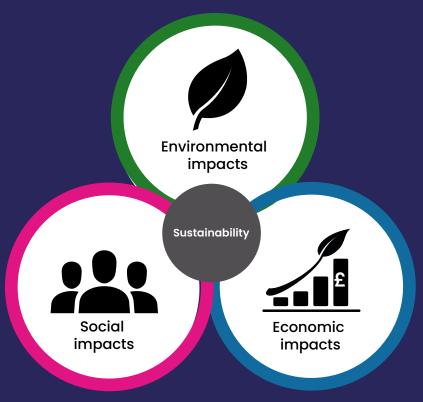
HNC/HND Physical Activity & Health





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The world is currently facing many global challenges which can have local, national, and international impacts. These impacts can be grouped into what are commonly referred to as 'the three pillars of sustainability'.

One pillar represents environmental stewardship, reflecting the need for responsible and conscientious management of Earth's natural resources and for the protection of the environment.

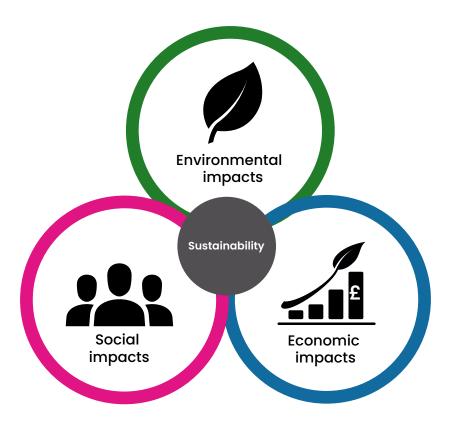
Another pillar represents social sustainability, referring to the ability of a society to maintain and enhance the well-being and quality of life. This involves creating an equitable and just society that promotes social cohesion, protects human rights, and ensures that everyone has access to basic needs and opportunities.

The final pillar represents economic sustainability, which involves balancing economic development with the preservation of natural resources, social well-being, and the needs of future generations.

All three pillars are of equal importance. Achieving sustainability requires collective action from individuals, businesses, governments, and organisations at local, national, and international levels. It involves making conscious choices and adopting practices that minimise negative impacts on the environment, promote social equity, and contribute to long-term economic sustainability.

To address global challenges and promote sustainability, the United Nations established the <u>2030 Agenda for Sustainable Development</u>, a shared blueprint for people, planet, prosperity, peace, and partnership. At its heart is a set of 17 goals (<u>Sustainable Development Goals</u> or SDGs), which aim to stimulate action by 2030 in areas of critical importance for humanity and the planet. Behind each goal is a set of specific targets against which progress towards the individual goals can be monitored.

The infographic below displays some social, economic, and environmental impacts that may be associated with poor physical activity, and examples of sustainable development goals associated with these impacts.



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Secondary **Primary** Driver **Associated SDGs** impact impact Obesity ... 2 – zero hunger **Medical conditions** 3 – good health and wellbeing (eg diabetes, cardiovascular 4 - quality education Inadequate diet/ disease, hypertension, malnutrition 10 - reduced inequalities some cancers) 11 - sustainable cities and communities Premature mortality :: 3 - good health and wellbeing 4 – quality education Lack of/reduced Mental health issues participation 5 - gender equality (eg dementia, physical activity depression, stress) 10 - reduced inequalities Dependency on safe, accessible, transport system 11 – sustainable cities and communities 12 – responsible consumption and production **Reduced mobility** 13 - climate action Reduced active travel potential (walking, cycling) Disparities linked to 5 - gender equality age gender disability 10 - reduced inequalities socio-economic status Social inequality geographical location 11 - sustainable cities and communities no poverty 5 - gender equality Reduced Unemployment or 8 - decent work and economic growth employment reduced income opportunities 9 – industry, innovation and infrastructure 10- reduced inequalities 11 – sustainable cities and communities **Overarching** 16 – peace, justice and strong institutions

17 – partnerships for the goals