

Only a healthy population can be an asset for a country

Outline

1. Introduction

Thesis Statement: A healthy population can be an asset for a country. As unhealthy people will cost a country in various ways. By taking effective measures, the health of nation can be improved.

2. A healthy population as an asset for a country.

3. How a healthy population can be productive for a country?

- a) A sound mind contributes to decision-making processes.
- b) A balanced fitness for achieving governance
- c) A healthy youth is a strong political force.
- d) Capable to indulge in economic activities.
- e) Reduction of burden of health expenditure
- f) Better health results in sufficient national savings
- g) Good cognitive abilities

result in innovation.

h) Participation of physically fit youth in sports activities.

4. An unhealthy population is a liability for a nation.

a) Burden upon national exchequer.

b) Inability to work efficiently for the country.

c) Results in enmeshing poverty.

d) Strain upon national resources.

e) Gives birth to security issues.

5. Way Forward: Steps toward achieving a healthy population.

a) Provision of quality health to masses.

b) Utilization of resources efficiently.

c) Awareness programmes for masses.

6. Conclusion.

"Healthy Citizens are the greatest asset any country have."
(Winston Churchill, the former British prime minister). It signifies the importance of a healthy population for a country. As population is one of the components of a State, it must be healthy enough to play its role for the State. A healthy population is an asset for a country so far it is productive. It takes part in decision-making processes and governance. It is a strong political force and also carries out economic activities. Moreover, a healthy population is essential for reduction in national expenditure; national savings, innovation and sports. On the other hand, an unhealthy population can be a liability for a country in many ways. It is unable to perform tasks for the country. It also causes problems like poverty, insecurity and straining national resources. However, taking effective interventions, population can be an asset for a country.

A healthy population is an asset for a country. Looking at such population would cost the country in many ways. It is evident from the developed world that how a healthy public is contributing towards development and progress of their country. However, unhealthy population is a liability for a country. It is evident from African and Asian nations. Their populations are grappling with unending health crises, makes them unproductive. Thus, a healthy population is a significant element of a country.

A sound mind is a major factor towards decision-making processes. The population with better mental abilities decide upon national challenges. They feel easy to take timely and precise decisions for their country. Such decisions are required in carrying out

day-to-day state affairs. Moreover, people must be capable to decide upon conflicts in the country. Liaqat Ali Khan, the former prime minister of Pakistan, had successfully decided upon issues of migrants using his mental abilities. Thus, decision-making is possible with a sound mind of population.

Good governance is also based upon a healthy population. The government officials are required to be medically fit to perform their duties. Having better health, they could run the state affairs efficiently and transparently. It is evident from the fact that in almost every country there is a medical fitness test for recruitment. The test includes various indicators like X-ray, blood test, eye sight test and so on. Hence, a healthy population is necessary for achieving good governance.

in a country.

A healthy youth is the future political asset of a country. Young people play a vital role in politics of their country. Their health matters in this sense. Their mental and physical abilities to observe and analyze facts are necessary for their country. Besides, a healthy youth keeps a strong check and balance upon politicians. Future political leaders will also emerge from them. Thus, an active and fit youth is a vibrant political asset for a country.

Population which is able to carry out economic activities is important for the country. Their health plays role in their active participation in the economy. When a population is

From from life-threatening health problems, its role in economic activity increases. It makes them as a precious asset for their country. It is evident from examining health and economy indicators of Singapore. The country more than 80% healthy population and it makes Singapore one of the strongest economies in the world. Hence, a healthy population is an asset in sense of its participation in economy.

A healthy population is potential to reduce burden of health expenditure. The low prevalence of life-threatening diseases cost less in terms of medications and other expenses. Moreover, it also reduce spendings upon medical technology and research. A study conducted by Raghupathi V and Raghupathi W (2020) shows that a healthy population can

Reduce the expense on national healthcare. Hence, a healthy population is an essential tool for reduction in health spendings.

A better health can boost national savings for the country. People can easily save their surplus earnings which otherwise they spend in their medical healthcare.

That savings are counted on national basis through various means. Like people most often save their money in their bank accounts. It would increase overall national savings of the country. Hence, a healthy population is source for national savings for the country.

Innovative capabilities are also related to the health of nations. A healthy population has strong

mind for innovation and technology. Through their cognitive abilities, they can discover new things, participate in research work, carry out extraordinary scientific developments and so on. Major innovations led by Elon Musk, Mark Zuckerberg and Bill Gates in shape of Space X, Facebook and Microsoft reveal that how a healthy population can contribute to innovations. Hence, it proves to be an asset for the country.

A physically fit youth for sports activities is an active population for a country. The young sports athletes have successfully played their role in their country's integrity and prosperity. They do not only introduce their nation at international levels, but also wrote their country's name in the history of winners. Cristiano Ronaldo,

Lionel Messi and Kylian Mbappe are famous football players. They have secured football titles for their countries, Poland, Argentina and France respectively. Hence, healthy young sports leaders are useful for the country.

On the other hand, an unhealthy population is a liability for countries. It can be a huge burden upon national exchequer. A country has to spend a huge sum on the well-being of its nation. The expenses include medication costs, payees, surgical treatment costs and spendings on health technology. In case of Pakistan unhealthy population is adding fuel to the fire. Struggling with economic challenges the country will spend about 22 billion rupees in Benazir Nashonuma Programme. It

address malnutrition in the country. Hence, unhealthy masses contribute further increase in national health expenditure.

An unhealthy population is more prone to inactivity in their working. Labour requires a sound health and physical fitness if labour is suffering from health problems then it would not work efficiently in its country. A case study found that poor mental health costs UK employers about £56 billion a year because of sickness absence, presenteeism and staff turn-over. Hence, population with poor health indicators will have reduced capacity to work efficiently.

Poor health of population causes another problem, poverty in the country. Poverty results from low economic resources to maintain a life. Having population with complex health problems will leave a major chunk

of people in their Failure to
earn. Bed-ridden patients
could not earn for their
families. This results in poverty
as family has not only to
take financial responsibility but
also treatment expenses of
patient. Poor health reduces
a family's opportunity and
ability to work and generate
income, World Health Organisation.
This means population with
poor health can easily fall
into vicious cycle of poverty.

An unhealthy population is
strain upon national resources.
It causes unending exploitation
of resources without generating
income. The population causes
burden upon healthcare facilities,
urban infrastructure and
other economic resources. An
unhealthy population consumes
more than to produce. Their
working inability leave them
unable to work for economy.
Thus, it becomes a burden

upon national resources.

Poor health of a population could cause security issues in a country. People with mental or physiological disorders can be easily victim of militants. Moreover, unhealthy person can himself harm the security situation in his country. Like psychopaths have negative impact upon security. There is a direct link between crime and psychopathy. Hence, an unhealthy population is a security risk for the country.

In order to overcome poor health and making population asset, governments must provide quality health to masses. Timely disease diagnosis with an effective treatment could resolve the problem.

Governments must utilize their resources efficiently to make population healthy. Resources like finances, medical staff, medicines, technology and so on. All these resources when properly managed could result in a healthy population is an asset for the country.

Countries must carve out awareness programs for a healthy population. People must be educated about their diet, health risks and other medical conditions. It would be beneficial to achieve a better health of population.

In short, a healthy population is an asset for a country. It is due to its capacity to work for their country. On contrary, an unhealthy

population can be stability. However with certain intervention the problem could be resolved.