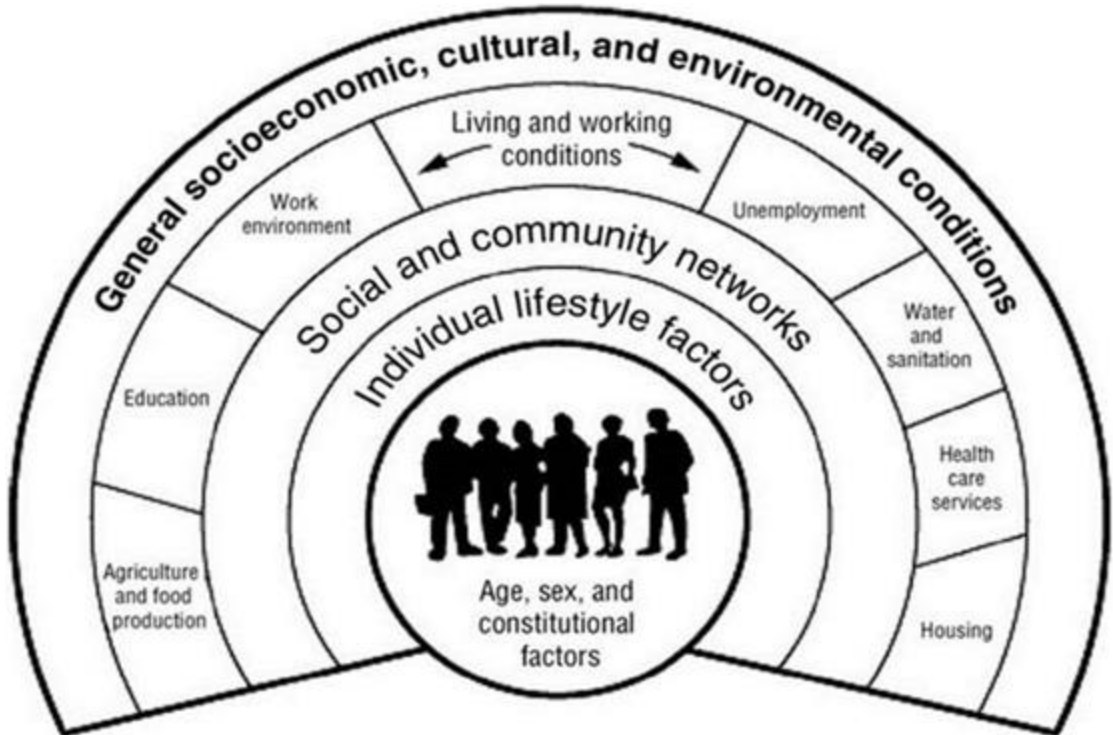
Defining Key Concepts & Theories

Collectively these concepts and theories demonstrate healthcare extends further than treating disease, it requires partnership, person centred care and sustainable approaches that address wider and long term determinants of health.

Concept	Definition	Theory	Influence on service delivery
Health 	WHO (2026) reports that health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Schramme (2023) describes health as holistic state encompassing all of aspects of humans functioning.	Biopsychosocial model Including factors: - Biological - Psychological - Social	Promotes multidisciplinary care and integrated service approaches by identifying biological, psychological and social factors that influences health outcomes of an individual.
Well Being 	NHS (2025) suggests that wellbeing is about how an individual feels in general. This includes how well they feel connected to the world. Including a sense of purpose. Low wellbeing can link to mental health difficulties like depression and anxiety.	Holistic Model Aim is to treating the whole person rather than symptoms base.	Person centred care approach 8 dimensions of well being includes emotional, physical social and psychological aspects.
Sustainable Development 	The National Planning Policy Framework reported by Gov.uk (2012) suggests that sustainable development balances economic, social and environmental needs to improve quality of life now and for future populations.	Ecological Model Individual factors Policy environment Community Family	Encourages awareness to health care services to consider wider determinants of health, such as an individual's housing, environment and education circumstances when planning and delivering care and support.

The Dahlgren and Whitehead Model 1991 Of Health Determinants

GOV.UK (2017) reports that The Dahlgren and Whitehead model demonstrates how health is influenced by different layers of determinants including personal characteristics, lifestyle factors, social networks, living conditions as well as the general socioeconomic and environmental conditions.





Global Importance and Sustainable Development Goal 3:

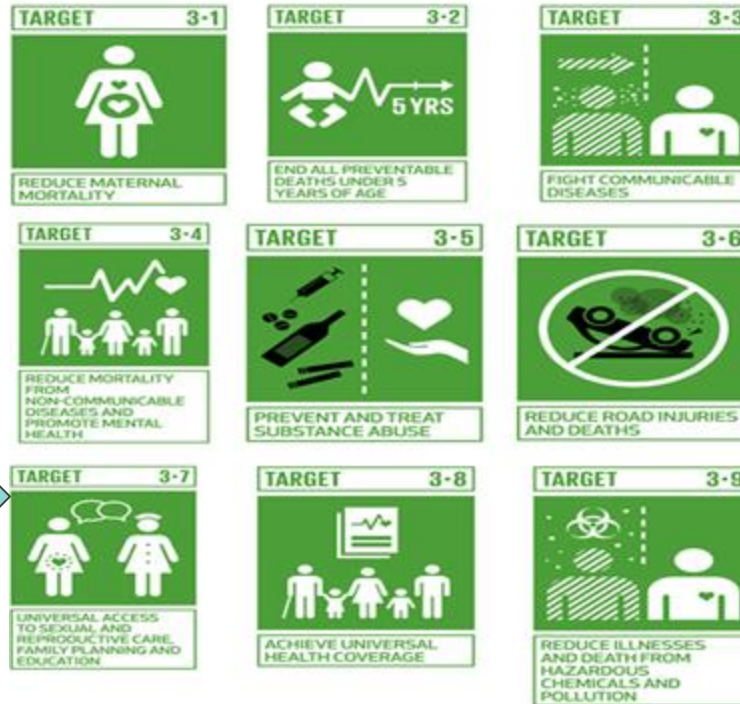
Good Health & Wellbeing

AIM: To ensure all individuals live healthy and promote wellbeing.

Why Sustainable Development Goal 3 matters ?



Targets Of SDG3



(WHO,2026)

Prevention



Access

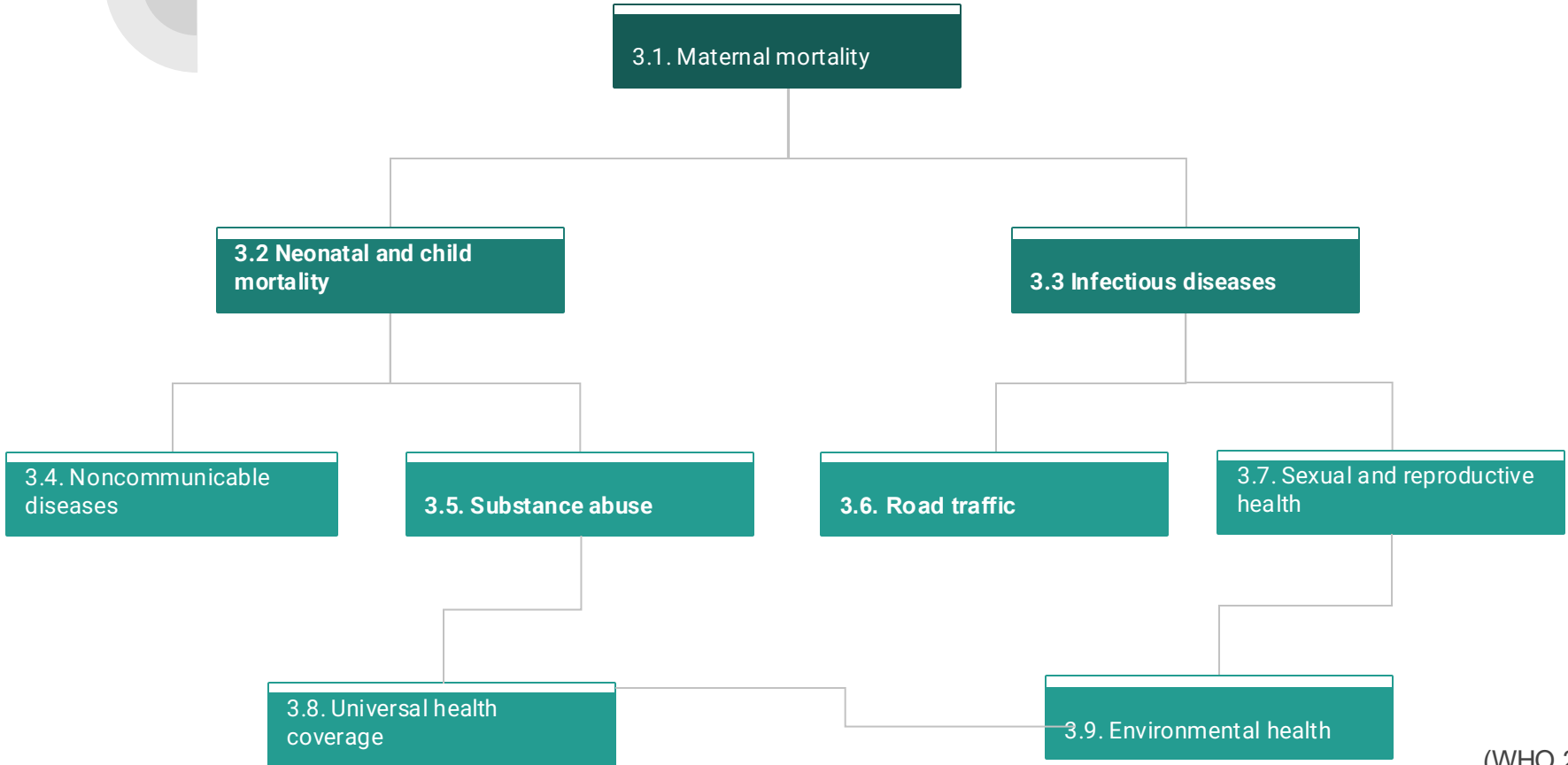


Sustainability



Better Health Outcomes

Targets of Sustainable Development Goal 3



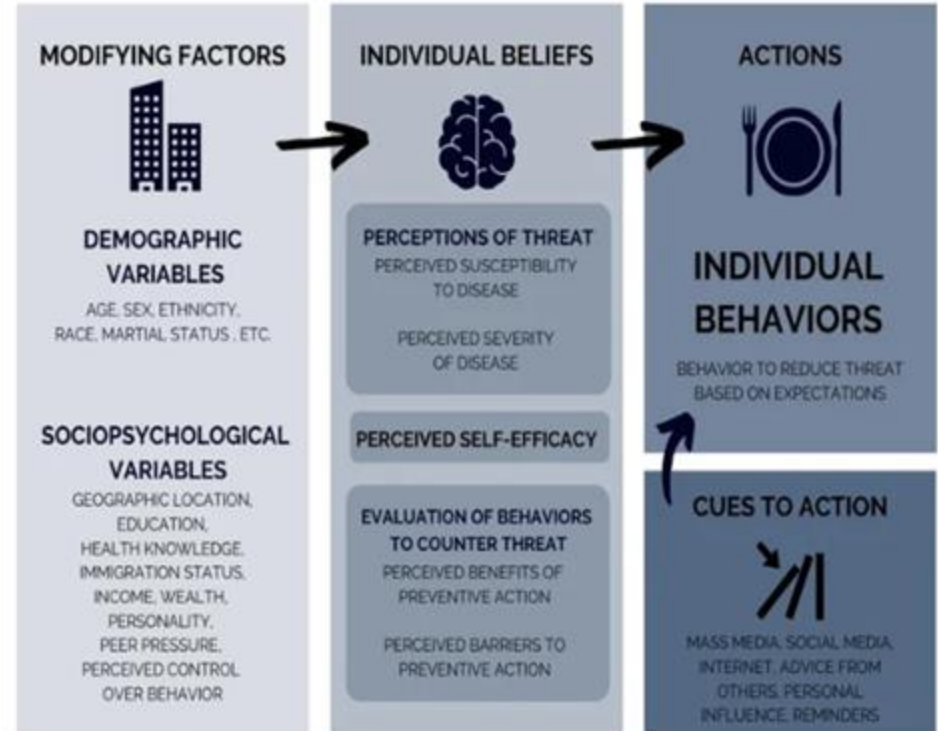
Health Belief Model Theory

Verywell Mind, (2026) states that the Health Belief Model (HBM) helps predicts health behaviours by examining people's beliefs about their health and potential health problems.

- ★ **Psychological approach: Analysing why we engage health behaviours**
- ★ **Allowing empowered decision-making regarding health and wellbeing.**

Components:

- Perceived susceptibility
- Perceived severity
- Perceived benefits
- Perceived barriers
 - Cues of action
 - Self-efficacy





Policy, Legislation and Governance



NHS long term plan

Research conducted by The King's Fund (2019) reports this plan priorities **prevention, integrated care, digital innovation** and **reducing health inequalities** in order to improve population health long term.

Limitations:

- Workforce / staff shortages
- Funding

Examples of prevention-focused initiatives:

- NHS Diabetes Prevention Programme
- Change4Life

UK Legislations

- Health and Care Act 2022
- Equality Act 2010

Limitation:

Limited impact on wider determinants of health
Inconsistent implementation
leading to difference in access and service quality

NHS Health check programmes:

A health check for adults in England aged 40 to 74 years old. Birmingham city council, (2024).

Integrated governance

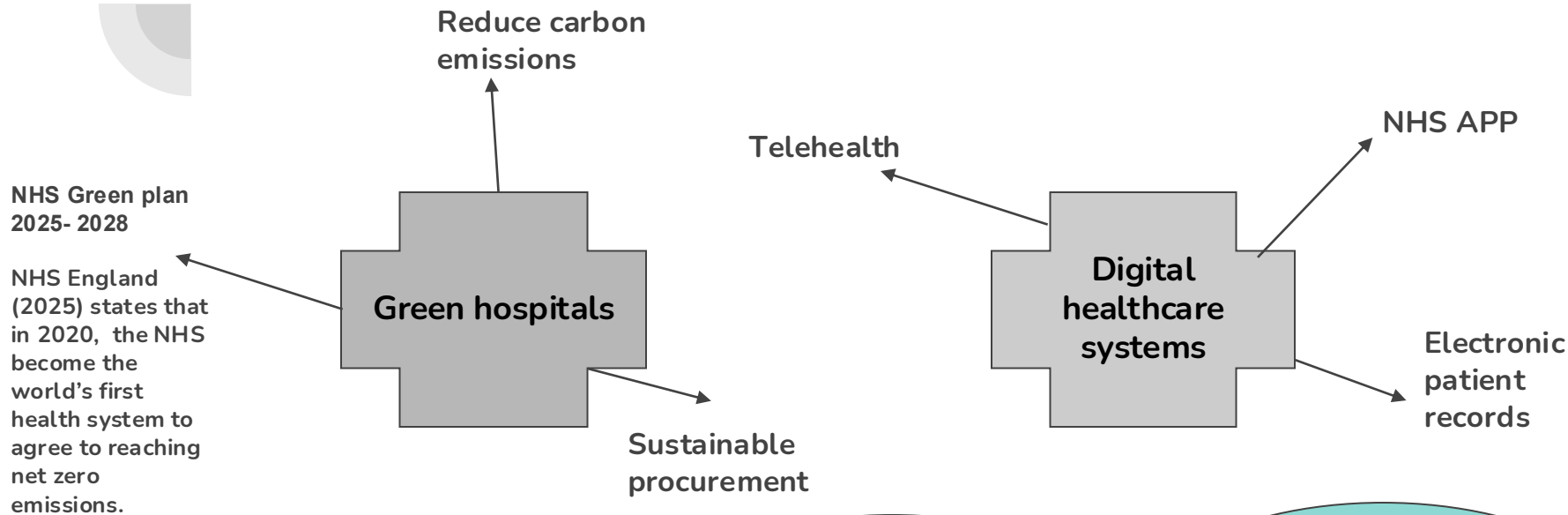
HiAP: Health in All Policies

WHO (2026) acknowledges HiAP promotes collaboration and partnership working across sectors ensuring decisions on housing, education and transport improve positive health outcomes and equity.

Limitations:

- Limited resources
- Difficulty measuring impact

Sustainable healthcare practices



Vallée, A., (2024) reports that climate change poses a major challenges to global health, impacting social and environmental determinants.

Strengths:

- Reduced environmental impact
- Improved efficiency and access to care

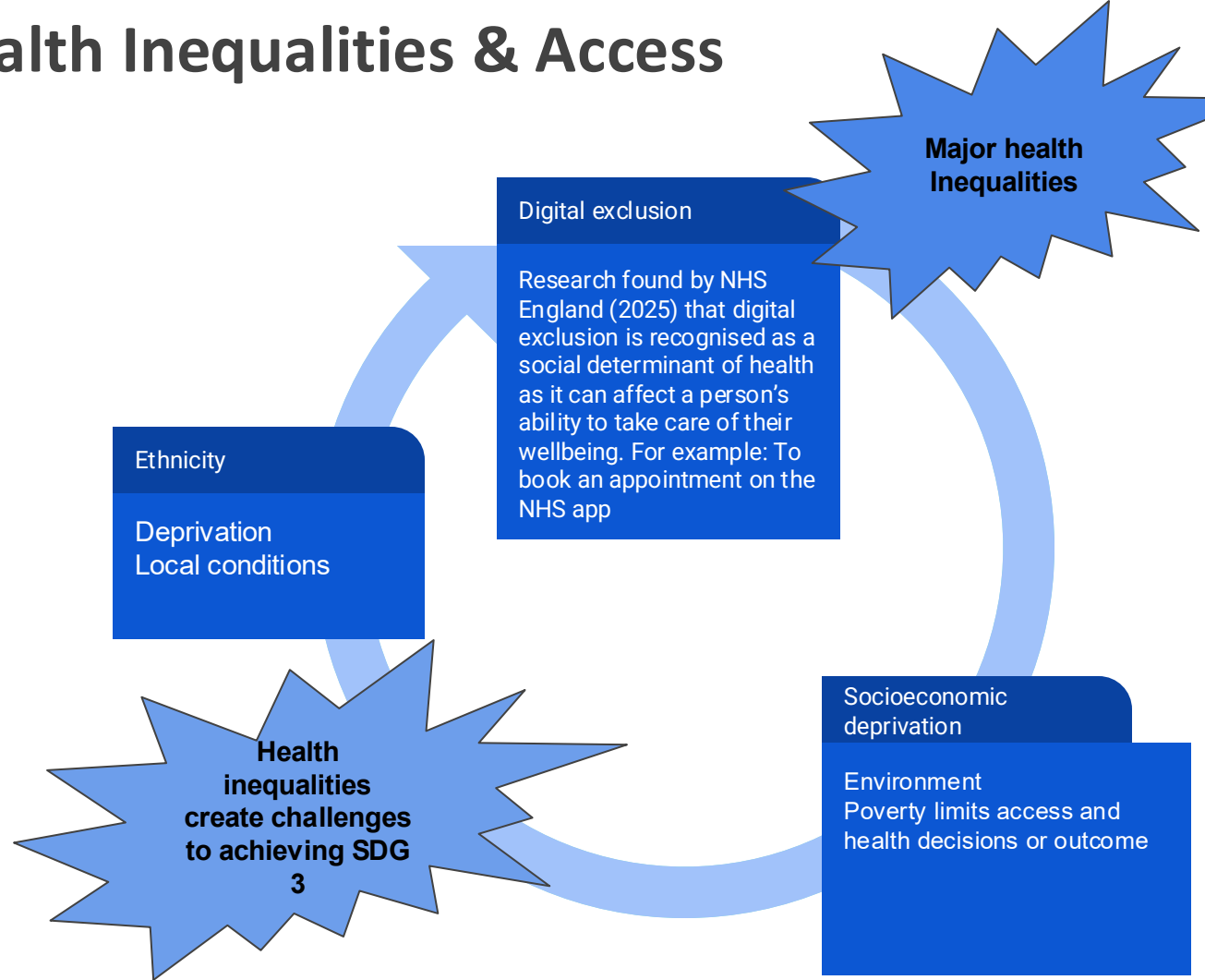
Limitations:

- High implementation cost
- Digital exclusion may widens inequalities

Health Inequalities & Access



**Free healthcare access:
Need rather than ability**



Case Study:

change 4 life



A survey conducted by GOV.UK (2017) reports that those with less awareness of what makes up a healthy breakfast consumes 3 or more cubes in their breakfast



Health



- Promotes healthy eating choices / physical activity
- Targets obesity and chronic disease prevention
- Early intervention approach

Wellbeing



- Encourages positive family lifestyles behaviours
- Supports physical and mental wellbeing

Sustainable Development



- Prevention focused approach
- Contributes to SDG3: Good Health and Wellbeing

Limitations:

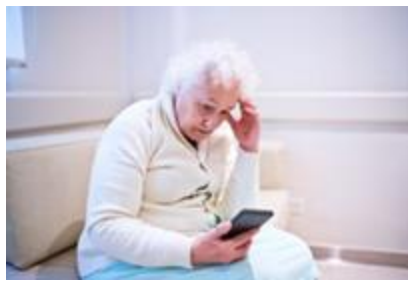
- ❖ Digital exclusion
- ❖ Ensuring long term change is sustained

- **Staff shortage**

The King's Fund (2024)



Aftab et al. (2022) argues that progress towards sustainable development goals are hindered by challenges such as funding and workforce pressures leading to weak healthcare services.



- **Digital exclusion**



- **Funding**



- **Accessibility**

Health watch Kent, (2023)

Critical Evaluation of Integrated Health, Wellbeing and Sustainable Development Approaches



Strengths

What works well?



Strength 1

Prevention focused care:

Implementations such as Change4Life and NHS health checks promote early intervention, reducing the risk of chronic illness and disease supporting the health and wellbeing of the the population long term.

Strength 2

Collaboration approach:

HiAP promotes partnership working between services including healthcare, housing, education and local authorities to identify as well as address wider determinants of health.

Strength 3

Supports long term sustainability:

Implementations of green healthcare services, digital innovation and early preventative strategies help improve service engagement while reducing negative environmental impact.

Limitations



Limitation 1

- Health inequalities remain, affecting outcomes and access to care

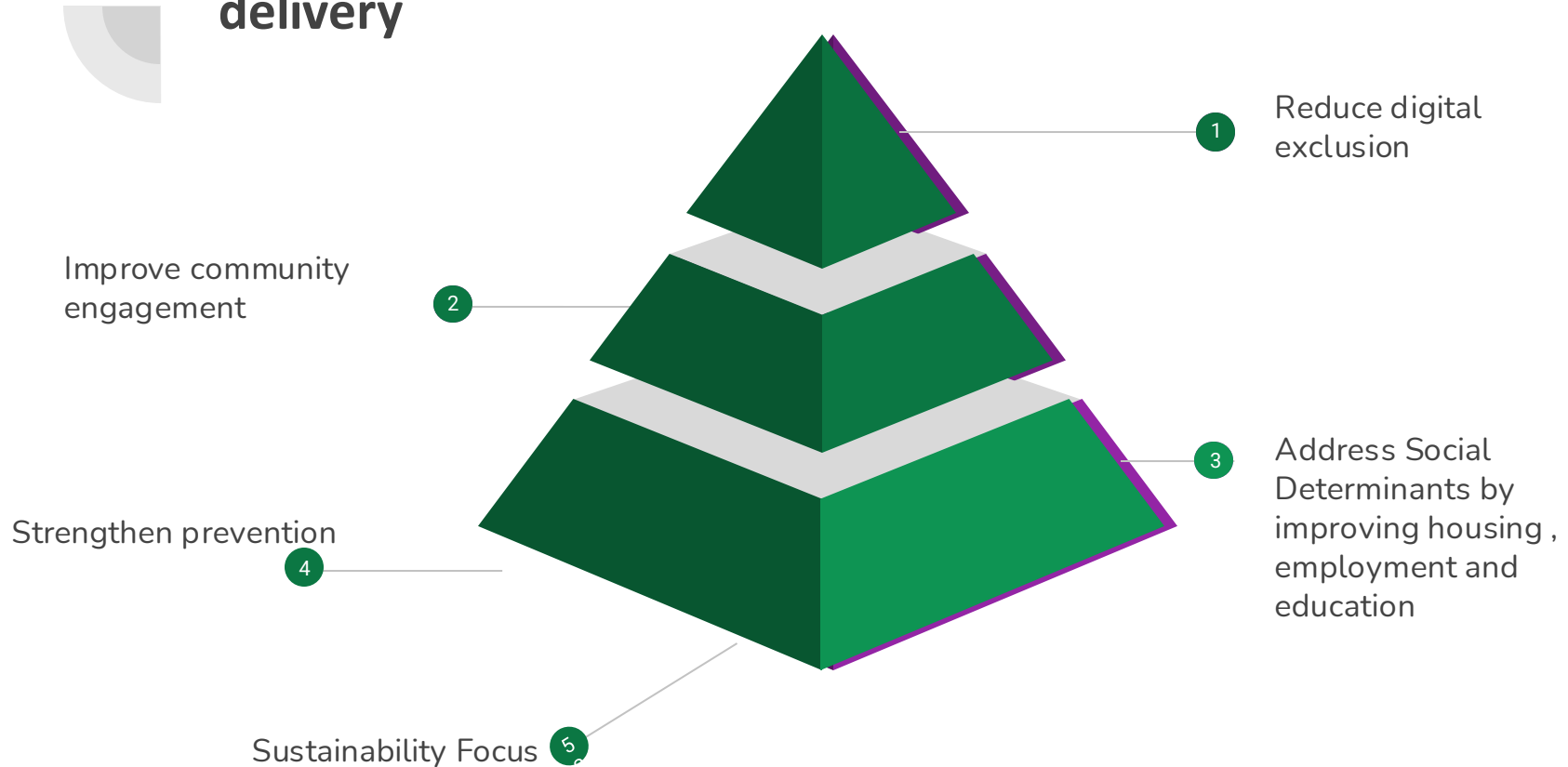
Limitation 2

Funding costs and workforce pressures limit consistent implementations.

Limitation 3

Some innovations may not include deprived or vulnerable populations resulting in digital exclusion and socioeconomic disadvantage.

Recommendations for more equitable care and service delivery



Conclusion



UK policies and initiatives such as The NHS Long term Plan and Change4Life, supports prevention, being and sustainable healthcare .

Funding pressures and unequal access contributed to difficulties of achieving SDG3 and equitable outcomes.

The Biopsychosocial Model, HBM, Dahlgren and Whitehead Model show the influence of wider determinants on health outcomes.

Health, wellbeing and sustainable development are interconnected and are virtual to effective health and social care delivery and outcomes.

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