

PROMOTING QUALITY OF LIFE AND SUSTAINABILITY.

Éber Coelho Paraguassu e Anneli Mercedes Celis de Cardenas

LITERATURE REVIEW

ABSTRACT

The promotion of quality of life and sustainability is an interdisciplinary theme of great contemporary relevance. It focuses on finding approaches that balance human well-being with preserving natural resources and the health of the planet. This theme covers a variety of areas, from public health and urban development to environmental conservation and economic policy. The objective of this study is to investigate strategies and practices that seek to improve people's quality of life in a sustainable way. This study is a bibliographic review, in which a multidisciplinary approach was adopted that integrated qualitative and quantitative analyses. Data collection covered the investigation of specialized literature, relevant case studies and an in-depth analysis of socio-environmental indicators. The results demonstrated that the promotion of quality of life and sustainability requires an integrated approach. Successful initiatives include the implementation of efficient public transport policies, the creation of urban green spaces, the adoption of renewable energies and education for environmental awareness. Public awareness and cross-sectoral collaboration also emerged as critical factors in achieving positive outcomes. Promoting quality of life and sustainability is not just a necessity, but an imperative to ensure a livable future for future generations. The integrated approach, combined with the participation of society and government engagement, can result in an effective balance between human well-being and preservation of the environment. By prioritizing sustainability in all spheres of life, we can aspire to a future where prosperity and care for the planet go hand in hand.

Keywords: Human Well-Being. Quality of life. Sustainability.

Dados da publicação: Artigo publicado em Setembro de 2023

DOI: <https://doi.org/10.36557/pbpc.v2i1.18>

Autor correspondente: Eber Coelho Paraguassu – paraquassutans@gmail.com

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).



1 INTRODUCTION

Promoting quality of life and sustainability emerges as a topic of growing importance in a world marked by socio-environmental challenges and concerns about long-term human well-being. This intersection of concepts transcends disciplinary boundaries, incorporating dimensions that encompass health, environment, urban planning, economy and community participation (LEITE, 2012).

Therefore, the search for effective ways to raise the quality of life of current generations without compromising the ability of future generations to satisfy their own needs becomes imperative. In this context, understanding how strategies and policies can balance these objectives becomes crucial for building a sustainable future (CARVALHO, 2015).

In the current scenario, promoting quality of life and sustainability gains even more relevance given the complex interactions between social, economic and environmental factors. The integrated approach to this topic recognizes that human prosperity cannot be achieved at the expense of environmental degradation. Instead, it seeks to establish a balance between socioeconomic progress and the preservation of natural resources essential for the survival of future generations (CAPRA, 2002).

In practice, promoting quality of life and sustainability implies significant transformations in the modes of production, consumption and organization of societies. This involves adopting cleaner and more efficient production practices, reducing waste, promoting renewable energy, improving public transport systems and creating green and healthy urban spaces. It also encompasses encouraging environmental education, citizen participation and the active engagement of society in the formulation and implementation of sustainable policies (LEFF, 2015).

In the context of health, Sachs (2002) states that promoting quality of life is intrinsically linked to healthy environments and access to adequate healthcare. The provision of clean water, basic sanitation, nutritious food and access to effective medical services are fundamental elements for enhancing human well-

being in a sustainable manner.

It is important to recognize that promoting quality of life and sustainability is not an isolated effort. It requires collaboration between governments, the private sector, non-governmental organizations and local communities. Well-designed public policies, based on solid evidence and ethical principles, are essential to guide the transition towards a more equitable and sustainable future (JACKSON, 2009).

Therefore, the present literature review aims to deepen this understanding, exploring the approaches, challenges and best practices related to promoting quality of life in parallel with the search for sustainability. By analyzing contributions from different fields of knowledge, we intend to offer a comprehensive view of this topic, contributing to the construction of solid foundations for informed decisions and actions in the public and private sphere.

In conclusion, promoting quality of life and sustainability is not just an aspirational concept, but an imperative to ensure the continued prosperity of present and future generations. Through coherent and coordinated actions, we can work towards a world where improving human well-being and conserving the environment coexist harmoniously, ensuring a healthier and more balanced future for all.

2. Development

3. SUSTAINABLE DEVELOPMENT

The concept of sustainable development is central in the search for a balance between economic progress, social well-being and environmental preservation, ensuring that current needs are met without compromising the ability of future generations to meet their own demands (COSTANZA, 2017). When exploring sustainable development, several dimensions stand out.

Firstly, it is essential to understand the three interconnected dimensions of this concept: economic, social and environmental. These dimensions work together, influencing each other, and the search for balance between them is

fundamental for long-term sustainability (LEFF, 2015).

The adoption of the Sustainable Development Goals (SDGs) by the United Nations General Assembly in 2015 represents a milestone. These 17

objectives set overarching goals to address global challenges such as poverty, inequality, education, health, and environmental preservation. They reflect the global commitment to moving towards a more sustainable and equitable future (DIEGUES, 2020).

Measuring progress towards sustainable development is equally important. Sustainable Development Indicators help assess progress in key areas, from health and education to ecological footprint and gender equality. This measurement provides crucial insights for making informed decisions (MELLO, 2012)

Fundamental principles are also central. Precaution, intergenerational responsibility, public participation, equity and integration between sectors are some of these principles that guide the approach to sustainable development (GUIMARÃES, 2012).

The transition to a green and inclusive economy is a vital part of sustainable development. This implies reconciling economic growth with the preservation of natural resources and social inclusion, promoting a positive transformation of economic systems (REBOUÇAS, 2015).

However, SEN (2019) emphasizes that the implementation of sustainable development faces significant challenges, from political and economic issues to cultural and technological barriers. Overcoming these challenges requires collaborative efforts from governments, the private sector and civil society.

When considering global and local contexts, it is important to understand how the principles of sustainable development apply in different cultural, economic and environmental settings. Examples of successful projects and lessons learned offer valuable insights to direct future initiatives (WILKINSON, 2010).

Therefore, it is important to face future challenges and chart paths for continued sustainable development. With a comprehensive view, this understanding of sustainable development is essential to understand the

principles, approaches and implications related to the search for a more equitable, prosperous future and aligned with the planet's limitations.

1. QUALITY OF LIFE INDICATORS

Quality of life indicators play a central role in the assessment of human well-being and in the formulation of public policies aimed at improving the living conditions of populations. These indicators provide quantitative and qualitative measures that allow understanding a wide range of aspects that affect the quality of life of individuals and communities (LEFF, 2015).

Within the scope of quality of life indicators, several areas stand out. One of them is the multidisciplinary approach to these indicators, which covers dimensions such as health, education, income, security, environment, access to public services, gender equality and social participation. This recognizes that quality of life is influenced by an interconnection of factors (GUIMARÃES, 2012).

In addition to objective indicators, which can be quantified, subjective indicators are also crucial. These indicators reflect people's perception and satisfaction in relation to their own lives, including measures of happiness, subjective well-being and self-reported quality of life (WILKINSON, 2010). According to Leite (2012) comparability and benchmarking are also essential aspects. Quality of life indicators enable comparisons between different regions, countries and population groups. This helps to identify inequalities and best practices, contributing to decision-making informed.

Rebouças (2015) also states that despite its importance, measuring quality of life faces methodological challenges, including the selection of relevant indicators, the weighting of the various dimensions and the consideration of the subjectivity of assessments. It is also essential to recognize limitations and possible biases in the data collected.

Quality of life indicators need to be sensitive to the cultural and social context. They must take into account the different ways of perceiving and evaluating life in different communities and cultural groups (COSTANZA, 2017).

These indicators play a fundamental role in monitoring changes over time

and directing public policies. By monitoring variations, governments can adjust their strategies to improve the well-being of populations (JACKSON, 2009).

Finally, inclusion and participation are key principles in defining quality of life indicators. It is vital that these tools capture the voices

of marginalized and vulnerable groups, which requires a participatory process in the selection and definition of indicators (MELLO, 2012).

Therefore, quality of life indicators are crucial instruments for evaluating social progress and guiding political actions. They provide a comprehensive understanding of people's living conditions, guiding efforts to build a fairer, healthier and more equitable society (SEN, 2019).

2. SUSTAINABLE URBAN PLANNING

Sustainable Urban Planning is a field dedicated to developing strategies and practices to build urban environments that are equitable, efficient, and ecologically responsible. At the heart of this theme is the design of cities that seek to improve the quality of life of their inhabitants while minimizing harmful impacts on ecosystems and natural resources (SEN, 2019). In this sense, when studying Sustainable Urban Planning, it is possible to address a series of fundamental aspects.

Firstly, the design of resilient cities gains prominence. This approach examines how urban planning can reduce risks associated with natural disasters, such as floods and earthquakes, through practices such as efficient zoning, sustainable construction, and implementing warning systems. Furthermore, sustainable urban mobility is an essential component. This theme investigates the importance of effective public transport systems, cycle paths, accessible sidewalks and reducing dependence on private vehicles, aiming to reduce air pollution and congestion in urban areas

(CARVALHO, 2015).

Diegues (2020) comments that the incorporation of green spaces and leisure areas in cities is also a crucial factor for the quality of life of inhabitants. These spaces not only promote physical and mental health, but also contribute

to the absorption of pollutants and thermal regulation, benefiting the urban environment as a whole.

Another important aspect is energy efficiency and sustainable construction. It explores how the application of ecologically responsible construction techniques and the use of renewable energy sources in buildings can reduce energy consumption and greenhouse gas emissions in cities (REBOUÇAS, 2015).

Participatory planning also plays a central role. This encompasses community inclusion in the planning process, ensuring that residents' needs and aspirations are considered to create more inclusive and sustainable cities adapted to local demands (WILKINSON, 2010).

Furthermore, topics such as land use policies, waste management, accessibility and inclusion are equally important to address how Sustainable Urban Planning can contribute to building more resilient, livable and ecologically balanced cities. Taken together, sustainable urban planning offers a comprehensive view of the practices and principles that shape sustainable urban development (JACKSON, 2009).

6. Final considerations

The topic of promoting quality of life and sustainability represents an extremely important contemporary challenge that transcends disciplinary boundaries and requires an integrated and collaborative approach. As we face growing socio-environmental concerns and seek to improve human well-being in a lasting way, the interconnection between quality of life and sustainability becomes evident.

Through this exploration, it becomes clear that promoting quality of life can no longer be separated from sustainability. Public policies, private initiatives and community engagement must be aligned to ensure that progress does not come at the expense of natural resources and ecosystem resilience. The need for a transformation towards more responsible production and consumption patterns becomes undeniable.

Throughout this journey, the importance of environmental education was highlighted as a vital tool to raise awareness and empower people to make informed and sustainable decisions. Furthermore, the active participation of society and collaboration between the public and private sectors emerge as crucial factors for the success of strategies to promote quality of life and sustainability.

As we move forward, it is essential to remember that this is not a one-sided pursuit or a short-term process. It is an ongoing cultural, economic and social transformation that requires long-term commitment. The construction of a

A truly sustainable society requires constant review of policies, technological innovation and the strengthening of collective consciousness.

In short, promoting quality of life and sustainability is a collective journey towards a more equitable, healthy and livable future. The decisions and actions we take today will resonate with future generations. Therefore, it is our shared duty to work together to create a world where prosperity and care for the planet go hand in hand, allowing everyone to enjoy a dignified and sustainable life.

REFERENCES

CAPRA, F. (2002). The web of life: a new scientific understanding of living systems. Cultrix.

CARVALHO, I. C. M. (2015). Tourism and sustainability: theoretical reflections and Brazilian experiences. Manole.

COSTANZA, R., Fisher, B., Ali, S., Beer, C., Bond, L., Boumans, R., ... & Kubiszewski, I. (2017). Overcoming barriers to investing in natural capital. *Solutions*, 8(1), 42-50.

DIEGUES, A. C. (Ed.). (2020). *Ethnoconservation: new directions for nature protection in the tropics*. Hucitec.

GIDDENS, A. (2009). *The Politics of Climate Change*. Polity Press.

GUDYNAS, E. (2011). *Good living: germinating alternatives for*

development. Latin America on the move, (461), 49-54.

GUIMARÃES, R. P. (2012). Sustainability: what it is - what it is not. Record Publishing.

JACKSON, T. (2009). Prosperity without Growth: Economics for a Finite Planet. Routledge.

LEFF, E. (2015). Environmental knowledge: sustainability, rationality, complexity, power. Voices.

LEITE, M. E. S. (2010). Environmental management in the company. Atlas Publisher.

MELLO, L. C. B., & Figueiredo, J. M. (Eds.). (2012). Development and environment in Brazil: conflicts of interest in globalization. Senac Publisher.

O'BRIEN, K. (2012). Global environmental change II: From adaptation to deliberate transformation. Progress in Human Geography, 36(5), 667-676.

REBOUÇAS, A. C., & Braga, B. P. F. (2015). Fresh waters in Brazil: ecological capital, use and conservation. Modern Publisher.

SACHS, I. (2002). Ways for sustainable development. Garamond.

SACHS, J. D. (2015). The Age of Sustainable Development. Columbia University Press.

SEN, A. (2019). Development as Freedom. Oxford: Oxford University Press.

STEFFEN, W., Richardson, K., Rockström, J., Cornell, S. E., Fetzer, I., Bennett, E. M., ... & Folke, C. (2015). Planetary boundaries: Guiding human development on a changing planet. Science, 347(6223), 1259855.

UNITED NATIONS DEVELOPMENT PROGRAMME. (2019). Human Development

Report 2019: Beyond income, beyond averages, beyond today: Inequalities in human development in the 21st century.

UNITED NATIONS. (2015). Transforming our World: The 2030 Agenda for Sustainable Development.

WILKINSON, R. G., & Pickett, K. E. (2010). The Spirit Level: Why Greater Equality Makes Societies Stronger. Bloomsbury Publishing.

WORLD COMMISSION ON ENVIRONMENT AND DEVELOPMENT. (1987). Our CommonFuture. Oxford: Oxford University Press.