

1 / 1 / 20

Topic: Only a Healthy Population is an Asset for a Country.

1. Introduction

Thesis Statement: A population with sound physical, psychological and social health serves as an asset for a country. But countries today, face number of challenges in attaining a healthy population. However, effective measures can be adopted in order to make population healthy.

2. WHO Definition of Health and Indicators of a healthy population.

3. Healthy Population as an asset for a country

a. Contributes in socio-economic development

b. Explores all the resources available in the country

c. Decline in overall crime rate

- d. Competes with other nations in various domains.
- e. Effectively deals with contemporary challenges.
- f. Healthy population is self-sufficient and is least dependent on state's welfare schemes.

4. Hurdles in way of attaining a healthy population.

- a. Illiteracy and lack of awareness
- b. Self-medication and quackery
- c. Mental health is considered a taboo, so is least discussed
- d. Lack of functioning rehabilitation facilities
- e. Lack of implementation of policies due to administrative issues.

5. Ways to overcome aforementioned challenges, in order to attain a healthy population.

- 1 1 20
- a. Social awareness campaigns related to drug abuse, HIV, Hepatitis etc.
 - b. Providing accessibility to health care facilities and get expert's advice.
 - c. Keeping a check on food industry
 - d. Providing clean environment and recreational facilities for better physical and mental health.
 - e. Proper and operational drug and mental rehabilitation facilities.

6. Conclusion.