

Rahima Sultan (2014833)
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Chloe Harries

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Introduction

In the health and care sectors, the combination of sustainable development, wellness, and health is becoming more and more important. Ensuring long-term sustainability and improving quality of life are the two main objectives of the National Health Service (NHS) in the United Kingdom. With an emphasis on two important Sustainable Development Goals (SDGs): quality education and good health and wellbeing, this research critically assesses the condition of health, wellness, and sustainable development across the UK's healthcare sectors.

Good health and high-quality education work together to support one another in developing a society that is sustainable, educated, and in good condition. Providing a quality education for everyone, encouraging opportunities for continued education, and enhancing health knowledge are all part of ensuring excellent education (SDG 4). On the other hand, among other health priorities, good health and well-being (SDG 3) include lowering death rates, fighting diseases, and promoting mental health. These goals are essential for both personal growth and the country's overall social development.

This report's objective is to evaluate the UK's progress towards these two SDGs. For example, The NHS Long Term Plan, which presents a vision for healthcare over the next ten years with an emphasis on prevention, digital transformation, and integrated care systems, is one of the strategies and programs created to accomplish these aims. I will assess the efficacy of these programs and initiatives. I'll also look at educational programs that aim to raise awareness of health issues and outcomes, which are crucial for enabling people to make better health decisions and live healthier lives.

This report will evaluate the effects of these measures on health, well-being, and sustainable development within the UK's healthcare sectors by looking at secondary data and deriving conclusions from the body of current research. I will list the successes and difficulties encountered in putting these objectives into practice, offering a critical assessment of the UK government's current state of development. Additionally, I will provide suggestions for improving the current national and local policies, pointing out any gaps and suggesting solutions to the problems that have been found.

Improving high-quality education as well as overall health and well-being within the healthcare sectors of the UK is a complicated and diverse undertaking. This study intends to offer a thorough overview of the existing plans, emphasise the progress made, and recommend areas for improvement through a deep analysis of the nation's efforts in these areas. My objective is to serve as a for upcoming laws and practices, making sure that the UK stays at the forefront of combining sustainable development, health, and well-being for the good of all its people.

Introduction to concepts:

Wellbeing:

A person's entire quality of life is influenced by a variety of elements that make up their overall well-being, which extends beyond their physical health to include social, mental, and emotional aspects. Being well is the condition of being comfortable, healthy, or joyful. It includes all parts of physical, mental, and emotional stability as well as the existence of supportive social networks and relationships.

It's critical to recognize the significance of well-being for several reasons. It is an example of a holistic approach to health, acknowledging that a person's whole health state is not entirely determined by their physical health. Emotional and mental well-being are equally vital and have a big impact on how people feel and go about their everyday lives. Better quality of life is strongly correlated with high levels of well-being. Individuals who report feeling happier are more likely to lead healthier lifestyles, keep up stronger relationships, and work harder both at home and at work.

Furthermore, there are major economic costs for wellness. Increased healthcare expenses, lower worker productivity, and greater absence rates can all be consequences of poor well-being. On the other hand, encouraging wellness may lead to a more engaged and productive staff, lower medical expenses, and improved economic performance. In terms of society, well-being fosters more functional societies and stronger communities. People who are in good health are inclined to support social projects, volunteer, and take part in constructive community activities. Therefore, improving general well-being benefits everyone as well as society at large.

Sustainable Development

Sustainable development is a broad term to describe policies, projects and investments that provide benefits today without sacrificing environmental, social and personal health in the future. It shows the dependence of these three pillars and the necessity for integrated solutions that address economic, environmental, and social concerns concurrently. It entails a balanced approach to social fairness, economic growth, and environmental conservation.

There are several reasons why sustainable development is important. Sustainable development necessitates environmental preservation since it minimises pollution, encourages the wise use of natural resources, protects biodiversity, and slows down climate change. Through the implementation of sustainable practices, communities may protect

ecosystems and guarantee that resources will be available for the next generations. Long-term economic growth is also supported by sustainable development, which encourages resource efficiency, waste reduction, and innovation. In doing so, it fosters the growth of green technology and sustainable industries, opening up new business and employment prospects. Sams, L. (2017)

In addition, social equity is a key component of sustainable development, guaranteeing that the advantages of progress are shared equally among all members of society. Addressing problems like poverty, inequality, and access to healthcare and education, fosters social cohesiveness and inclusive progress. By tackling the underlying causes of conflict and displacement, such as resource shortages, environmental degradation, and social injustice, sustainable development promotes stability on a global scale. Societies can lessen the likelihood of war and improve international peace and security by encouraging sustainable activities.

Health

The definition of health goes beyond simply being free from illness or disability to include a condition of whole physical, mental, and social well-being. Numerous aspects, such as heredity, lifestyle, environmental impacts, and availability of healthcare facilities, are highlighted by this comprehensive description. Factors related to social, economic, and environmental factors can all have an impact on health, which is a dynamic state.

There are many areas of life where the value of health is clear. A person's health is essential to their well-being. People can pursue education and job prospects, participate in social and recreational activities, and have active, full lives when they are in good health. It enables people to reach their greatest potential and make valuable contributions to society. Health has a significant economic impact on productivity. People who are in good health have higher chances of being economically active, contributing members of society, and participating in the workforce. On the other hand, poor health can result in higher medical expenses, lower productivity, and financial losses.

Sustainability and health are closely linked in society. Healthy communities have improved quality of life, increased social cohesiveness, and decreased crime rates. Being well eases the load on social services and encourages social inclusion. To address issues like infectious illnesses, environmental health hazards, and global health disparities, coordinated international activities are needed on a worldwide scale. Ensuring global peace, security, and economic prosperity requires promoting global health.

Sustainable Development Goals

The United Nations established the 17 interrelated global goals known as the Sustainable Development Goals (SDGs) in 2015 as a component of the 2030 Agenda for Sustainable Development. Numerous global issues, such as poverty, inequality, health, education, environmental degradation, peace and justice, and education, are all intended to be addressed by these aims. Specific milestones and indicators are included with each aim to track advancement and guarantee responsibility.

The SDGs are critical for several reasons. Firstly, they provide a comprehensive framework for addressing the world's most pressing challenges, offering a shared vision and common language for governments, businesses, and civil society to work together towards sustainable development. The adoption of the SDGs represents a global commitment to sustainable development, reflecting the collective determination of the international community to tackle critical issues such as poverty, inequality, and climate change. This global commitment promotes international cooperation and fosters partnerships to achieve common goals. Sams, L. (2017)

At every level of regulation, the SDGs work as a guide for action and policy. Sustainable development goals are encouraged to be integrated into national policies, corporate plans, and daily activities by offering a road map for individuals, governments, and organisations to match their endeavours with global priorities. Accountability and measurement are guaranteed by the SDGs' inclusion of precise targets and indicators. Transparency and accountability are essential for reaching the objectives and making sure that no one is left behind. Regular monitoring and reporting allow for the tracking of progress, the identification of gaps, and the motivation to take action.

The SDGs encourage a comprehensive strategy for development, acknowledging the links among the social, environmental, and economic facets. They stress the necessity of integrated approaches that tackle several issues at once to promote equitable and sustainable growth. By taking a comprehensive approach, balanced and coordinated development is promoted and attempts to accomplish one goal are not jeopardised in the process of achieving another.

UK Strategies

Goal A

The Sustainable Development Goals (SDG 4) of the UN states that high-quality education should guarantee inclusive and equitable education and encourage opportunities for lifelong learning for all. This objective goes beyond simple enrolment numbers or literacy rates; rather, it centres on providing an education that is efficient, pertinent, and available to all individuals, regardless of their geographic location, gender, or socioeconomic status. A high-quality education consists of a multitude of components, such as sufficient facilities, qualified instructors, and fair educational opportunities, all of which are intended to promote the psychological and affective growth of students.

The National Curriculum

In England, the National Curriculum offers a detailed structure for the subjects that pupils are taught in schools, guaranteeing uniformity and high standards throughout the country. The curriculum, which covers every subject and significant phase from primary to secondary school, attempts to provide a comprehensive and well-rounded education that equips students for the workforce and life. essential subjects like science, maths, and English are prioritised along with the humanities, arts, and physical education to foster intellectual, social, and personal growth. *Bowe, R. (1992)*

The strength of the National Curriculum is its capacity to standardise education, guaranteeing that all pupils, regardless of their place of residence, receive an excellent education. It encourages a well-rounded education and places an emphasis on critical thinking, creativity, and problem-solving abilities, all of which are key for both personal and professional development by thoroughly covering the necessary disciplines.

However, the National Curriculum has faced criticism for being unduly rigid and insufficiently adaptable to meet every student's unique requirements and interests. Critics contend that it

overemphasised standardised testing, which can inhibit innovation and place undue strain on educators and students. Concerns exist regarding the lack of resources and assistance that schools, especially those in underprivileged communities, will need to carry out the curriculum. García-Blandón, J.(2019)

The Apprenticeship Levy

The UK's Apprenticeship Levy was introduced in April 2017 to encourage employers to invest in high-quality training while also funding new apprenticeships. Employers who pay more than £3 million in payroll annually must contribute to the levy, which funds apprenticeship programs in several industries. With the help of this project, vocational education and training will be improved, giving young people the credentials and abilities they need to be successful in the workforce.

The Apprenticeship Levy constitutes a substantial investment in job training and education to close the educational gap and improve employability. By offering official certificates and real-world experience, apprenticeships encourage businesses to make an effort in individuals. This program could ensure that young people get the skills necessary for the workforce by filling the gap between education and employment.

Nevertheless, there have been difficulties with the implementation of the Apprenticeship Levy. Due to the administrative costs and intricacies of the funding process, some businesses have been hesitant to adopt the program. Concerns over some apprenticeship programs' relevance and quality have also been raised by reports of their failure to meet requirements or offer worthwhile training opportunities. Furthermore, due to budgetary and operational limitations, smaller enterprises have found it harder to take part in the program.

With the help of these strategies, the UK government has significantly improved the quality of education. The National Curriculum, which emphasises core subjects and critical skills, has been effective in standardising education and raising academic standards across schools, improving student outcomes and preparing them for higher education and employment. The Apprenticeship Levy has successfully increased the number of apprenticeships and expanded opportunities for vocational training, helping to address skills

shortages in key industries and providing young people with viable pathways into the workforce.

Even with these successes, there are still difficulties. There are still gaps in education; pupils from underprivileged families typically have poorer educational success and less access to high-quality education. These differences have been made worse by the COVID-19 pandemic, underscoring the necessity of focused interventions to help kids who are most in need. Furthermore, there needs to be constant monitoring and assessment of apprenticeship programs to make sure they adhere to the requirements because their consistency and quality might vary.

The National Curriculum should be more flexible to accommodate the wide range of requirements and interests of students. This would enable schools to customise their curriculum and teaching methods to fit the particular needs of each student. This might include broad topics, project-based learning, and creative disciplines that encourage creativity and critical thinking.

The demand on teachers and students can be reduced by shifting the focus from standardised testing towards formative assessments and comprehensive evaluation techniques. This strategy would encourage a more equal and encouraging learning environment that puts the needs of each student and their personal growth first.

To help underprivileged kids and close success gaps in school, targeted interventions and more assets are required. This can include providing low-income schools with more financing, making teaching and support programs more accessible, and initiating efforts to involve communities and parents in the educational process.

It is important to improve the system for funding and reduce the strain on companies to maximise the effectiveness of the Apprenticeship Levy. Regular evaluation, licensing procedures, and cooperation with industry partners can all help to ensure the quality and applicability of apprenticeship programs, which is an important goal. It is important to provide support, in the form of financial benefits and logistical assistance, for small businesses to engage in the program.

Implementing sustainability topics into the curriculum and learning practices can help students grow into educated, responsible citizens. This could involve introducing

environmental education, encouraging environmentally friendly behaviours, and cultivating a sustainable mindset in schools.

Expanding access to learning opportunities and improving educational quality are two benefits of combining technology and creative teaching approaches. Particularly in isolated and impoverished areas, digital platforms, online resources, and blended learning models can offer flexible and customised learning experiences.

UK Strategies

Goal B

The United Nations' Sustainable Development Goal 3 (SDG 3) defines good health and well-being as focussing on fostering well-being and guaranteeing healthy lives for people of all ages. Reducing maternal death rates, putting an end to the AIDS, TB, and malaria epidemics, lowering the premature death rate from non-transmissible diseases, and fostering mental health and wellbeing are just a few of the health-related objectives of this broad goal. Being well means having good physical, mental, and social health and not getting sick. It seeks to establish a condition of general life fulfilment and contentment. Since it affects economic stability, educational success, and general quality of life, ensuring health and well-being is essential to sustainable development.

Sdg, U,(2019)

The major goals for the NHS over the next ten years are outlined in the NHS Long Term Plan, which was released in January 2019. It attempts to address the leading causes of death and illness, including heart disease, stroke, cancer, respiratory disorders, and mental health issues. The strategy calls for taking steps to stop sickness, identify conditions early, and enhance care and treatment. To provide more coordinated and effective services, it also highlights how important integrated care systems are.

Public Health England (PHE) runs several health promotion initiatives aimed at improving the health and well-being of the population. These include campaigns like Change4Life, which encourages healthier eating and physical activity, and Stoptober, which helps people quit smoking. PHE also works on reducing health inequalities by focusing interventions on communities most at risk of poor health outcomes.

The NHS Long Term Plan

The NHS Long-Term Plan is ambitious and aims to address some of the biggest health challenges in the UK. Its strengths lie in its focus on prevention, early diagnosis, and integrated care, aiming to reduce chronic diseases, improve patient outcomes, and ensure the sustainability of healthcare services.

However, the plan faces several challenges. One major issue is the funding gap. Despite increased investment, there are concerns that the resources provided may not be enough to meet the ambitious targets. Additionally, the plan's success depends on effectively implementing integrated care systems, which require significant changes to existing structures and practices. Achieving this integration can be complex and may face resistance from various parts of the healthcare system.

Public Health England's Health Promotion Initiatives

Public Health England's initiatives are crucial for improving public health and reducing health inequalities. Campaigns like Change4Life and Stoptober have been successful in raising awareness and encouraging healthier behaviours. These initiatives are based on evidence and target key risk factors for chronic diseases, such as poor diet, lack of physical activity, and smoking.

Despite these successes, challenges remain in ensuring the reach and impact of health promotion initiatives. Health inequalities persist, and some communities find it harder to engage with these campaigns. Additionally, the effectiveness of these initiatives depends on broader social factors, such as education, employment, and housing, which require coordinated efforts across different sectors.

Evaluation of Progress

The UK government has made significant progress in improving health and wellbeing. The NHS Long Term Plan has led to advancements in early diagnosis and treatment of diseases, with improvements in cancer survival rates and reductions in deaths from cardiovascular diseases. Integrated care systems are beginning to take shape, promoting more coordinated and efficient healthcare delivery.

Public Health England's initiatives have also contributed to positive changes in public health behaviours. For instance, the Change4Life campaign has successfully increased awareness of healthy eating and physical activity, while Stoptober has helped many people quit smoking. However, health inequalities continue to be a significant issue, with differences in health outcomes between various socio-economic groups. The COVID-19 pandemic has further highlighted these inequalities and added more pressure on the healthcare system. There is also ongoing debate about the adequacy of funding and resources to fully achieve the goals set out in the NHS Long-Term Plan.

Impact on Health and Wellbeing

Achieving good health and well-being for all is a complex task that requires addressing various factors. The focus on prevention and early diagnosis in the NHS Long-Term Plan is essential for improving health outcomes. However, implementing these measures can be challenging, especially in underserved and disadvantaged communities. Access to healthcare services, health literacy, and social factors all play a crucial role in the effectiveness of these initiatives.

The emphasis on integrated care systems aims to improve the coordination and efficiency of healthcare services. While this approach has significant potential benefits, it requires substantial changes to existing structures and practices, which can be difficult to achieve. Ensuring that all parts of the healthcare system work together effectively is crucial for the success of integrated care.

Sustainable Development

Good health and well-being are closely linked to sustainable development. Healthier populations are more productive, contribute to economic growth, and require fewer healthcare resources. However, achieving this goal requires addressing broader social, economic, and environmental factors. This includes ensuring access to education, employment, and safe living environments, as well as addressing issues such as climate change and pollution.

The NHS Long Term Plan and Public Health England's initiatives contribute to sustainable development by promoting healthier behaviours and reducing the burden of chronic diseases. However, a more integrated approach is needed to address social factors and promote equity in health outcomes. Bickler, G. (2019)

Recommendations

Adequate funding is crucial for the successful implementation of health initiatives. The government should ensure that sufficient resources are allocated to the NHS Long Term Plan and Public Health England's initiatives to meet their ambitious targets.

To improve the coordination and efficiency of healthcare services, it is essential to enhance integrated care systems. This requires investing in infrastructure, training, and support to facilitate collaboration between different parts of the healthcare system.

Targeted interventions are needed to reduce health inequalities and ensure that all communities have access to quality healthcare services. This includes addressing social factors and providing support to disadvantaged communities.

Increasing health literacy is crucial for empowering individuals to make informed health choices. Public health campaigns should focus on providing clear and accessible information to help people understand and manage their health.

Engaging communities in health initiatives can enhance their effectiveness. Community-based approaches that involve local organisations and residents can help to ensure that health initiatives are relevant and accessible.

Utilising technology and innovation can enhance the delivery of healthcare services and improve health outcomes. Digital health tools, telemedicine, and data analytics can support the implementation of health initiatives and provide new ways to engage with patients.

Health initiatives should incorporate sustainability principles to ensure long-term benefits. This includes promoting environmentally sustainable practices within healthcare services and addressing environmental factors of health. Newig, J. (2019)

Conclusion

This report has critically examined the current state of health, wellbeing, and sustainable development within the UK's health and care sectors, focusing on the goals of quality education and good health and wellbeing. These goals are pivotal for sustainable development, influencing economic stability, educational outcomes, and overall quality of life.

We explored the definitions and importance of health, well-being, and sustainable development, underscoring their interconnected nature. Quality education and good health and well-being are not just fundamental human rights but also essential for fostering a thriving society. Education empowers individuals, while good health enables them to fully participate in educational and economic activities.

The analysis delved into the NHS Long Term Plan and Public Health England's (PHE) health promotion initiatives as key strategies to achieve these goals. The NHS Long Term Plan aims to tackle major health issues through prevention, early diagnosis, and integrated care, focusing on conditions like cancer, heart disease, stroke, respiratory illnesses, and mental health. PHE's initiatives, such as Change4Life and Stoptober, promote healthier lifestyles and aim to reduce health inequalities.

Our critical review of these strategies highlighted their strengths, including their evidence-based approaches and emphasis on prevention and integrated care. Significant progress has been made in early diagnosis and treatment, improving patient outcomes and ensuring more coordinated healthcare delivery. Public health campaigns have successfully raised awareness and encouraged healthier behaviours.

However, the report also identified persistent challenges. Funding gaps remain a major concern, with resources potentially insufficient to meet the ambitious targets set out in the NHS Long-Term Plan. Health inequalities continue to pose significant issues, with disparities in health outcomes across different socio-economic groups. Implementing integrated care systems and engaging underserved communities also present ongoing challenges. The COVID-19 pandemic has further exacerbated these issues, underscoring the need for sustained efforts and adequate funding.

To address these challenges, the report recommends increasing funding and resources for health and education initiatives, enhancing integrated care systems, targeting interventions to reduce health inequalities, promoting health literacy, and strengthening community engagement. Leveraging technology and innovation and integrating sustainability principles into health initiatives are also essential for long-term success.

In conclusion, achieving quality education and good health and well-being requires a comprehensive approach that addresses various factors, from healthcare delivery to social determinants of health. By continuing to refine and support these strategies, the UK can make significant progress towards ensuring healthy lives, promoting well-being, and providing quality education for all. This, in turn, will contribute to sustainable development, fostering a society where everyone has the opportunity to thrive.

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