

# Only a healthy population can be an asset for a country

## Outline

### 1. Introduction

A nation's greatest asset is the health of its population. As it directly correlates with increased economic growth, productivity, ethical and social stability. This highlights the vital role of health in a country's overall prosperity and development.

### ~~2- why a healthy population~~

### 2- what is a healthy population.

### 3- How health of population is an asset.

Healthy human resource is more efficient  
Results in increased economic growth  
Reduced burden on health care systems  
Social cohesion and community engagement  
Contribute to health welfare of nation  
Expansion of labor force.

### 4. Impediments in attaining healthy population

Inequalities and limited access to education  
lack of skilled labor force  
malnutrition among children  
Poor infrastructure in healthcare  
unstable emotional health

### 5- Provisions to improve the situation

Human capital development  
Investment in skills and education  
Poverty alleviation for better quality of life  
Investment in healthcare infrastructure  
providing institutions for mental

health support.

## 6- Conclusion

## health support.

### 6- Conclusion

#### Essay

Let's imagine a cook is preparing biryani. He makes a mistake and adds sugar in place of salt. As a result the recipe did not turn out to be what he desired. It shows, when basic ingredients of a recipe are not complete it cannot be cooked. Similarly when a country is lacking healthy population it can not prosper. A healthy population not only is more efficient and results in increased economic growth, expansion of labour force, it reduces burden on healthcare, contributes more to the society maintains social cohesion and community engagement. But these are certain obstacles to achieve healthy population. For example inequality in education, lack of skills, poor infrastructure in health care and unstable mental health. However certain steps like development of human resource, access to education, investment in skill based education, poverty alleviation, investment in healthcare and awareness on mental health issues can help to develop a healthy population. To summarize a nation's greatest asset is the health of its population. As it directly correlates with increased economic growth, productivity ethical and social stability. This highlights the

vital role of healthy population in a country's overall prosperity and development.

The health of a population does not comprise of physical health only. It also includes intellectual, mental and social well being of an individual. Some key indicators of a healthy population are sound mental health, access to quality education, robust labor force, economic productivity, creativity, longevity, reduced burden on healthcare and overall improved quality of life. When a population enjoys good physical and mental wellbeing only then it is an asset for a country. It boosts economic growth but also makes a country more competitive on global stage. In summary a healthy population is not only beneficial for individuals but also for productivity and success of the nation.

• healthy human resource is more