



Health, Wellbeing and
Sustainable Development in
Health and Social Care.
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Introduction: Health, Wellbeing and Sustainable Development

- ▶ Health – A state of complete physical, mental and social well-being. More than simply absence of disease (WHO).
- ▶ Wellbeing – A holistic concept including physical, emotional, mental and social wellbeing. Enables individuals to live healthy and productive lives.
- ▶ Sustainable Development – Meeting current needs without compromising future generations. Supports healthier populations through environmental, economic and social sustainability.
- ▶ Why are these concepts important?
- ▶ Improve quality of care , Reduce health inequalities, Support long-term healthcare systems, Contribute to the United Nations Sustainable Development Goals (SDGs).



Why are Health, Wellbeing and Sustainable Development Important?

Improve	Improve patient health outcomes and quality of life.
Promote	Promote disease prevention rather than only treating illness.
Support	Support mental, physical and social wellbeing.
Reduce	Reduce healthcare inequalities through equitable access to services.
Encourage	Encourage environmentally sustainable healthcare practices.
Contribute	Contribute to the United Nations Sustainable Development Goals (SDG 3: Good health and Well-being).

Integration of Health and Wellbeing Approaches

Integrated care combines health, social care and community services.

Focuses on person-centred, holistic care rather than treating illness alone.

Addresses physical, mental and social needs together.

Encourages collaboration between healthcare professionals.

Improves continuity of care and patient outcomes.

Examples:

WHO – Health in all policies: Health is considered in decisions across all government sectors.

Integrated Care Systems (ICSs) in England: NHS organizations, local authorities and community partners work together to improve population health.

Benefits

- Better patient outcomes
- Holistic Care
- Improve collaboration
- Preventive approach

Challenges

- Funding pressures
- Data-sharing issues
- Workforce shortages
- Complex coordination

Theoretical Perspectives: Biomedical vs Biopsychosocial Model

The Biopsychosocial Model, introduced by George Engel (1977), recognizes that health is influenced by biological, psychological and social factors. It supports holistic healthcare and aligns with modern NHS practice.

Biomedical Model	Biopsychosocial Model
Focuses on disease and physical illness.	Considers biological, psychological and social factors
Treatment – centred.	Person centred and holistic.
Healthcare professionals diagnose and treat illnesses	Patients are encouraged to participate in their care.
Best for acute illnesses and surgery.	Best for long-term conditions and mental health

Because the Biopsychosocial Model recognizes the wider determinants of health, it has influenced many UK health policies and the way health and social care services are delivered today.

Policy and Governance in Health and Social Care

Policies supporting health and wellbeing

- ▶ NHS Long Term Plan (2019) – focuses on prevention, personalized care and integrated services.
- ▶ Mental Health Act 1983 (amended 2007) – protects the rights and care of people with mental health conditions.
- ▶ Public Health initiatives – encourage healthy lifestyles and disease prevention.
- ▶ WHO's Health in All Policies – health should be considered in all government decisions.

Governance Challenges

- Limited funding and increasing healthcare costs.
- Workforce shortages across the NHS and social care.
- Regulatory and organizational complexity.
- Rising demand due to ageing population and chronic diseases.

Although UK health policies promote integrated and preventive care, their success depends on adequate funding, workforce capacity and consistent implementation across all regions.

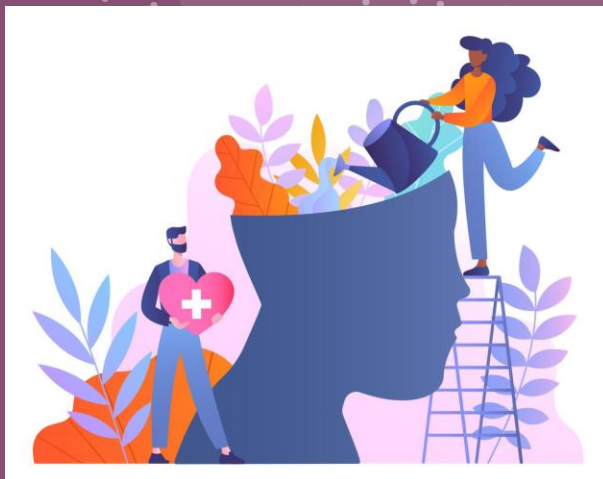
Service Delivery: Putting Theory into Practice

Examples of integrated service delivery:

- ▶ Wellness programmes promote healthy lifestyle and disease prevention.
- ▶ Telehealth provides remote consultations and improve access to healthcare.
- ▶ Community health initiatives support people in managing long term conditions close to home.
- ▶ Holistic care in hospitals addresses patients 'physical, mental and social needs.

Case Example:

- A patient with diabetes receives:
- Medical treatment from a doctor
- Dietary advice from a dietitian.
- Emotional support from a counsellor.
- Follow-up care from a community nurse.



Public Health Initiatives

Promoting healthy lifestyles	Examples of public health campaigns	Impact on society
Encourage healthy eating and regular physical activity.	NHS Better Health campaign.	Prevents disease and improves population health.
Reduce smoking, alcohol misuse and obesity.	NHS vaccination programmes (e.g., flu and covid-19).	Reduces healthcare costs through prevention.
Promote mental health awareness and wellbeing.	Stoptober (smoking cessation campaign).	Encourages healthier communities and long-life expectancy.

Equity and Access in Health and Social Care

- **Health Inequalities**

Some groups experience poorer health outcomes than others.

Factors include income, education, ethnicity, disability and where people live.

Unequal access can lead to delayed diagnosis and poorer treatment outcomes.

- **Initiatives to reduce inequalities**

Universal healthcare through NHS.

Targeted screening programmes.

Community outreach services.

Translation and interpretation services.

Digital inclusion initiatives to improve access to telehealth.

Critical Evaluation and Recommendations

Strengths	Challenges	Recommendations
Holistic care improves patient outcome and quality of life	NHS funding pressures and workforce shortages	Increase investment in preventive healthcare
Integrated services encourage collaboration between professionals	Persistent health inequalities	Strengthen Integrated Care Systems (ICSs).
Public health initiatives promote prevention and healthier lifestyles	Digital exclusion affecting telehealth access	Improve digital inclusion and health literacy
Sustainable healthcare supports long term service delivery.	Difficulties coordinating services across organisations	Address wider social determinants of health through collaboration

Conclusion

Health, wellbeing and sustainable development are closely connected and essential for delivering high-quality health and social care.

- Holistic approaches, integrated care and public health initiatives improve patient outcomes and quality of life.
- Policies such as the NHS Long Term Plan and WHO frameworks support more person-centred and sustainable healthcare.
- Despite progress, challenges including health inequalities, workforce shortages and funding pressures remain.
- Future improvements require continued collaboration, investment in prevention and action on the wider determinants of health.

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