

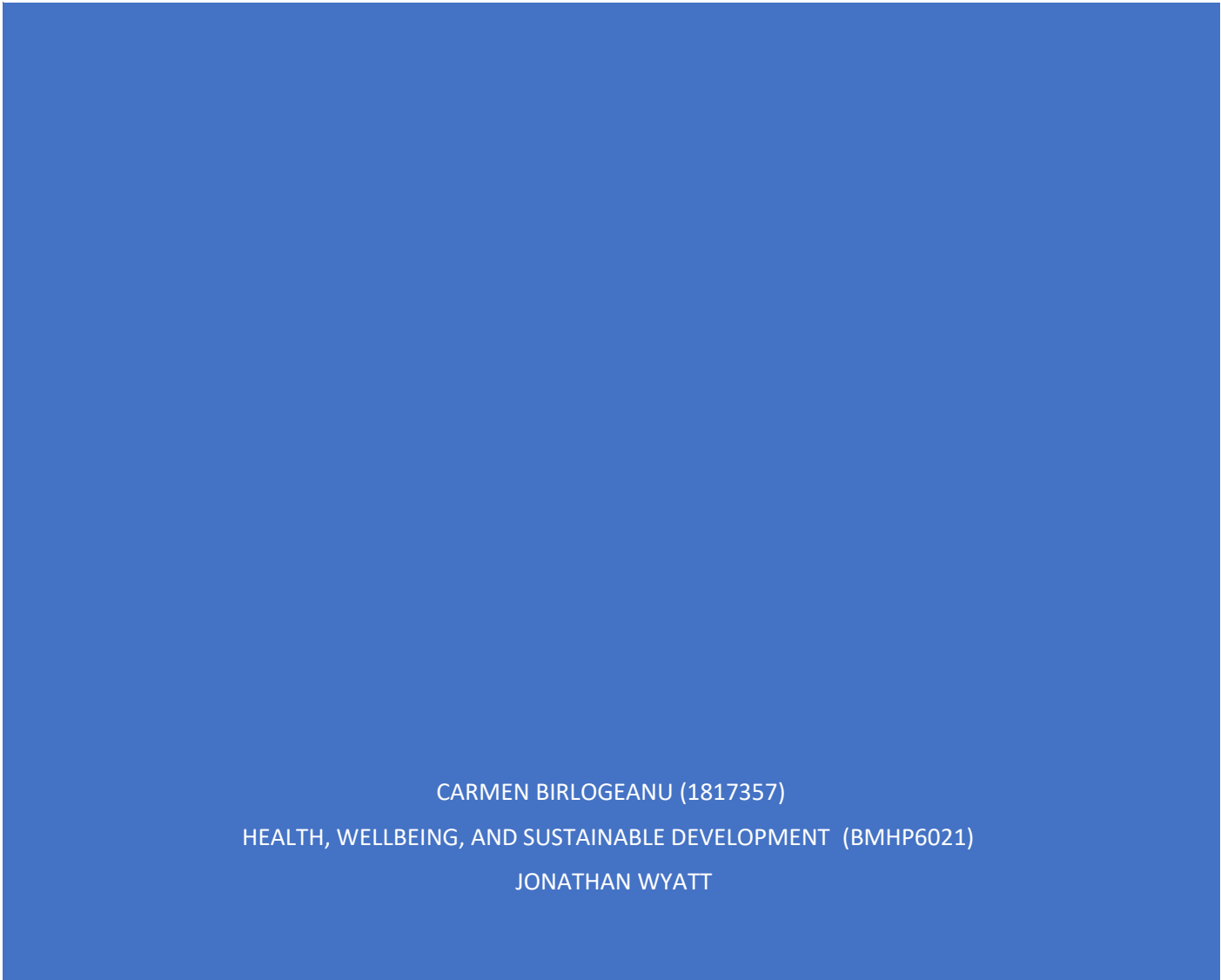


SUSTAINABLE DEVELOPMENT GOALS - REPORT

CARMEN BIRLOGEANU (1817357)

HEALTH, WELLBEING, AND SUSTAINABLE DEVELOPMENT (BMHP6021)

JONATHAN WYATT



SUMMARY

The following report will define health, well-being and sustainable development, as well as sustainable development goals, their aim, impact and challenges in implementing the goals. World Health Organisation (2023) define health as a “complete state of physical mental and social well-being”. On the other hand well-being stand for a positive outcome, for instance feeling off happiness, fulfilment, belonging, purpose and safety (Centre for Disease Control and Prevention, 2018). Sustainable development stands for development which meets the needs of the present, and not compromising the future generation’s needs. Sustainable Development Goals were first implemented in 2015 by the United Nations, they contain 17 goals which are to be achieved by 2030 (WHO,2023). The goals the report will focus on are no poverty, good health and well-being and climate action, recommendations will be provided for each goal.

The government around the world have strategies in place on how to reach the goals, there have been some improvements but there is more it could be done. For example the UK implemented new policies to combat the poverty crisis, such as increasing the welfare benefits pension income support, as well as minimum wages rate. However, the increase needs to be higher to reduce inflation (Barringer, 2017). According to Barredo (2015) rapid diagnosis has led to significant reduction in HIV patient. Nevertheless, the number of patients with diabetes and cardiovascular disease is increasing all around the world. factors affecting the health and well-being should be addressed more in order to achieve the good health and well-being goal (Briggs & O’Brien, 2023). Finally the climate action goal had some improvements, such as education which has been introduced broadly, however deforestation should end as well as domestic use of coal and selling of petrol in diesel cars. also alternatives for fossil fuels should be more affordable (BBC News, 2021).

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INTRODUCTION

The following report is designed to outline the progress made in achieving the Sustainable Development Goals (SDG) within the UK; in order to improve health, well-being, and sustainable development among population. According to World Health Organisation (2023) Sustainable Development Goals were implemented by United Nations in 2015 containing 17 goals which are to be achieved by 2030. The goals aim is to protect the planet, end the poverty, and ensure health, wellbeing, and safety for all. WHO (2023) define health as a “complete state of physical, mental, and social well-being”, the health is fundamental in all ages across their life span for longevity and quality of life. Well-being stands for a positive outcome, such as the state of being comfortable, healthy or happy, for instance housing, good health and employment is essential to well-being (Centres for Disease Control and Prevention, 2018). Well-being can be subjective and objective, subjective well-being stands for physiological needs, for example fulfilment, purpose, belonging, it focuses on feelings. While objective well-being focus on facts and it stands for basic needs, such as food, shelter, education, financial stability.

According to International Institute for Sustainable Development (2023) sustainable development is “development that meets the needs of the present without compromising the ability of future generations to meet their own needs”. Health, well-being in sustainable development are crucial factors in achieving the sustainable development goals. There are targets in place around each goal on what should be done in order to reach the goals by 2030. Strategies for each goal and whenever there has been any progress in the past years will be discussed further, also recommendations for achieving the goals will also be provided for each goal. The goals the report will focus on are no poverty, good health and well-being, and climate action.

Suzman (2023) sustain that the world has failed so far in reaching the sustainable development goals, for example during the COVID-19 pandemic the world has faced infectious disease, poverty, isolation, financial instability and death. However, there is still hope, Bill and Melinda Gates Foundation has announced to “doubling down on commitment to the core mission”, \$8.3 billion has been approved on 11th January. the Gates Foundation was created to help everyone to lead a healthy and productive life, being created 22 years ago. Their goal is to help farmers thrive despite the climate change, end malaria and help US schools make math instruction more effective.

GOAL 1 – POVERTY REDUCTION

Goal one aim is to end poverty for everyone across the globe until 2030, in Africa and south Asia people live on less than \$1.25 a day, there are families that live in poverty including in the UK and all around the world. United Nations (2022) sustain that goal one aim is to “eradicate extreme poverty everywhere for all the people”, even though at this point it seems an impossible task to complete, from 2015 to 2018 there has been a decrease in poverty rate from 10.1% to 8.6%. However, during the COVID-19 pandemic the rate has increased again to 9.2%. The COVID- 19 pandemic had a significant impact on the reduction of poverty progress as many businesses were closed during COVID-19 and left people without jobs. Also, the war from Ukraine will have a huge impact on reduction of poverty progress as the cost of living has increased significantly, moreover those challenges will be discussed further.

United Nations Development Programme (2020) sustain that developing countries where the ones more affected from COVID-19 crisis with an income loss of \$220 billion. Economy collapse affecting physiological needs also, such as food, water, shelter, education and safety. There are numerous targets and indicators on how to reach the goals, different strategies, for example poverty reduction for the most vulnerable everywhere, and resources mobilisation. The most vulnerable are the people who live on less than \$1.25 a day, people who lack food and water. Mobilisation of resources is also very important for sustainable development, meaning that additional or new resources are created to meet people’s needs, such as human, financial and material resources (Organization for Economic Cooperation and Development, 2023).

Strategy one – Poverty eradication for all.

According to Semali (2022) millions of people are affected by poverty each day, hungry children, lack of water and education, small towns or villages are surrounded by polluted air and trash. Also, poverty is more common among the vulnerable people such as disabled, elderly, ill and young. Semali (2022) is that “through relevant education, professional training, adoption of sustainable development policies, target proposal policies and global awareness raising approaches” things can really change. The strategies of the goals help the governments to focus on what areas needs to be improved. For example, improving capabilities of human by reducing income poverty, achieving survival level and social well-being, as well as “limiting extreme vulnerability”. It is an ambitious goal and hard to reach but not impossible, however government should also look at reducing the income taxes, offer more

support the vulnerable, such as creating more suitable and accessible jobs for vulnerable people. Job stability leads to better health and well-being for all, including reducing poverty.

UK Parliament (2022) sustained that UK has backed up from the SDG and “leaving no one behind” programme. Even though they are a leading country in the programme, has failed to respond to the promises, such as disability inclusion, funding the healthcare sectors, ending preventable death, and the rights strategy. UK should focus on areas which poverty reduction is needed the most, for instance Africa and other fragile states. The UK parliament (2022) suggest that UK should not be classified as ODA as they spend more ODA in the UK then on the other states. ODA stands for Official Development Assistance, implemented in 2015 Aid Strategy by the Commonwealth and Development Office, and is used to support the developing countries government budget. The aim of the 2015 Aid Strategy is to tackle poverty and instability in developing countries with the efforts of the government from around the world, as well as promoting prosperity, strengthening peace and security (GOV.UK, 2015).

Strategy two – Resources mobilisation.

According to Gordon (2021) UK has implemented new policies in tackling the poverty issues; for example, increasing the welfare benefits, especially for families with children, increasing the pensions as well as income support and working tax credit. Also minimum wage rates where increased, forcing the employers to pay their employees a higher wage, labour market activation, resulting to an increase on employment, education and health spending increase. The other hand Westwater et al. (2023) sustained at the progress on reducing the poverty in the UK it's only getting worse “in a cost of living crisis”. Research shows of percentage of 40% increase in poverty comparing to previous year, numerous families, children, adults and young people living in poverty, for instance “4.2 million people living in food poverty, and 9.7 million adults experience food insecurity”. Cost of living crisis has a significant impact on health, well-being and sustainable development. People living in poverty are unable to meet their essential and social needs, such as food, health, hygiene, and social life. Leading to general health problems and mental health disorders, not being able to feed themselves can lead to malnutrition and other health problems, also not being able to access the healthcare can cause health complications. Financial insecurity affects the mental health directly, stress and worries of not being able to pay the bills or choose between heat and food cause anxiety and depression among many peoples. Others also experience “homelessness and addiction problems”, as well as life expectancy is lowering the rate for families living in poverty in England.

Mawere (2018) suggest that the most affected continent by poverty and underdevelopment is Africa, over the in Africa is a problem hard tackled affecting the “humanity in many different ways”. Some challenges in tackling the poverty issue in Africa are the natural disasters, disease and wars. Africa is a continent that has always faced unique events, such as slavery and colonialism, impacting their development. Even though there has been an increase in economy over the years with 5.2%, and the number of people living on less than \$1.25 a day has reduced, poverty is still a big issue in Africa and all around the globe. Natural disasters, disease and wars are happening all around the world nowadays, being the main challenges the poverty eradication goal is so hard to reach. For example, the war from the Ukraine which started one year ago has impacted the global economy as well as the energy sectors.

Challenges in implementing the goal.

According to Zakeri et al. (2022) “the COVID-19 pandemic and war in Russia on Ukraine have impacted the global economy and energy sector”. The Covid- 19 pandemic started in 2019 and the WHO (2023) describe it as an “infectious disease” affecting the respiratory system. The Covid -19 pandemic has left serious scars on the many economy sectors and countries, such as oil prices increase, “fluctuation in energy demand”, mortality rate, war caused increase in energy prices, food , gas and mortality rate. Natural disasters are also a big challenge in reaching the poverty eradication goal, for instance the most recent natural disaster which happened in Turkey and Syria was an earthquake of 7.8 magnitude. The earthquake killed more than 44.000 people and injured more than 100,000. UK did manage to raise more than £100 million in only two weeks to help the survivors who lost their houses and their loved ones (BBC NEWS, 2023).

Recommendations

Barringer (2017) suggest that in order to reduce the poverty by 2030 in the world, the governments and people need to work together. Barringer (2017) shed “10 ways to reduce poverty in the world”, such as growth policies and programmes development, improvement of natural resources and water, investment in agriculture, trading encouragement, create new jobs in improve the access to them. As well as access to basic social services, for example healthcare, education, food, clean water and sanitation. Support the vulnerable, involve the people living in poverty in the “development and implementation of plans”, equality and equity, innovation and technology access for all. Also increasing the welfare benefits would be beneficial to reduce inflation.

GOAL 2 – GOOD HEALTH AND WELLBEING

According to the United Nation Children's Fund (2023) the good health and well-being goal has the intention to achieve good health and well-being for everyone at all ages by 2030. Good health and well-being it is crucial for everyone across their life span development, the goal focuses on all major health priorities, such as new-born, maternal, reproductive, adolescent and child health. As well as disease, health coverage, and healthcare accessible and affordable, the aim of the goal is to prevent suffering and premature death. The areas with a high priority are the ones with "highest burden of disease and neglected population groups and regions". One of the strategies to implement the goal is to end the disease by 2030, while the second strategy the report will focus on is reducing premature mortality and promote well-being in mental health (United Nations, 2023). To end the disease the United nations plan to reduce the number of HIV infections, tuberculosis, malaria, and hepatitis B. Premature mortality reduction related to illnesses, such as cancer, cardiovascular disease, diabetes and suicidal.

Strategy one – End the disease.

Barredo et al. (2015) suggest that "health is fundamental to human development", good health in all people is essential to sustain society. The governments, private firms, "non-governmental organisation and civil societies" fight together to end diseases, their efforts result in more than two billion people gaining access to drinking clean water. Also rapid diagnosis and education for HIV has led to significant number reduction of new cases, as well as creating more effective treatment allowing people diagnosed with HIV to live longer. However the treatment needs to become more far reached, furthermore discrimination and stigma among HIV positive people needs to be reduced. As stigma and discrimination are the main causes for mental health problems, leading to difficulty to ask for help, social isolation, unemployment or in the worst case suicidal (Mental Health Foundation, 2021).

Strategy two – Premature mortality reduction

McLean et al. (2017) sustain that governments, health organizations and communities are struggling with the increase of chronic disease. For instance cancer, hypertension, diabetes, stroke, pulmonary conditions, heart disease and mental illnesses. Recent statistics show an increase of 42% of chronic disease in the United States, and 60% of deaths among young adults age 30 and over, globally. The only way to reduce mortality due to non-communicable disease is trying to prevent them. McLean et al. (2017) encourage better nutrition, physical

activity improvement and tobacco and alcohol reduction, in order to prevent chronic disease and reduce premature mortality. Different strategies have already been put in place around the world, such as increasing taxation and prices to reduce tobacco use. But there is more it could be done, for example education programmes on prevention of tobacco use and its effects and implications, as well as promoting other prevention factors such as physical activity or healthy eating.

According to Sustainable Development Goals UK (2021) the numbers of HIV infections have dropped significantly in the UK over the last years from 13.1% in 2005 to 6.7% in 2018, also there is a decrease in mortality rate due to non-communicable disease. However Office for National Statistics (2023) shared the “well-being dashboard quality of life in the UK”, showing an increase in depression and anxiety with 21.8% in 2020 compared with 17.8% in 2016. UK did help the population in regards to health and well-being, by speeding up the diagnosis which is crucial among chronic disease and any type of disease. For instance, Faster Diagnosis Standard have been introduced in 2015 especially for cancer patients, allowing them to start their treatment within 28 days (NHS, 2023).

Also, every university has mental health support for their students, found it by the Office for students, such as online mental health counselling, well-being platform and one to one (GOV.UK, 2023). Kumar (2023) shared a questionnaire which took place in January 2023 in Slough, city in England, where 17% of people reported mental health issues. the government in the UK, respectively in Slough, are planning to reduce health inequality by implementing social prescribing. Social prescribing “is an approach that connect people to activities, groups, and services” in their area, in order to meet their emotional, social and practical needs which affects their health and well-being (NHS, 2023).

Briggs & O'Brien (2023) suggest that the government should do more to improve health and well-being, for example addressing poor diet, smoking and alcohol use. Tobacco control plan is still on published and junk food advertising restriction are still delayed. Poor diet, alcohol and tobacco use are the main causes of chronic disease, the impact of poor health and well-being can be devastating for the individuals, communities and governments. Leading to higher mortality rate, suffering, inequality, economy drop, life expectancy and longevity, mental illnesses and suicidal. By implementing the goal, the world can be free of all the suffering, inequality and live longer and happy lives. The social prescribing link workers have reported an increase in diabetic and hypertensive population being one of the negative impact of poor health and well-being. But in the same time the programme resulted in lower any interventions and impatient admissions. Social prescribing can have a positive impact on implementing the

good health and well-being goal, however it does need to be more far reach in order to help all the population around the globe.

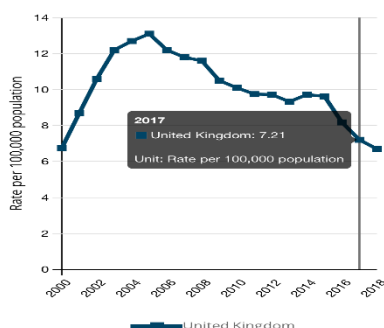
Challenges in implementing the goal.

According to Mathew et al. (2021) one of the challenges in implementing the goal is climate change, such as rainfall and temperature rising who resulted in floods, wildfires and diseases, putting people's life in danger. Population in South Africa and other countries are more likely to face mental illness, disease and malnutrition due to climate change. Also, COVID-19 pandemic has been a real challenge in implementing the sustainable development goal. For example, many people lost their lives during the pandemic, leaving the loved ones behind grieving. The social isolation and fear left many people suffering with mental health and others who survived COVID-19, facing different health problems, such as cardiovascular or pulmonary disease.

Recommendations

Seidman (2017) sustain that in order to achieve the sustainable development goals three there is a need for improvement in healthcare system performance. As well the number of essential medicine and the access to them is limited, as the people my face different reason they have no access to medicines. For instance disability, poor supply or vulnerable people who might find the health centre too far, also the waiting time for a healthcare appointment needs an immediate improvement. As O'Brien (2023) specified, addressing the risks and implications of poor diet, tobacco and alcohol use, people become more aware and can help in preventing poor health and mortality, as well as implementing the health and well-being goal.

Rate of newly diagnosed HIV infections per 100,000 population

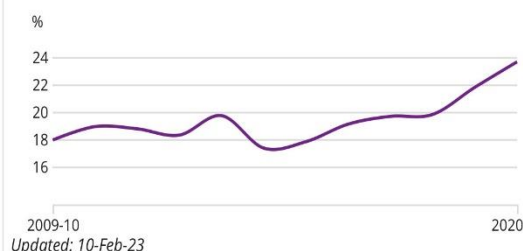


Source: Public Health England (PHE), Office for National Statistics

Sustainable Development Goals UK (2021) HIV infections

Depression or anxiety

People reporting some evidence of depression or anxiety, United Kingdom



Office for National Statistics (2023) Anxiety and depression.

GOAL 3 – CLIMATE ACTION

According to United Nations (2023) the climate change goal aim is to take immediate action in order to tackle the climate change issue in its impact all around the globe. Some of the strategies the governments has in place to combat the climate change is to strengthen resilience to natural disasters everywhere and improve awareness and education on climate change in all aspects. Programmes to implement this goal are to adopt the reduction of disaster risks, social as warning of natural disasters, as well as awareness and education around climate change.

Strategy one - Strengthen resilience to natural disasters everywhere.

United Nations Office for Disaster Risk Reduction (2015) shared the Sendai Framework which was implemented in 2015 and its scope is to reduce disaster risks, mortality and health problems. The Sendai Framework plays an important role in prevention, preparedness, mitigation, response, rehabilitation and recovery. Understanding the risks and prevent the people exposure to it can help with rehabilitation in recovery phase as well as reconstruction. The progress will be measured by collecting data from all the countries in the Global Assessment Reports.

Strategy two – Improve awareness and education.

United Nations Educational Scientific and Cultural Organisation (2019) Advice that education is crucial around the climate change crisis, it can help people change their behaviour towards the planet and understand the “challenges the planet faces”. Education programmes are now introduced everywhere in the world through schools, advertising, media, news, books and articles. As well as events, such as COP, or getting people involved in planting trees, making them feel more connected with nature. The COP stands for Conference Of the Parties, leaders from around the world come together to “strengthen commitments and increase ambition in implementing the goals”(U.S. Department of State, 2023). The latest conference that took place in November 2022 was held in Egypt, COP27, the previous conference, COP26 took place in England in 2021. Where leaders along with negotiators, citizens and representatives of government set up an agreement on how to solve the climate change crisis (UN Climate Change Conference UK, 2021).

Now both strategies can have a positive impact on implementing the goal, but the question is: Is there any change? As seen recently disaster are still happening and there is no warning, awareness or strengthen resilience. For instance the earthquake which happened in Turkey

recently followed by floating in the same region, there was no warning around that. Chow (2023) sustained that despite the advance in technology and science, earthquakes are still hard to predict, in fact geologists say that it is impossible to predict. As well as the Buffalo Blizzard many people reported that they were not aware of the snow storm, resulting in numerous deaths (Kilgannon et al., 2022).

The London School of Economics and Political Science (2021) advise that the governments around the world did make some changes, but they are too slow. For example education has been introduced broadly around climate change issue, from primary school to university, as well as TV and media. However, there is not much of a change and the climate change is been neglected by many countries leaders. The pollution issue is rarely addressed, and the governments are doing too little to “reduce the carbon emissions”. According to BBC News (2022) the UK has been criticised by the UK Committee on Climate Change (UKCCC) about its climate plans. Such as the UK in 2021 has planned to “reduce emissions from energy”, being successful, so far those emissions were 73.4% lower in 2021. Boris Johnson plan was to build a new nuclear reactor and spend more money on wind and solar energy, its goal was to produce all the energy from natural sources by 2035. But the UKCCC sustained that UK is lacking strategy in this area and there is a need for better and more storage of energy when the “wind does not blow”. Moreover, the UK was also planning to replace guys boiler heating system to heat pumps, the government committed to install 600,000 heat pumps by 2028, nevertheless only 55.000 pumps have been installed in 2021.

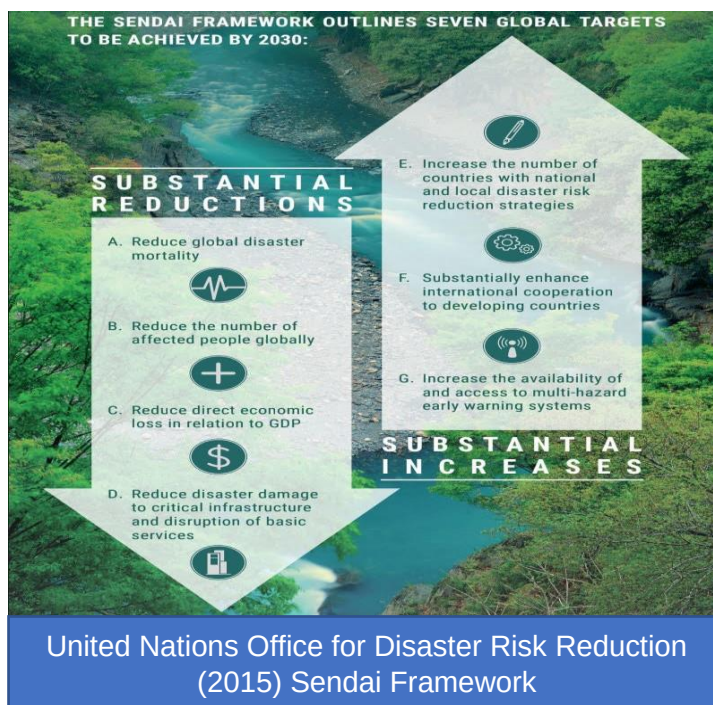
According to Rowlatt (2022) the UK should focus more on insulating the homes, as 19 million homes need insulation. The main issue on insulating the homes is the cost, the UK should do more in regards to funding as at the moment is the country with the “least efficient energy housing in Europe”. By insulating the houses cannot only combat the houses emission, but also the energy crisis in cost of heating. Dinda (2016) sustained that climate change is not only a thread for the environment and the planet, it is also impacting people’s “health and environmental sustainability”. In the past decade the climate change has brought illnesses and death in human population, floods, wild fires, air quality, hurricane and storms are taking people’s lives and killing the flora and fauna of the planet. Also, malnutrition, cardiovascular disease, malaria and diarrhoea is directly connected to climate change. Al-Delaimy et al. (2020) suggests that extreme weather changes also affects the mental well-being and overall health, such as air pollution in extreme weather impact the clean water and food insecurity of humans.

Challenges in implementing the goal.

Knittel (2019) shared five main challenges of combatting climate change, including global pollutant which create damage to the entire globe “no matter where they are released”. Second challenge is that people nowadays may not feeling the climate change as much as it will be felt in the future, being the reason people are not taking it seriously. Another issue is that the reason for climate change can be linked to just one reason, also the developing countries are the ones who produce the most greenhouse gas emissions. The emissions from transportation, home electricity, heating and air conditioning are the main challenge in combatting the climate change. Also fossil fuel alternatives are still expensive, for instance electric cars, natural gas, nuclear power or renewable energy.

Recommendations

According to Sky News (2021) the government should focus more on adaptation rather than mitigation in order to combat climate change. As there are no adaptation standards in place, in 2021, 79 countries set adaptation plans, but only 50% had implementation strategies. funding and finance are crucial to adapt, as well as global solidarity on adaptation. BBC News 2021 sustained UK should increase the flood defences, and people also need to make changes in their lifestyle. End deforestation, ending domestic use of coal and stop the selling of petrol and diesel cars is a big step on combating climate change.



CONCLUSION AND RECCOMENDATIONS

Summarising the main concepts, Sustainable Development Goals were first implemented in 2015 by the United Nations, dead aim is to end poverty, achieve good health well-being in safety for all by 2030 (WHO, 2023). Strategies and targets are in place for each goal indicating how could the goals be reached, for instance the first goal speak about that the government are planning to focus on most developed countries, where people live on less than \$1.25 a day, and resources mobilization. Gordon (2021) sustained at the UK implemented new policies to combat the poverty crisis, such as increasing the welfare benefits, pension and income support. However, Westwater et al. (2023) suggest that UK progress on reducing poverty is only getting worse, the main challenges on implementing the goal are the War from Ukraine as well as the COVID-19 pandemic. Barringer (2017) recommend that in order to reduce poverty in the world people and government need to work together, also by increasing welfare benefits will be beneficial to reduce inflation.

Good health and well-being goal focus on achieving good health and well-being for all, some of the strategies for implementing the gold are to end the disease and reduce premature mortality. Barredo et al. (2015) sustained that rapid diagnosis has led to a significant number reduction in HIV patients, however the treatment needs to be more far reached, also stigma and discrimination reduced. The number of patients with diabetes and cardiovascular disease is increasing all around the globe, faster diagnosis standard has been introduced in 2015 for cancer patients being able to start their treatment in 28 days (NHS, 2023). Nevertheless, the factors which affect health and well-being, such as poor diet tobacco and alcohol use should be addressed more (Briggs & O'Brien, 2023).

The climate change goal aim is to tackle the climate change issue and everyone needs to take immediate action. Strategies on implementing this goal are to strengthen resilience to natural disasters and improve awareness and education around climate crisis (United Nations, 2023). Sendai Framework which was implemented in 2015 play an important role in prevention and reduction of disaster risks (United Nations Office for Disaster Risk Reduction, 2015). Education programmes also have been introduced broadly from schools to universities, TV, media and books. However, Rowlatt (2022) sustained that the UK should do more on insulating the homes, by insulating the houses can help reducing the house emissions as well as energy crisis and cost of heating. BBC News 2021 also suggest that people need to make changes in their lifestyle, deforestation should end, as well as domestic use of coal and selling of petrol and diesel cars. Only if people and government work together the sustainable development goals can be achieved by 2030.

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