



- Integrating Health, Wellbeing and Sustainable Development: A Holistic Approach to Health and Social Care
- Module: Health, Wellbeing and Sustainable Development
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Introduction to Health, Wellbeing and Sustainable Development

- Health involves physical, mental and social wellbeing, not simply the absence of disease (WHO, 1948).
- Wellbeing includes emotional stability, positive relationships, independence and quality of life (Dodge et al., 2012).
- Sustainable development aims to meet present needs without compromising future generations (WCED, 1987).
- Sustainable healthcare considers environmental, social and economic responsibilities (Mortimer et al., 2018).
- Integrating these concepts supports prevention, person-centred care and long-term health outcomes (WHO, 2016).



Theoretical Perspectives: The Biopsychosocial Model

- The biopsychosocial model explains health through interacting biological, psychological and social factors (Engel, 1977).
- Biological: Genetics, physical illness, disability and ageing.
- Psychological: Stress, emotions, behaviour and mental health.
- Social: Housing, income, education, relationships and employment.
- Encourages holistic assessment and person-centred interventions (Borrell-Carrió et al., 2004).
- Limitation: Comprehensive assessments may require additional time, training and resources.



• Holistic Health and Sustainable Development

- The social determinants of health influence wellbeing throughout people's lives (Marmot et al., 2010).
- Environmental conditions, including air pollution and poor housing, contribute to health risks (WHO, 2021).
- Sustainable Development Goal 3 promotes good health and wellbeing for all (United Nations, 2015).
- SDG 10 addresses inequalities, while SDG 13 promotes climate action.
- Sustainable healthcare requires prevention, efficient resource use and environmentally responsible services (Mortimer et al., 2018).



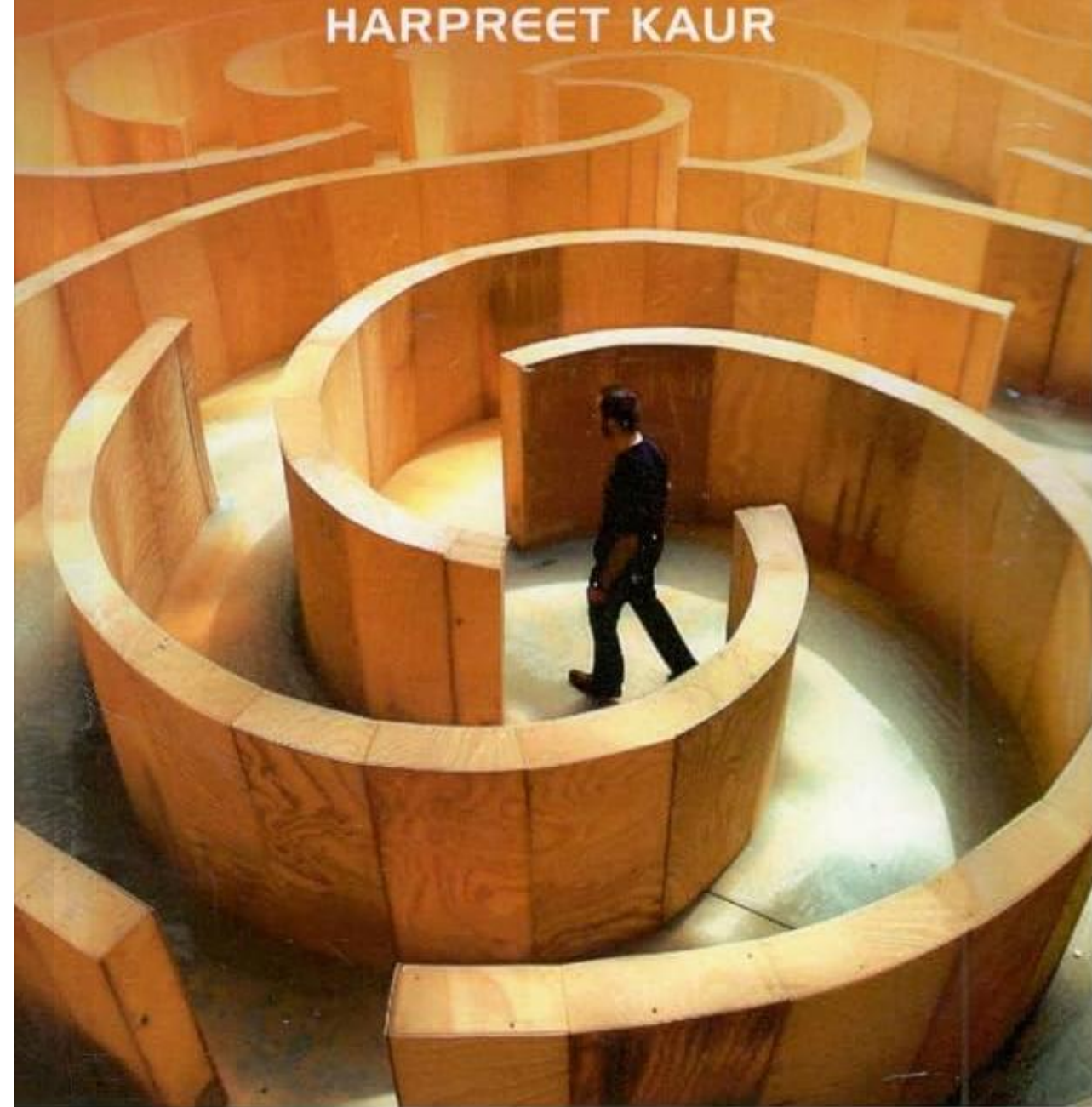
Policy and Governance: Supporting Holistic Healthcare

- NHS Long Term Plan: Emphasises prevention, integrated care and community-based services (NHS England, 2019).
- Care Act 2014: Promotes individual wellbeing, prevention and personalised care.
- Health and Care Act 2022: Supports collaboration through Integrated Care Systems.
- NHS Mental Health Implementation Plan: Aims to improve access to mental health services (NHS England, 2019).
- NHS Net Zero Strategy: Establishes environmental sustainability objectives (NHS England, 2020).



Challenges in Policy and Governance

- Financial pressures can limit investment in prevention and community care (The King's Fund, 2024).
- Workforce shortages and increasing demand affect service capacity (NHS England, 2023).
- Organisational fragmentation can prevent effective collaboration (National Audit Office, 2022).
- Digital exclusion creates barriers for people with limited access or digital skills (Good Things Foundation, 2024).
- Policy implementation requires leadership, accountability and long-term evaluation.



Service Delivery: Integrated and Person- Centred Care

- Integrated care coordinates healthcare, social care and community services (WHO, 2016).
- Multidisciplinary teams support people with complex health needs.
- Social prescribing connects patients with non-medical community support (NHS England, 2023).
- Person-centred care considers individual preferences, dignity and independence.
- Effective integration can improve continuity of care, although coordination remains challenging.



Telehealth and Digital Healthcare

- Telehealth supports remote consultations and follow-up appointments (Topol, 2019).
- Remote monitoring can help professionals identify changes in health conditions.
- Digital services may improve convenience and reduce unnecessary travel.
- Challenges include digital exclusion, cybersecurity and reduced face-to-face interaction (Wachter, 2016).
- Digital healthcare should complement, rather than completely replace, traditional services.



Case Example: NHS Social Prescribing



- NHS social prescribing connects patients with community-based support.
- Link workers identify wider social and emotional needs.
- Activities may include walking groups, volunteering and financial advice.
- The approach supports holistic wellbeing and community participation (NHS England, 2023).
- Evidence suggests potential benefits, but more robust evaluation is required (Bickerdike et al., 2017).

Public Health Initiatives and Healthy Lifestyles



- Public health initiatives promote prevention and healthier lifestyles.
- Smoking cessation, vaccination and screening help reduce preventable illness.
- Physical activity supports physical and psychological wellbeing (WHO, 2020).
- Community campaigns can improve awareness and encourage positive behaviour.
- Social and economic circumstances influence people's ability to make healthy choices (Marmot et al., 2010).

Environmental Sustainability and Public Health

- Air pollution and environmental conditions influence population health (WHO, 2021).
- Sustainable transport and green spaces can support healthier communities.
- The NHS aims to reduce emissions through energy, transport and procurement improvements (NHS England, 2020).
- Environmentally responsible healthcare can support long-term resource efficiency.
- Sustainability strategies must protect patient safety and equitable access.



Equity and Access to Healthcare

- Health inequalities reflect differences in social and economic circumstances (Marmot et al., 2020).
- Barriers include poverty, transport difficulties, disability and language.
- The Equality Act 2010 provides legal protection against discrimination.
- Targeted interventions can improve access for disadvantaged populations.
- Equitable healthcare requires services to respond to different levels of need.



Critical Evaluation

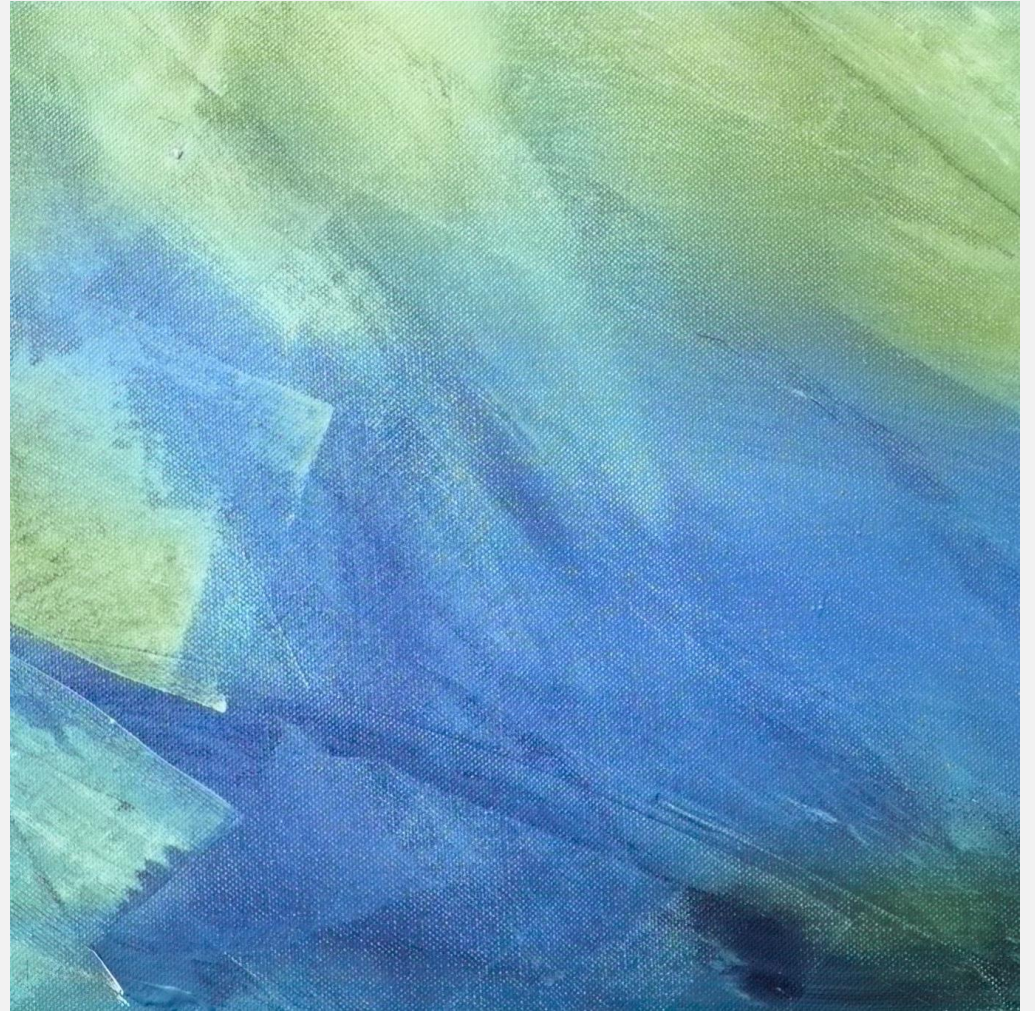
Holistic approaches recognise the complexity of health and wellbeing (Engel, 1977).

Integrated services can improve coordination but require organisational cooperation.

Preventive interventions may deliver benefits over longer periods.

Digital innovation offers opportunities but may increase inequalities (Wachter, 2016).

Sustainable healthcare requires evidence, adequate funding and measurable outcomes.



Recommendations for Future Improvement

1

Increase investment in prevention and community-based services.

2

Strengthen multidisciplinary working and workforce development.

3

Improve digital inclusion while maintaining face-to-face services.

4

Expand targeted programmes for disadvantaged communities.

5

Monitor patient outcomes, environmental performance and inequalities.

Conclusion

- Health, wellbeing and sustainable development are interconnected.
- Holistic care recognizes biological, psychological, social and environmental influences.
- Effective policies and integrated services support prevention and person-centred care.
- Financial pressures, workforce shortages and inequalities remain challenges.
- Sustainable healthcare must be equitable, evidence-based and focused on long-term wellbeing.



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