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Health, Wellbeing and Sustainable Development in Merton, (UK)

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Introduction

The report will be focused on Health, Wellbeing and Sustainable Development in Merton Borough, United Kingdom (UK). The research will began from back in time. Time when the human where still researching and having knowledge of what is the meaning of Health and Wellbeing. The appearing of the 17 sustainable developments and how applicable they are in Merton Borough. The report will face how Merton is coping with Goal 3. Good Health and Well-being, Goal 4. Quality Education, and Goal 17. Partnerships for the Goals. The meet of the criteria that is recurred, how policy on local and National meet the tree Sustainable Developments that will will wide over view. By the end my research will provide recommendation if needed to be improved for the Health and Wellbeing in Merton.

‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’ (WHO, 2023)

According to, Department of Health (2012) Wellbeing appear in two dimensions: Subjective wellbeing, are focused directly of the feelings and thought of your own wellbeing. That include life satisfaction, positive, and judgement of this if the life is important.

“Objective Wellbeing, is about human needs and rights. That include education, health, food, and etc. The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end

poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity.

The 17 SDGs are integrated—they recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability.” (UNDP,2023)

Discussion of the 17 Sustainable Development Goals (SDGs)

According to, United Nation (2022) 'The United Nations is an international organization founded in 24 October 1945' with location San Francisco, California United States (US). That happen after the Second World War. 51 countries where involved to began the journey of promoting social progress, better living standards and human rights, for every one. Till present days the number of the members of UN are 193. UN has evolved during the time to keep the spied of constantly changing world. The UK membership has tarted at 24 October 1945. (UN, 2022)

"The Sustainable Development Goals (SDGs) aim to transform our world. They are a call to action to end poverty and inequality, protect the planet, and ensure that all people enjoy health, justice and prosperity. It is critical that no one is left behind." (WHO, 2023)

The SDGs can be grouped into five different subgroups;

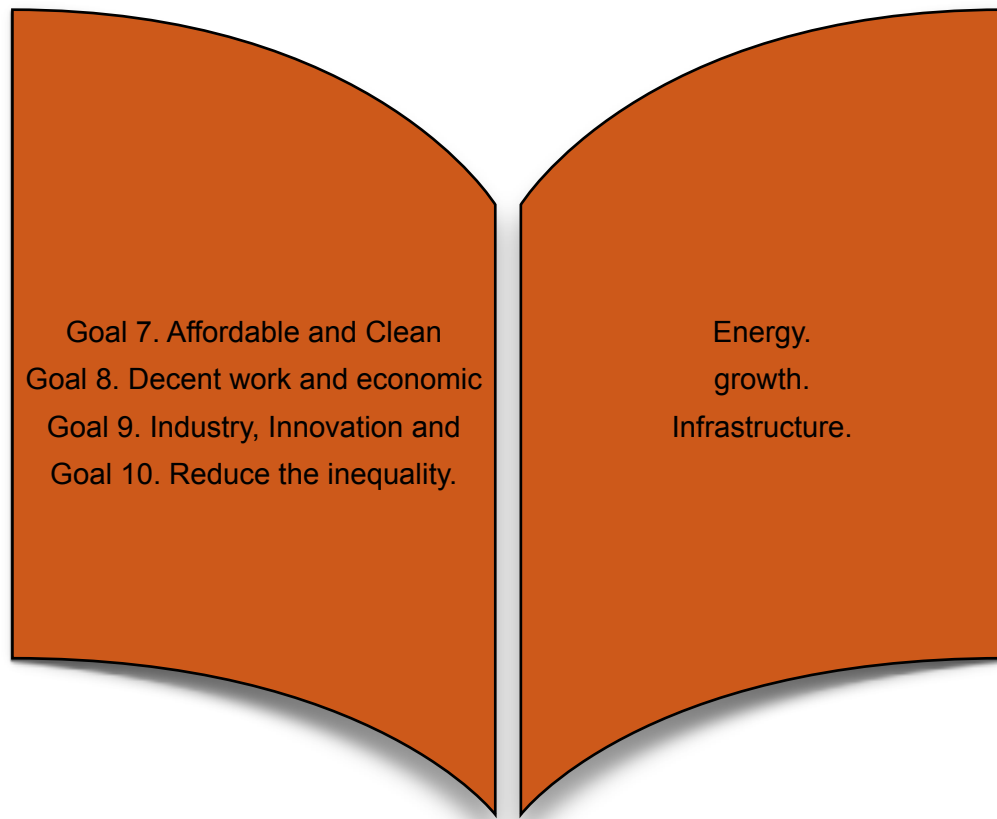
People



Planet



Prosperity



Peace



Partnership



Goal 17.Partnerships for the Goals

Detailed Discussion of the main 3 SDGs for this report

Goal 3. Good Health and Well-being

The aims of Goal 3 are to ensure healthy lives and promote well-being for all, and all stages of life. Health and well-being are important at every stage of our life, starting from the first 2 lines at the pregnancy test are showing. “This goal focuses on all major health priorities: reproductive, maternal, newborn, child and adolescent health; communicable and non-communicable diseases; universal health coverage; and access for all to safe, effective, quality and affordable medicines and vaccines.” (UNICEF, n.d)

According to, UNICEF (n.d) the main contribution to Goal 3 focus on health pregnancy, healthy childhood , and vaccine coverage. However, UNICEF is guardian for the global view of two indicators that measure the progress to Goal 3 related to all children.

“Indicator 3.2.1 Under-five mortality rate and Indicator 3.2.2 Neonatal mortality rate.” On another hand UNICEF is responsible for: “Indicator 3.1.2 Proportion of births attended by skilled health personnel and for Indicator 3.b.1 Proportion of the target population covered by all vaccines included in their national programme.”

“Target 3.1 By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births:

3.1.1 Maternal mortality ratio (number of maternal deaths per 100,000 live births)

3.1.2 Skilled birth attendant – Proportion of births attended by skilled health personnel

Target 3.2 By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births:

3.2.1 Under-five mortality rate

3.2.2 Neonatal mortality rate

Target 3.3 By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases:

3.3.1 Estimated incidence rate (new HIV infections per 1,000 infected population)

3.3.3 Malaria incidence per 1,000 population

Target 3.7 By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes:

3.7.2 Adolescence birth rate (number of live births to adolescence woman per 1,000)

Target 3.8 Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all:

3.8.1 Proportion of the target population covered by essential health services

Target 3.9 By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination

3.9.1 Mortality rate attribute to household ambient air population" (UNICEF, n.d)

Goal 4. Quality Education

“ENSURE INCLUSIVE AND EQUITABLE QUALITY EDUCATION AND PROMOTE LIFELONG LEARNING OPPORTUNITIES FOR ALL.” (The global Goals, 2023)

According to, UNICEF (n.d) the aim of Goal 4 is to make sure that every one receive the quality education and promote life long opportunities for progression. The Goal 4 recognise the need to provide the best education that is possible for every individual, the most are the vurnuble children, and children with disabilities.

The larger progression at the last 10 yeas is that the education especially for female population have increase at all levels of education.UNICEF works with governments worldwide to increase the opportunities to develop more skills from early stage of life.

UNICEF is one of the global responsible for monitoring the Indicator. ‘4.2.1 Percentage of children (aged 24–59 months) developmentally on track in at least 3 of the 4 following domains: literacy-numeracy, physical, socio-emotional and learning.’ (UNICEF, n.d)

“Target 4.1 By 2030, ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes:

4.1.1 Proportion of children and young people

4.1.2 Completion rate.

Target 4.2 By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education:

4.2.1 Proportion of children 24-59 month

4.2.2 Adjusted net attendance rate, one year of the official entry age.

Target 4.A Build and upgrade education facilities that are child, disability and gender sensitive and provide safe, non-violent, inclusive and effective learning environments for all:

4.a.1 Proportion of school offering basic services. “ (UNICEF, n.d)

Goal 17. Partnerships for the Goals

The targets of Goal 17 are among the primary tools for the progression of child rights and well-being, all over the planet. This goal defines, for example, whether there are enough data available to identify those children high at risk of being left alone.

Target 17.8 Fully operationalise the technology bank and science, technology and innovation capacity-building mechanism for least developed countries by 2017 and enhance the use of enabling technology, in particular information and communications technology:

17.8.1 Proportion of people using internet

Target 17.19 By 2030, build on existing initiatives to develop measurements of progress on sustainable development that complement gross domestic product, and support statistical capacity-building in developing countries:

17.19.2 Proportion countries that that have conducted at list one population and housing census. (UNICEF, n.d)

The Sustainable Development Goals (SDGs) are recognised by 169 targets which covers a large range of problem that are facing both developed and developing countries. These issues include poverty, inequality, climate change, inclusive societies and access to health and education.

The same SDGs have been applied to all member. Earlier I have presented the 3 main Goals that my report will be based on. The information where taken from UNICEF and how globally this organization is facing all challenges for developed and developing countries. Many like this organization are making sure every day that no one is left behind. (GOV.UK, 2023)



Introduction to Merton Borough

The population involved in this research are 215,187 (Female - 110,531, Male -104,656). The population of Merton as well as London does not seem to decrease the number of the population is completely opposite, it seem to continue increasing the numbers during the period of time. Exactly this will have an effect on many different range of services. From housing, to school places, the environment, the local health services and not the last the voluntary sector. (Merton, 2021) And here is the 3 goals that I will see how they are using from Merton and this lager number of population. Recommendation will be given at the end of the report.



UK policies and initiatives identified to meet the 3 SDGs

For this report I have decided to look the policy separate for the each goal my report is about. During the research I have found that there is many policies that are out to the public to support the empletation of the SDGs in UK. However, I will present few policies of each of the Goal 3, Goal 4, and Goal 17. There is many policies that are in action for making sure that population is under safe and regulated territories.

According to, [gov.uk](https://www.gov.uk) (2023) when a document is related to wellbeing this includes the indicators subjective or personal wellbeing. "These documents give a flavour of some of the important issues and relationships between wellbeing and health throughout someone's life."

For the good health and wellbeing in England NHS and Public Health are working on policies that will make sure that the population is safe and healthy. To support Goal 3 Good health and wellbeing UK are such as:

- Smoking - 2023/2024 , every one who entered hospital and is a smoker support will be offered for the stopping of the cigarettes.
- Obesity and type 2 diabetes - Diabetes Prevention Programme are looking to treat more than 1000 children a year related to their obesity. Access to weight management will be targeting for all people.
- Children and maternity care - 50% reductions in stillbirth, maternal mortality, neonatal mortality and serious brain injury by 2025.
- Air pollution - care provision will be designed for a greater use of 'virtual' appointments.
- Mental health - a specific health check for people with autism will be piloted and if successful, will be extended widely. (GOV.UK, 2023)

For the good quality education in England. The policies that have been made for the education in UK are starting back from 1944 till present days. The policy is to make small or large changes in the education sector. The role of the educational policy is to provide quality education to all children in UK. The education is responsibility for the government to be kept of the country.

Here is a list of education policy during the years.

The Tripartite System (1944) Introduction of the 11+ exam

Comprehensivisation (1965) Merging grammar and secondary moderns into comprehensive schools.

New Vocationalism (1976): Introduction of more vocational courses and schools.
Education Reform Act (1988) Introduction of National Curriculum Educational policies in relation to gender and ethnic differences.
University Changes (1997) Tuition fees.

Recent years, free schools were introduced in 2011 and in 2014 changes were made to the National Curriculum. The Educational policy can be presented by institutions such as national governments, local governments or even non-government organisations.

(Library, 2022)

During the recent pandemic COVID 19 the rules for everyone have changed, especially for the children. Many policies have been made for protection of the vulnerable children, even till present days people are still learning how to live with COVID. There are many vulnerable who are still adapting who to be around the others without being afraid of the virus.

“The proposed UN Sustainable Development Goal 17 (means of implementation) includes Target 17.14, to: “enhance policy coherence for sustainable development”. At present there is no further elaboration of what this target should be or how it would be monitored. Like some of the other means of implementation set out in Goal 17, policy coherence for sustainable development involves processes and means, rather than ultimate outcomes. It is therefore challenging to define or measure a target for PCSD in a rigorous, outcome-focused way.” (Coherence, 2015)

Local policies Merton Borough identified to meet the 3 SDGs

Make sure of lowering the numbers in Childhood Obesity in Merton has been a key priority within the Health

and Well-being

Strategy since

2015. The

refreshed Health

and Well-being

Strategy

(2019-2024)

continued this

focus and

includes

childhood

obesity as one of

3 main priorities

within the 'Start

Well'. The previous Merton Child Healthy Weight Action Plan (CHWAP) was developed from 2016-2018. The plan has had positive successes in progressing work to tackle childhood obesity in Merton. However, childhood obesity is still show high numbers this requires a sustained partnership approach. This Child Healthy Weight Action Plan (2019-2022) has been refreshed through a process of engaging partners. The new plan is to develop future action through the Child Healthy Weight Steering Group. Connection with wider partners, reviewing the evidence of what works nationally and regionally, and reviewing the successes and challenges of the previous plan. This time the plan to be with more benefits that the one that gone. "The London Great Weight Debate as well as the Great Weight Debate Merton which focused on engaging with residents in the east of the borough, BAME communities, parents/carers and young people, provided an in-depth insight into views and opinions on childhood obesity, the findings of which have been used to steer the refresh of the Child Healthy Weight Action Plan." (Merton, 2023)

The health of people in Merton is generally better than the London and England average . Life expectancy is higher than average and rates of death considered preventable are low. This is largely linked to the lower than average levels of deprivation in Merton.



Public Health
England

Child obesity in the East of England

Prevalence of obesity by age

Reception (aged 4-5 years) and Year 6 (aged 10-11 years)

Around 1 in 12 children in Reception are obese



Around 1 in 5 children in Year 6 are obese



Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference
Source: National Child Measurement Programme 2017/18

According to, Merton (2023) in the territory of the the borough has 43 Primary Schools, 8 Secondary Schools, 3 special schools and a number of resource bases within mainstream schools for pupils with a specific type of special educational need.

All children at age 3 and 4-year-old and some 2-year old children are entitled to 15 hours a week of free early education and childcare. To some children at this age with working parent may be added additional 15 hours, in total of 30 hours per week for free (called the extended entitlement or 30 hours).

“All children up to the age of 7 (reception to year 2) are entitled to a daily school meal free of charge . The charge for children in years 3 to 6 is £2.40 per meal. However, your child may still be entitled to a free school meal.” (Merton, 2023)

Reviewing the status of Merton Borough of meeting the 3 SDGs

The ambition of Merton is to make the residence of the borough proud to called home, and no one is left behind. The meaning of that is to build on the previous experience and build strong connection between education and economic successes.

To get to susses in 2030 Merton where listening and that is why is developing, such as our high streets, open spaces and community hubs, and by tackling the things you told us need improvement - including street cleanliness, parking and transport.

The AIMS that Merton want to achieve is deferent better live in the borough. The key words of how Merton will look after:

- local communities
- better quality spaces
- local high streets
- street-scene and cleanliness
- access to skills & education
- cleaner, and greener borough
- celebrate our history and the diversity

How this will be happening during the time till 2030. There is five priorities that Merton will be focusing.

1. Maintaining Excellent Education and Skills

NOW	FUTURE	2030
• Provide excellent education for children in our borough with special educational needs provide excellent education for children in our borough with special educational needs • Covid, including targeted additional mental health support • New programme of support for young people with learning disabilities • Supporting digital skills • Education and wellbeing hubs in libraries	• Develop vibrant partnerships on youth employability • Work in partnership with our local colleges • Apprenticeship Levy to its fullest and support local employment and skills	• Maximise the skills opportunities in the transition to a green • Work with partners to develop a compelling offer to bring the tech sector to Merton

(Merton, 2023)

2.Promote a dynamic, connected and inclusive community and economy with safe, vibrant high streets and jobs for our residents

NOW	FUTURE	2030
• Developing support to local businesses • Health and wellbeing service on Mitcham High Street • Introducing the Workery in • community banking service	• investment fund to support community • continue to support creation of different types of services	• Regenerate Morden High Street • Masterplan for Mitcham to maximise the area's economic opportunities

3. Supporting and caring for residents who are most in need and promote the safety and wellbeing of our communities.

NOW	FUTURE	2030
• Recommissioning our Community • Piloting our Transforming How We Work • Collaborating with the NHS on a refreshed Health and Care plan Communities approach	• offering a redesigned early help offer for parents and children to • provide support and interventions at earlier stage	• embedding prevention of ill health and promotion of wellbeing

4. Ensure a clean and environmentally sustainable borough with inclusive open spaces where people can come together and there is a variety of natural life

NOW	FUTURE	2023
• Investing additional £250,000 into street scene • Promoting active travel and air quality through schools •	• Increase youth involvement in our green spaces and climate • develop a long-term plan for walking, cycling and EV charging	• increasing the tree canopy coverage by 10% in Merton by 2050. • the council to be carbon neutral by 2030 and borough to be carbon neutral by 2050

5. Work to make Merton a fairer, more equal borough and support those on lower income by tackling poverty and fighting for affordable housing.

NOW	FUTURE	2030
• financial support to those on lower income through the household support • Increasing the supply of temporary accommodation through joining the panLondon Capital Letters	• We will explore how we can redefine the social contract with the community	• We will deliver affordable housing and quality housing through regeneration of High Park and Eastfields

(Merton,2023)

Recommendations

During the research and my self and my closest people living in Merton. The recommendation will be given from the pinion of small group of people. However, the recommendation is hard to be given for all borough as we all know have rich and poor areas. I am one of the one who live in not to bad place. I want mention clean streets and more school. My recommendation for improvement is much further when children are just starting the journey of what is to be a member of larger community. The teacher should invest more time of giving real care scenarios of how we would care of us, planet and the others. Yes the pandemic have changed us, but that is from long ago. The education have changed and now hopefully too SDGs to be able to change the way of the people are looking for the best future.

Conclusion

The 17 Sustainable Goals around the world and UK. Actions that have been taken to support , prevent, and give life. The action that we all want to know and see the progress in the place that is occupation at this time. The research show that now many countries are have the power that UK is having the material support is also obvious. The only left for us is to better people , help, protect the vurnuble, and make sure that we keep the interment clean as possible for clear streets and air that we all breath.

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