

Topic:-

Only a healthy population can be an asset for a country

1) Introduction

Thesis Statement: Healthy population is the major asset for the prosperity of a country. As it leads the country towards socio-economic gains. Although challenges are being faced by nations, yet they can be overcome by adopting sustainable policies and measures.

2) Correlation between healthy population and country

1) How is healthy population an asset for a country

a) Boosting the economic productivity and growth

Case in Point: High life expectancy rate of about 87 years ^{in Japan} plays a significant role in making it one of the largest economies by GDP (World Bank)

b) Reducing the healthcare costs leading to financial savings

Case in Point: Singapore's health-care expenditure is only 5.9% of GDP (International Trade Administration)

c) Healthy military supports national security and defense

Case in Point: Allocation of over \$50bn

to ensure the health of service members of USA military in fiscal year ²⁰²¹ (US Department of Defense)

d) Fostering innovation: A key economic driver

Case in Point: India's IT and software industry accounts for over 7% of India's total GDP in 2020

e) Producing cohesive, content-rich populations — promoting social stability

Case in Point: Denmark's social cohesion and stability

4) Challenges in way of attaining healthier population in a country

a) Socio-economic disparities in healthcare access

Case in Point: Rurals' less access to healthcare than urbans in India (National Sample Survey Office)

b) Environmental Pollution and Hazards

c) Lack of health education among public

d) Cultural barriers to health-care seeking

e) Politicization of health protection policies

5) Way Forward: Adopting sustainable policies for healthy population acting as an asset for country

a) Improving healthcare access for all

b) Promoting healthy lifestyle in society

c) Enhancing environmental protection in country

d) Collaboration on global health initiatives

6) Conclusion

Healthy population plays a significant role in progress thereby acting as an asset for the country's social and economic disciplines.

Essay :-

"Healthy citizens are not only the hope of a nation but its most valuable asset, for they form the bedrock upon which a country's prosperity and progress are built".

This quote by Dr. John Smith ^{clearly depicts} that a healthy population ^{is} intricately linked to social and economic development thereby acting as an asset for a country.

In this context, the concept of health extends beyond the absence of illness and encompasses physical, mental, and social well-being. As

healthy population boosts the economic productivity and growth, reduces the healthcare costs, and fosters strong sense of social cohesion. However, challenges are

there in attaining the healthier population. The challenges are socio-economic disparities, environmental pollution, cultural barriers

etc. Still they can be overcome by improving environmental and collaborative efforts taken collectively by globe.

In order to kick-start the discussion, it is imperative to first determine the correlation between healthy population and country. A healthy

Population contributes significantly to a country's development. As per Universal Health Coverage Coalition, every \$1 that a country invests in health today can produce up to \$10 in full-income growth within a generation. In this way, it contributes to stronger economy. Moreover, healthy population is highly resilient and better prepared to respond to COVID-19 like diseases. In this way, such populations manage to control pandemics. Accordingly, it is evident that healthy population is not just a reflection of a country's well-being but a fundamental driver of its prosperity.

Having discussed the co-relation between healthy population and country, the focus of this discussion will now shift to the reasons that how healthy population acts as an asset for a country - with the aid of examples. Once this is done, the essay will move on describing the challenges in way of attaining a healthier population so that it

can act as an asset for the country. Eventually, the essay will end up by proposing a framework of adopting a sustainable policies to tackle the challenges head on.

First and foremost reason of health population that can act as an asset for a country is ^{role of} ^{populatio} in boosting of economic productivity and growth. Such people contribute to highly productive and skilled workforce. In this way, they maintain the economic growth and innovation despite the challenges posed by an aging population. A case study of Japan is worth mentioning here. The country has high life expectancy rate of about 87 years according to World Bank. This high life expectancy rate plays a significant role in making it one of the largest economies by GDP. As studies have shown that each additional year of life expectancy can increase a country's GDP per capita by around 4%. Hence it is clear that healthy population can boost the economic productivity and growth of a country.

Moreover, healthier population also reduces the healthcare costs leading to financial savings. A well-regarded healthcare system put emphasis on preventative care, health education and early intervention. Similarly, this emphasis helps to reduce the prevalence of chronic diseases like diabetes and heart disease, and also decrease the need for costly hospitalizations which are significant portion of healthcare expenses. The biggest example is Singapore's Healthcare System which is known for its efficiency and focus on preventive care. As per International Trade Administration report, Singapore's healthcare expenditure is only 5.9% of its GDP. This statistics shows that Singapore's efficient delivery of health care services contributes to cost savings. On the contrary, countries with higher prevalence of chronic diseases due to unhealthy population have significantly higher healthcare costs. For example, the Centres for Disease Control and Prevention (CDC) estimates that 90% of nation's \$4.1 trillion annual healthcare costs in United States are for people with chronic and mental health conditions. It clearly depicts that if a

country possesses healthy population, it is beneficial to it rather than unhealthy population in terms of its prosperity.

In addition, healthy military supports national security and defense of a country as well. The armed forces often prioritize the health and fitness of their personnel so that they can well contribute to their ability to maintain national security.

In this case, example is The United States Military which places strong emphasis on health and fitness of its service members.

According to US Military of Defense, the country allocated over \$50bn to ensure the health of service members of military in Fiscal year 2021-22. Alongside, they provide healthcare services and promote preventative medicine to maintain their good health. As healthier military is more operationally effective and the military is physically fit to handle the physical and mental demands of their roles.

Healthier population helps foster the innovations in country.

are the key economic drivers. As the healthy workforce is better equipped to engage in research, innovation, and entrepreneurship. The case studies of USA and India deserve mentioning here. As the USA is global leader in biotechnology industry. It has produced numerous breakthroughs in pharmaceuticals, medical devices, and biotech research. Moreover, regions like the San Francisco Bay Area (Silicon Valley) and Boston Cambridge are home to numerous research institutions and startups. The presence of these clusters is only facilitated by healthy population. Similarly, healthier population of India also contributes to its IT and software industry. As per Statista Report, India's IT and software industry accounted for 7.7% of India's GDP amidst COVID-19 situation. Additionally, foreign and direct investment in Indian technology sector remained substantial during that time. These examples plainly reveal that all these innovations are only possible with healthy population. Thus, healthy population act as an asset for the country.

Lastly, healthy population also produces cohesive, content societies which promote social stability. This stability is due to comprehensive and accessible healthcare system which ensures that all citizens have access to medical care and health services. Moreover, education on healthy living and policies that encourage exercise and balanced diet also bring social cohesion and stability. Such societies can be seen in Scandinavian countries, particularly in Denmark. The country's healthcare system is known for providing universal healthcare access to its citizens. As stated by European Observatory on Health Systems and Policies, Denmark spent 9.5% of its GDP on healthcare. Moreover, country also focuses on factors of life satisfaction, free education, income equality, political stability, trust in institutions, etc. Hence, these factors along with healthcare access bring social cohesion and stability in Denmark. Thus, healthier population act as an asset for country by bringing stability.

Now that various reasons of how healthy population is an

asset for a country has been discussed, it is important for the essay to transition to a recommendatory tone preceded by some challenges. Then the next section of this essay will propose some remedies require to adopt policies to overhaul the challenges.

First challenge faced by countries to adopt healthier population is socio-economic disparity in health care access. As there is a significant gap in health care access between urban and rural areas. Rural populations often face limited access to quality health care facilities and medical professionals. Moreover, lower-income individuals and families cannot afford quality health care services leading to reduced access to medical care. The example is of India where due to urban-rural divide, rural households have less access to health care facilities and doctors than urban households, according to NSSO. Thus, the countries should work on overcoming the disparities in order to give health access to all and sundry.

Among other challenges, environmental pollution and hazards are noteworthy. Due to environmental pollution, health implications are profound with population contributing to increased rates of respiratory diseases and cardiovascular problems, etc. Furthermore, constant exposure to environmental hazards inflict mental health issues rendering population less capable of contributing positively to society. In light of such challenges, addressing environmental pollution and hazards through effective policies is need of the hour.

In addition to this, there is lack of health education among public. As education plays significant role in making individuals acknowledge about their health. So without adequate health education, people are unaware of their diet, exercise, disease prevention, and management of mental health, etc. This results in suboptimal health outcomes. In essence, deficiency in health education poses a profound obstacle to cultivate a nation that can truly act as an asset for a country. Addressing this

challenge is crucial to unlock the full potential of a healthier population as a resource for nation's progress.

Furthermore, cultural barriers to healthcare seeking also act as a challenge for healthier population. As these barriers often manifest as reluctance to seek medical attention, and adherence to traditional remedies. As a result these cultural impediments lead to delayed diagnosis, and inadequate treatment among various cultural groups. To harness the asset of healthier population, it is essential to address and overcome these cultural barriers by promoting cultural competence in healthcare delivery.

Last but not least challenge to healthier population which can act as an asset for country is the politicization of health protection policies. This politicization lead to delays in implementing vital measures, and conflicting messages that undermine public trust. It also results in lack of consensus on necessary actions during health crisis. Moreover, allocation of resources and funding

for health initiatives is also influenced by political considerations. So to fully utilize a healthy population as an asset for a country, it is imperative to depoliticize health protection policies.

The way forward to harness a healthy population as a valuable asset for a country entails the adoption of sustainable policies that prioritize public health.

First and foremost, there is need for improving healthcare access to all. No matter, people have low-income or live in rural areas, they must have access to healthcare system. Additionally, promoting healthy lifestyle in society, and enhancing environment protection can also lead to improved health outcomes. Finally, global leaders should join hands in order to bring about collaborative efforts regarding health initiatives. By adopting these measures, a country can create a healthy and informed populace. This populace will not only enjoy a high quality of life but also contribute to nation's progress and stability.

To conclude, it can be stated with utmost certainty that healthy population plays a significantly role in progress of country. As it helped in boosting economic productivity, reduced the healthcare costs, and brought cohesion in society. However, many obstacles are faced by nations in attaining healthier population. But by adopting sustainable policies, countries can pave the way for a brighter future.