ADVANCING QUALITY OF LIFE THROUGH SUSTAINABILITY POLICIES THAT PRIORITIZE HEALTH AND EQUALITY

Fayola Issalillah

Maulana Malik Ibrahim State Islamic University of Malang

correspondence: fayola.issalillah@gmail.com

Abstract

Effective sustainability policies are essential in advancing society's quality of life, particularly with regard to public health. Sustainability does not only include environmental protection, but is also closely related to social and economic equality. This study examines how sustainability policies can advance society's quality of life by considering health as part of the policy. Inclusive and equitable policies, which take into account vulnerable groups in society, will be more successful in creating healthy and sustainable societies. An integrated policy approach based on society participation is needed to achieve this aim. People who are educated about sustainability and health will be more supportive of such policies, as well as active in protecting and preserving the environment. Thus, sustainability policies that prioritize health and social equality will create a broad positive impact on society and the environment.

Keywords: sustainability policy, quality of life, public health, social equality, environment, society participation, sustainability education.

Introduction

Environmental sustainability and public health have a close relationship, where good sustainability policies can directly contribute to advancing the quality of human life. Global warming, air pollution and climate change are some of the environmental challenges that affect public health. Various international reports, such as those issued by the World Health Organization (WHO), emphasize the importance of reducing greenhouse gas emissions and pollutants to reduce mortality and environment-related diseases, such as respiratory disorders, heart disease and cancer (WHO, 2021). Policies that support sustainability, including the use of renewable energy, efficient waste management, and protection of natural resources, giving benefits not only for the environment but also for public health (Korançe, 2021).

On the other side, sustainability is not only limited to environmental aspects, but also includes social and economic dimensions. A society living in a healthy environment with access to clean water, fresh air, and green open spaces has the potential to reduce health care costs and advance their productivity (Houghton et al., 2020). Policies that support sustainability, such as environmentally friendly urbanization and urban planning that takes into account public health, are expected to create a higher quality of life. The biggest challenge is how to ensure that these policies are implemented equitably across the board, given the social inequalities that still exist in access to healthy environments and health services (Sprovieri et al., 2021).

One of the main problems in the relationship between environmental sustainability and public health is unequal access to resources that support health. In many developing countries, high levels of air pollution, poor sanitation and low access to adequate health facilities are still main problems that worsen people's quality of life (Sachs, 2015). These disparities are more pronounced in densely populated urban areas, where poorer populations are often the most vulnerable to the adverse effects of environmental degradation. Sustainability policies that are not designed to address these social inequalities can actually worsen health conditions for the groups that need protection the most (Zazouli & Kalankesh, 2018).

Another problem lies in society's low awareness and knowledge of the importance of sustainability in the health sphere. While most people are aware of environmental problems, their understanding of how sustainability

policies can directly advance their health is limited. This lack of understanding is a major obstacle in implementing sustainability measures that can giving long-term benefits to public health. Often, good environmental policies are not followed by adequate education to the society, which makes them less proactive in preserving and maintaining their environment, which further hinders the creation of a strong link between sustainability and health (Vardoulakis et al., 2016).

The link between sustainability and public health is becoming increasingly important amidst the growing threat of climate change and the global environmental crisis. A better understanding of how to integrate sustainability policies with public health advancement aims will bring long-term benefits not only for today's society, but also for future generations. With the advancing burden of environment-related diseases, policies that address both aspects should be a top priority. Further research and effective policy implementation are urgently needed to ensure that sustainability not only creates a healthier environment, but also giving more just access for all.

The main aim of this research is to explore and analyze how sustainability policies can be designed to not only take into account environmental aspects, but also giving tangible benefits for public health in a just and evenly distributed manner. The research aims to identify policies that can reduce inequalities in access to a healthy environment and health facilities, and to understand how these policies can be integrated at different levels of society.

Method

The literature study approach is an effective method to analyze various written sources related to the topic of sustainability and public health. The literature study was used to digging a deeper understanding of the relationship between sustainability policies and their impact on society's quality of life. Through document research engaging journal articles, international organization reports, and related books, researchers can identify trends, challenges, and recommendations that have been put forward by various parties in an effort to create a healthy and sustainable environment. According to Hartley (2017), this approach allows for the review of existing concepts, and giving an overview of the development of theories and practices that have been implemented previously in different regions.

In a literature study, it is important to assess the quality and credibility of the sources used. According to Pickett et al. (2014), literature analysis also makes it possible to identify existing knowledge inequality, which can further direct further research or more relevant policy updates. Thus, this approach offers a comprehensive and evidence-based understanding to design effective policies to link environmental sustainability with public health.

Result and Discussion

In recent decades, awareness of the importance of environmental sustainability and its impact on society's quality of life has advanced. Sustainability is not only an environmental issue, but also closely related to social aspects and public health. Limited natural resources, increasing pollution, and adverse climate change are major challenges for the world (Yadav et al., 2021). Integrating sustainability policies with health policies is a crucial step to create a healthier and more just environment for all levels of society.

The importance of sustainability in social and economic life has encouraged governments and international institutions to formulate policies that not only pay attention to the preservation of nature, but also advance the quality of human life. Effective sustainability policies must engage all levels of society and accommodate various aspects of health, including access to sanitation, clean water, healthy air, and green open spaces. A healthy society is one that is able to adapt to change and manage natural resources sustainably (Herguedas, 2020).

Designing sustainability policies that are just and relevant for all society is not easy. The many factors that affect human health and well-being, such as socio-economic inequality, inequalities in access to health services, and climate change that directly impacts daily life, make this challenge even more complex (Mpofu, 2020). It is important to explore approaches that can create sustainable policies that not only adequately improve environmental conditions, but also address the health problems faced by society.

Designing sustainability policies that advance society's quality of life with equal attention to health requires an inclusive approach. One of the main aspects that needs to be considered is the integration between environmental policies and public health policies (Herisasono et al., 2021).

According to Baum (2008), environmental sustainability has a direct impact on public health, both in the short and long term. Implemented sustainability policies should consider how a healthy environment can contribute to disease prevention and advance well-being.

In designing such policies, it is important to understand that people's health is not only influenced by individual factors, but also by social and environmental conditions (Aisyah & Issalillah, 2021). Equality in health can be achieved if sustainability policies are implemented that minimize injustices in access to a healthy environment. Sustainably managed natural resources, access to clean air, clean water, and low-emission consumption patterns can help reduce the disproportionate burden of disease on certain groups of society, especially vulnerable ones such as low-income communities and minority groups (CSDH, 2008).

Sustainability policies that aim to improve quality of life should focus on reducing pollution and improving the physical environment (Mauratidis, 2021). For example, environmentally friendly city building, by providing sufficient green open space and efficient public transportation, can reduce social stress and advance overall quality of life. This is consistent with the findings reported by McMichael et al. (2008), who stated that a clean environment and accessibility to good public spaces can advance society's mental and physical health. Effective sustainability policies should lead to environmentally friendly infrastructure improvements and focus on better city planning.

Sustainability policies should also support equal access to education and information on health and the environment. Quality education on sustainability and health can empower individuals to make better choices in their daily lives, such as healthy diets and greener lifestyles. This is in line with the results of a study by Kuehn (2011), which showed that society who are more informed about sustainability are more likely to engage in environmentally friendly practices and maintain their health.

A participation-based approach is also crucial in designing equal sustainability policies. Societies, especially vulnerable groups, must be engaged in the decision-making process regarding environmental policies that may affect their quality of life. This participation giving space for different perspectives and ensures that the policies made truly meet the needs of all groups in society, not just the socially or economically

dominant ones (Arnstein, 1969). Despite intentions to be inclusive, participatory initiatives often marginalize critical voices, revealing that exclusion is an inherent aspect of many participatory processes (Aisyah & Issalillah, 2021). Thus, inclusive sustainability policies can be more easily accepted and implemented at the local level.

An evidence-based approach is key in designing effective sustainability policies. For this reason, data on environmental impacts on public health should be systematically collected and used to formulate evidence-based policies. For example, data on the prevalence of air pollution-related diseases or climate change-related diseases can be used to formulate more targeted emission reduction or adaptation policies. Research by Haines et al. (2009) emphasizes the importance of collecting relevant and evidence-based data in designing effective public policies.

Sustainability-focused policies should consider economic elements, such as creating sustainable jobs and supporting green economy sectors. By creating employment opportunities that focus on green industries, society will directly benefit from sustainability policies. According to Smith (2007), sustainability policies that support green growth can advance the overall quality of life, as they advance social well-being and reduce socioeconomic inequalities.

On the other side, the integration between sustainability policies and health policies should lead to a decrease in social injustice in access to health resources and services. Many groups of society, especially those living in marginalized areas, do not have equal access to quality health services or a healthy environment. Policies that prioritize sustainability should address these inequalities by advancing access to health services, improving environmental quality, and ensuring other basic rights such as clean water and proper sanitation.

It is also important to design policies that focus not only on short-term achievements, but also on long-term sustainability. Sustainable development requires a long-term vision that engages environmental protection and overall improvement in quality of life. Effective policies must giving economic and social benefits to future generations, without compromising the quality of the environment and health of current generations (Meadows et al., 2004).

Quality sustainability policies should engage relevant sectors, such as the education sector, city planning, energy sector, and health sector. Coordination between these sectors is crucial in realizing a comprehensive and effective policy. For example, the health sector can work with the city planning sector to ensure that cities are not only environmentally friendly, but also support public health by providing sufficient green open space and easy access to health facilities (Grover & Singh, 2020).

It is also important to ensure that the sustainability policies designed can be measured and monitored regularly. Without a clear monitoring mechanism, it is difficult to assess whether the policy has delivered the desired results in advancing society's quality of life. Clear and measurable sustainability indicators should be included in every sustainability policy implemented. This includes measurements of environmental quality, public health, as well as socio-economic indicators.

Community education and empowerment also play an important role in supporting effective sustainability policies. Societies that are educated about sustainability are more likely to adopt environmentally friendly behaviors and pay attention to their own health. As highlighted by Giddings et al. (2002), sustainability-focused education can facilitate positive and deep behavioral changes in society, which can further advance overall quality of life.

Sustainability policies designed to advance society's quality of life with health in mind should focus on collaboration between the government, private sector and societies. All parties must work together to create a healthy environment, equal access to health services, and sustainable building. With an integrated approach, sustainability policies can give solutions that are relevant and acceptable to all groups of society, regardless of their socio-economic background (Cerf, 2019).

Implementing sustainability policies that take into account public health requires collaboration between various sectors, including the health, education, city planning and economic sectors. Synergy between these sectors is important to create integrated policies that can create sustainable solutions. In this case, sustainability policies not only serve as an instrument to protect nature, but also as a means to ensure equal access to health services and a healthy environment. Policies that are inclusive,

evidence-based and consider social well-being will be more effective in creating a healthy and prosperous society (Racioppi et al., 2020).

The importance of evidence-based approaches and society's participation in designing sustainability policies that can advance society's quality of life should be a main attention. A society that is educated about sustainability and health is more likely to be actively engaged in efforts to conserve the environment and maintain their health. In this case, sustainability education is one of the determining factors in creating positive change at the individual and community level.

Finally, sustainability that is closely linked to public health can be realized with policies that not only consider the present, but also the future. Every policy should have a long-term vision that leads to the creation of a healthier, cleaner and more just environment. By attending to the principles of sustainability, health, and equality, we can create a more prosperous society, not only for the current generation, but also for generations to come.

Conclusion

Sustainability that focuses on advancing society's quality of life and public health requires policies that not only prioritize environmental preservation, but also pay attention to equality of access to health services and just management of natural resources. Such policies should engage an approach that combines social, economic and environmental aspects to create healthy and sustainable societies. Taking into account the inequalities that exist in different groups of society, it is important for the policy to prioritize groups that are more vulnerable to negative environmental impacts, such as the poor society and marginalized. Implementing sustainability policies that focus on health and equity can accelerate the achievement of a better quality of life and advanced overall well-being.

To ensure that sustainability policies can be implemented effectively, the government and relevant institutions need to engage the society in policy planning and implementation. Active society participation is a key element in the success of sustainability policies. It is important to strengthen society's education and awareness on sustainability and health as a shared priority. Further research needs to

be conducted to monitor and evaluate the effectiveness of sustainability policies that have been implemented, to ensure that the policies giving optimal benefits for all groups of society, and ensure that access to health and a healthy environment is evenly available.

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