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Introduction :

This report is to the National Health Service Chief Amanda Pritchard the CEO of NHS England.

The purpose of this report is to outline the progress made so far by the UK in achieving (Sustainable Development Goal) SDG2 (Zero Hunger) and SDG3 (Good Health and Well-being). These goals, set out by the United Nations aim to improve and fulfil its agenda on these goals by the year 2030. This report will detail the strategies, programmes, and initiatives implemented by the UK, analyse the current progress made so far, and identify the challenges and recommendations for future development.

Ending hunger, achieving food security, increasing nutrition strategies, and developing sustainable agriculture are some of the main goals of SDG 2. To this end, the UK has put several methods in place, focusing on sustainable agricultural practices, improved nutrition, and food security. One of the main initiatives that will be examined in this report is the Sustainable Farmers Incentive (SFI). Encouraging farmers to embrace sustainable practices that improve food security and environmental health, this initiative is a part of the UK's Agricultural Transition Plan (ATP), (DEFRA,2021a).

SDG3 aims to guarantee and try to improve everyone's health and well-being at every age. With the help of Public Health England's Health Equity Strategy and the NHS Long Term Plan, the UK has made tremendous efforts in achieving these goals, (NHS, GOV.UK). The long-term plan's comprehensive strategy targets health gaps in underprivileged areas while also focusing on disease prevention.

introduction to concepts

Health (What is Health? Why is it important?) Current definitions identify five aspects of complete health which are, a state of physical, mental, social, emotional

spiritual well-being that is not merely the absence of disease or infirmity (World Health Organisation(WHO,2005). It includes a body that functions efficiently, a balanced mind that is capable of managing stress and emotions, and a supportive social environment. Physical health can be achieved by eating a balanced diet, regular exercise, and preventive care. The emotional and psychological stability that comes with mental health enables people to face life's challenges and maintain fulfilling relationships. The ability to build meaningful connections and participate in meaningful communal interactions is called social health. All of these elements work together to promote a holistic approach to well-being, highlighting the importance of an integrated and balanced lifestyle for general health (Sarraci,1997; Bruessow, 2017; BMJ, 2011; CDC, 2001).

Everyone is responsible for their health, but the NHS is also responsible for helping people improve their health and well-being (NHS). Health is very important as it forms the foundation for a fulfilling and productive life. Good health allows a person to perform daily activities efficiently, and participate in social interaction, engage in work. It supports mental clarity, emotional stability, and physical strength, contributing to overall well-being and quality of life, expecting life expectancy to extend longer (WHO,1946; WHO, 1998). Healthy individuals can better manage stress, adapt to changes, and recover from illness. Moreover, health is essential for economic stability, as a healthy population reduces healthcare costs and increases productivity, (BMA 2022). Ensuring good health also promotes social equity, as it enables all individuals to access opportunities and resources.

Wellbeing (What is it? Why is it important?) The Oxford English Dictionary defines well-being as "the state of being comfortable, healthy, or happy (Mental Health Foundation 2015; New Economics Foundation 2012). Well–being is a broad concept that covers different aspects of an individual's life including, emotional, physical, psychological, and social domains. It is often understood as a state in which individuals feel comfortable, healthy, and happy. Many different aspects make up well-being and each one plays a part in how an individual feels about their overall quality of life. Wellbeing is strongly linked to happiness and life satisfaction. In short, well-being could be described as how you feel about yourself and your life (Better Health Channel

2022). Well-being is important for several reasons, impacting both individuals and society as a whole. Wellbeing matters to health it adds years to life, improves recovery from illness, and is also associated with positive health behaviours in adults and children and there are many more aspects of well-being. Department of Health has stated, “Health is the top thing people say matters to their well-being” (GOV.UK, 2014). Many countries focus on wellbeing, The World Health Organisation Well-Being Index (WHO-5) is among the most widely used questionnaires assessing subjective psychological well-being. Since the first publication of the questionnaire in 1998, WHO-5 has been translated into more than 30 languages and has been studied all around the world (Topp, Ostergaard, and Sondergaard, 2015).

Sustainable Development (What is it? Why is it Important? In 1987, the World Commission on Environment and Development (WCED), (WCED,1987). which was set up in 1983, published a report entitled “Our Common Future”, this report outlines 17 goals**.** Sustainable Development is how we must live today if we want a better tomorrow” (United Nations, 2023). It is a plan addressing current needs without compromising the capacity of future generations. It balances economic growth, social inclusion, and environmental protection which is known as sustainable development. This approach aims to promote prosperity while protecting the planet. Key aspects include using resources efficiently, investing in renewable energy, reducing pollution, and fostering social equity. It emphasis long-term strategy over short-term gains making sure that development is viable and beneficial for the environment and society. Sustainable development is guided by principles such as intergenerational equity, precautionary measures, and the integration of environmental, economic, and social policies to create a harmonious and enduring future for all. The United Nations is working towards a plan that they set out for the year 2030 to reach its goals,(Lee, Kjaerulf*, et al*, 2016; United Nations,2015). “The UK is committed to promoting the health and well-being of all to advance the Sustainable Development Goals:” UK statement at the UN General Assembly (GOV.UK, 2023).

Sustainable Development Goals (SDGs)

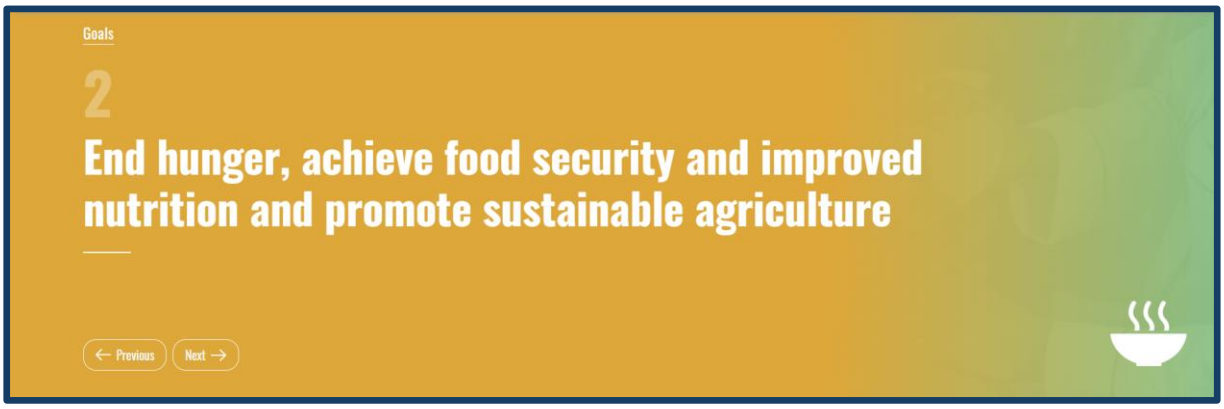
THE GLOBAL GOALS (n.d.).

Sustainable development is very important because it ensures that we can meet our needs without limiting resources for future generations. Working towards progress while considering how important it is to take care of our environment is known as sustainable development. The basic principle of sustainable development is to address today's demands while considering those of tomorrow. The key benefit of sustainable development is that it provides for current demands without sacrificing those of future generations. The concept of sustainable development teaches us how to manage our resources responsibly. The following arguments highlight the significance of sustainable development: A sustainable development plan helps nations adapt their growth to the problems presented by climate change, therefore protecting key natural resources for present and future generations. Our world's population is predicted to grow to 9.7 billion people by the year 2050 (United Nations, no date.; Gu, Andreev, and Dupre, 2021).

The SDGs build on decades of work by countries and the UN, including the UN Department of Economic and Social Affairs

Goal A

THE GLOBAL GOALS (n.d)



THE GLOBAL GOALS (n.d).

1.

Define the goal you have chosen. United Nations has predicted that by 2030, more than 600 million people worldwide will face hunger (United Nations, no date). Zero Hunger is the second Sustainable Development Goal (SDG 2) founded by the UN to advance sustainable agriculture, achieve food security, improve nutrition, and end hunger by 2030 (United Nations,2015). This goal aims to eliminate all kinds of malnutrition by ensuring everyone, especially the most vulnerable groups like children,

has year-round access to enough nutritious food. It also focuses on developing sustainable agricultural farming methods that boost productivity and production while maintaining ecosystems and adapting to climate change,(Bhandari, 2022; Rockstrom *et al*.2009) as well as increasing the incomes of small-scale food producers and agricultural productivity, Food and Agriculture Organisations, (FAO,2021).

2.

Identify 2 UK strategies, programmes or initiatives to implement this goal. Initiatives and Strategies in the UK to Achieve Zero Hunger (SDG 2). To guarantee that all people have access to enough food that is safe and nourishing, the UK government has put in place a comprehensive food security and nutrition strategy. This strategy focuses on :

Strategy No.1 The strategies that are taken are to initiate if they are working.

School Meal Programmes: With the support of this programme low-income families may ensure that their children get one healthy meal per day.

Nutritional Education: Encouraging healthy eating habits through public awareness campaigns and educational lessons in schools.

Food Aid: Supporting food banks and other food aid providers to help those in immediate need. (Karki, *et al.* 2021; UK Parliament,2023).

Strategy 2:

As a part of the UK's Agricultural Transition Plan, the Sustainable Farming Initiative (SFI). seeks to develop environmentally friendly agricultural methods that will increase production while aiming to promote sustainable agriculture practices that increase productivity, and assure food security.

Main Components include:

Support for Small-Scale Farmers: Providing small and family-run farms with funding and technical support to increase their income and production.

Research and Innovation: Putting money into agricultural research to develop new methods and technology that enhance yield and climate change adaptation.

Agricultural-Environmental Schemes: Offering farmers financial incentives for farmers to adopt environmentally friendly techniques like crop rotation, lowering pesticide use, and awareness of biodiversity. Department for Environment, Food and Rural Affairs (DEFRA,2021,2022).

3.

Critically review the strategies, programmes, or initiatives. Food security and nutrition strategy meets the urgent needs of individuals who are facing food insecurity without providing food aid. In order to guarantee that children can get enough nutrition, which is very important for their growth and learning, school lunch programmes must be addressed. Although food banks offer vital assistance, depending on them shows structural problems with economic inequality and food distribution. Because of administrative challenges and a lack of knowledge and understanding children who are not eligible for school meals receive them, which may leave individuals in need without assistance, Department of Education (DfE, 2024; Shields,2021).

The Sustainable Farming Initiative (SFI) encourages sustainable agricultural practices, which are critical to maintaining a healthy environment and long-term food security. Farmers can improve productivity and durability by implementing sustainable practices with the support of financial incentives and technical assistance. Research funding encourages the creation of new innovative methods and technologies that can improve the efficiency and sustainability of agriculture. Department for Environment (DfE, 2024; Feliciano,2022).

4.

Evaluate the progress made so far by the UK government in implementing this goal. The United Kingdom government has made significant progress in expanding its food programme through food banks and food aid programmes, especially during the COVID-19 pandemic. Over 3.1 million emergency food parcels were given out by food banks in the Trussell Trusts UK-wide network between 1st April 2023 and 31st March 2024 to those who were struggling, this is over a 94% increase over the

previous years. Among these packages, almost 1.1 million were given to children (The Trussell Trust 2023; Francis-Devine, 2024; Sosenko, *et al* 2019).

Overall with its food security and nutrition and sustainable farming project, the UK government has achieved tremendous progress in tackling hunger and advancing sustainable agriculture. Even though these initiatives have had excellent results, there are still issues with addressing the underlying causes of food insecurity and guaranteeing that all people have equal access to the advantages of sustainable farming, Department for Environment, Food &Rural Affairs (DEFRA) (Marsden, and Lewis,2024). To completely achieve the Zero Hunger target by 2030, additional work is required to improve the projects' scope, effectiveness, and equity (GOV.UK; WHO). In 2017, a UK farm harvested its crop using robots, the planting, fertilising, and harvesting were all carried out by autonomous vehicles,(Robotic Farm 2020).

5.

Critically examine the impact of the implementation of this goal on health, well-being, and sustainable development within the present healthcare in the UK. Although small-scale farmers are essential to food production, they frequently lack the financial means and technical know-how to implement sustainable methods successfully. The attempts to attain zero hunger and sustainable development may be undermined by this gap, which may lead to lower productivity and revenue. Fair pricing and market access, it is essential to guarantee fair market access and price for small farmers. While programmes like the Sustainable Farming Initiative (SFI) support environmentally friendly farming methods, the farming sector must adapt to the increasing impact of climate change, which also has affected the whole world. It is hard to reach food security and sustainability in the UK due to the unpredictability of weather patterns that impact crop yields and food production stability (Woodward, *et al*. 2014). Farmers might be unable to keep supporting their businesses without fair opportunities to sell their produce for reasonable rates, which would hurt food security and economic sustainability. The high cost of healthy eating, fresh food compared to processed food poses a significant barrier for low-income families. Malnutrition remains a concern, especially among low-income families, the elderly and children. Poor nutrition can lead to a range of health issues such as development in children,

cardiovascular disease, diabetes, and obesity (Pourmotabbed, Moradi, Babaei, *et al* 2020; UK Parliament 2019). British Medical Association Research has shown food insecurity and poor nutrition contribute to stress and anxiety, negatively impacting mental health(BMA,2016; Thomson, *et al* 2023; Tarasuk, 2018).

6.

Provide recommendations for achieving this goal with supporting evidence. Improving food assistance programmes**,** reducing the legal processes for obtaining food assistance, and increasing knowledge of accessibility guarantee that no one is left behind. Over 1/3 of foodbank clients are waiting for a decision or payment from recent benefit applications,(Loopstra and Lalo 2017). Increasing money for community meals and food banks to keep up with growing demand. Research shows that well-funded food assistance programmes and community kitchens drastically lower food insecurity and offer disadvantaged populations instant relief (NHS Conferderation,2022). By investing more money in research and development of climate-resilient crops and farming techniques to mitigate the impacts of climate change on agriculture, (DEFRA,2021). Offer small-scale farmers continued education and training programmes on new agricultural methods and sustainable farming practices(DEFRA,2020d). Ensure small farmers have equitable access to markets and fair pricing for their produce through cooperatives and farmer's markets. This enhances their economic viability and contributes to local food security.

Goal B (SDG3).

THE GLOBAL GOALS (n.d).

1.

Provide a definition of the goal you have chosen. Well-being is understood under the Care Act (2014) in many perspectives. The Care Act is essential for every individual's need and must be followed. (An introduction to the Care Act 2014**).** SDG3 Sustainable Development Goal 3 **"**established by the United Nations, aims to ensure healthy lives and promote well-being for all, at all ages by 2030"(United Nations 2015). This aim covers a wide range of health-related goals to lower the world's mortality rates and improve general well-being for all, at all ages(Howden-Chapman *et al* 2017). Lowering the global maternal mortality ratio, avoiding preventable deaths of infants and children under 5(Bora, Saika 2018), and fighting infectious, diseases like HIV/AIDS, TB, malaria, and neglected tropical diseases (Long, 2022; WHO 3.3 Europe). and reducing premature mortality from preventable diseases through mental health coverage promotion, treatment, and prevention including access to high-quality essential healthcare services and universal access to safe, effective, high-quality, and reasonably priced essential medications and vaccines are among the main goals (WHO 3.b., Europe; Howden-Chapman, *et a*l.2017) It also tackles the need to significantly reduce the number of illnesses and fatalities brought on by dangerous chemicals, soil, water, and air pollution and contamination. World Health Organisation and United Nations Development Programme(WHO 2018; UNDP,2021). Although only

one of the 17 goals concerns health, the other goals include several health factors that, while unrelated to goal 3, are nonetheless important, due to the SDGs' extensive interconnection. connection is necessary to ensure progress, allowing for the possibility of trade-offs and the achievement of numerous goals. (Aftab, *et al.*2020).

2.

Identify 2 UK strategies, programmes or initiatives to implement this goal. UK strategy to achieve SDG3 is to make, The NHS Long Term Plan an in-depth strategy introduced in 2019 to improve health outcomes in the UK over the next decade. It focuses on multiple important areas that are in line with SDG3 such as making sure the healthcare system is sustainable and promoting early diagnosis and prevention of diseases, including mental health services (NHS England, 2019). Investing in the Healthcare system has to be a priority and adequate funding secured if you want to make a long-term impact,(NHS, 2019). Provide low-income families with access to cheap health care and medication. Use business resources to support public and international care delivery. The failure of a public, committed plan to direct its effort on global health has resulted in a lack of overall unity and coordination in the UK's progress towards SDG 3. The last strategy ended in 2015, it is very important to have a cross-government public global health plan. In terms of strengthening coordination and policy coherence across the UK Aid and Official Development Assistance (ODA) to health, this would boost the UK's position as a vocal advocate of global health issues and produce a roadmap and track progress on the UK's involvement in meeting all commitments under SDG3 (Bond.org.uk; Manji 2016; Brolan, McEwan, and Hill 2019). But to achieve SDG3 it would need to consider other objectives such as education, income, and gender inequalities. (Future Learn).

3.

Critically review the strategies, programs, or initiatives you have identified. In order to provide a holistic approach to health and well-being, the NHS's Long Term Plan looks at a wide range of health issues, from the prevention of diseases to mental health. The plan aims to improve patient outcomes by improving care coordination and

continuity through the promotion of an Integrated Care System (ICS). A large amount of financial and human resources are needed to implement such a comprehensive plan, which can be difficult given the NHS's personnel deficit and budget restrictions. (NHS 2019; Alderwick, Dixon 2019, Barnett 2024). Public Health England (PHE). The goal of the health equality strategy is to improve health outcomes for underprivileged populations by reducing gaps and addressing social determinants of health directly. Through local initiatives, the strategy promotes healthy lifestyles and encourages community engagement and sustainability. Systematic barriers like socioeconomic status and entrenched public health disparities can make it difficult to implement equity-focused interventions effectively. It can be difficult to evaluate the long-term effects of health equality initiatives and establish the use of reliable data collection and analysis (GOV.UK 2022).

4.

Evaluate the progress made so far by the UK government in implementing this goal. The UK government's Long Term Plan to work towards SDG3 has led to the expansion of mental health services and improvements in major disease diagnoses such as cancer and treatment. Integrated Care Systems (ICS) have begun to improve coordination information throughout the care system. There has been a notable increase in efforts towards preventing and detecting diseases, with public health campaigners and screening programmes gaining attraction. The NHS funding and staffing have been reduced remarkably due to the COVID-19 pandemic making it hard for the government to complete the plan and make it a success. (Kings Fund 2020). Key global health multilateral is increasingly collaborating under action plans designed specifically to achieve the SDGs. This is essential to ensuring accelerated and efficient progress towards the SDGs whilst saving and improving millions of lives. In 2018, the WHO launched an SDG 3 global action plan designed to coordinate collective progress toward achieving SDG 3 among major health organisations, including Gavi and the Global Fund. The final plan will be launched this year at the United Nations General Assembly in September and will continue the work of the first phase launched in 2018. Gavi and Global Fund are also increasingly organising joint country missions in countries where both organisations are present, and coordinating advocacy at

global and country levels to shape the global health architecture supporting the SDGs. If key multilaterals are not sufficiently supported, then vital collective global health movements, such as the SDG 3 Action Plan, will be severely undermined. (UK parliament ; Munton,1997).

5.

Critically examine the impact of the implementation of this goal on health, well-being, and sustainable development within the present healthcare in the UK. The Long Term Plan, which has improved disease prevention, early detection, and treatment services—for example, increased cancer survival rates as a result of better screening programs—is one of the ways that the UK has improved the implementation of SDG 3 on well-being and the Sustainable Development Plan(England, NHS 2015-2020; Allemani *et al* 2015). Significant funding has also been allocated to mental health services, which has improved access to care and lessen stigma. (Mental Health (Discrimination) Act 2013). These developments have improved mental health outcomes for people of all backgrounds (NHS, no date; Public Health England, 2018). Increased sustainable development goals are in line with the progress of sustainable farming methods and minimising the environmental effects of healthcare operations. 80% carbon footprint reduction is the goal set by the UK government. Outstanding performance on these programmes, such as the NHS's goal to become the world's first carbon-neutral health system by 2040. The NHS Carbon Footprint, which they can directly control, will reach net zero emissions by 2040, to reduce emissions by 80% by 2028 to 2032. The NHS Carbon Footprint Plus, which can be influenced, will reach net zero emissions by 2045, to reduce emissions by 80% by 2036 to 2039 (NHS, UK).

There are still huge gaps in the healthcare system despite these investments and progress. There are clear differences in the outcomes and availability of healthcare, especially those who are deprived and live in rural areas. Patients stress and anxiety

has been worsened by the rising demand for healthcare services and lengthy waiting times. The healthcare system was suffering way before the pandemic but these problems have become worse as a result of COVID-19 British Medical Association (BMA, 2023).

6.

Recommendations: To achieve SDG3 (Good Health and Well-being) in the UK, the UK government needs to invest in primary care and increase funding for primary healthcare services to improve access, quality, and efficiency of care. This includes expanding the workforce, enhancing training programmes for healthcare professionals, and ensuring adequate resources for general practices(Harris,2012; NHS England,2023). Strengthening primary care is cost-effective as it emphasizes prevention, early detection, and management of diseases, reducing the need for more expensive secondary and tertiary care services. In order to improve access, quality, and efficiency of care, government and independent studies have shown that robust primary care systems lead to better health outcomes including reduced hospital admissions and lower mortality rates(Starfield, 2005; The Health Foundation, 2011). Tackle climate change and improve air quality, wasting less food are just a couple of examples.

Conclusion: The UK has made significant efforts towards achieving the SDGs by putting comprehensive plans into practice and making focused and specific changes. However, ongoing challenges, particularly in terms of resource allocation and health inequalities, necessitate continuous evaluation and adaptation of these strategies. By following the recommendation steps and maintaining a focus on holistic health and well-being, the UK can further advance towards ensuring healthy lives and promoting well-being for all at all ages, ultimately contributing to sustainable development goals. SDG2, The Healthy Start Scheme has played a significant role in promoting nutritional support for low-income families, leading to better health outcomes for children and pregnant women (BMA,2022). (SFI) Substantial Farming Incentive is part of the UK's Agricultural Transition Plan (ATP) (DfE,2024). has encouraged the adoption of environmentally sustainable agricultural practices, contributing to food security.

However, farmers need support from the government and other environmental agencies such as funds and logistical barriers,(DEFRA) (SDG3 Health and Wellbeing) Long-term plans for the NHS have greatly improved health outcomes, including increased mental health services and cancer survival rates. However, gaps in healthcare and limited resources continue to be significant obstacles. Through focused intervention and the encouragement of healthy lifestyles, the Health Equity strategies have successfully reduced health inequality. Measuring long-term effects and removing structural obstacles are still difficult tasks, though. The overall impact is that the UK has made crucial efforts in implementing those SDGs that have led to substantial improvements in public health, food security, and practices. These initiatives have not only improved individuals' health outcomes but have also promoted a more substantial approach to healthcare and well-being (NHS). Addressing Health Inequalities by putting more targeted interventions in place for deprived areas to help reduce the gap in health and wellbeing. Integrating mental health services into primary care and increasing support for people can enhance overall well-being. Increasing funding and resources will have a big impact on the quality of services and can improve access to primary care. Health, well-being, and sustainable development goals (SDGs 2 and 3) have all greatly improved as a result of the UK's efforts to achieve these goals(GOV.UK). The use of sustainable practices, improved food security, and improved health outcomes have resulted from achieving these goals. Notwithstanding, issues like lack of funding, and resources, gaps in health, and social challenges continue to exist(Anandaciva,2020).

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