

# Only Healthy Population can be an Asset for the country

## Outline

### 1 Introduction

Only healthy population can be an asset to the country because they have hope and hope can get you through all problems and can secure country's future.

### 2 Why only healthy population is an asset.

- (a) They can contribute in toto
- (b) They take less leaves
- (c) They are accurate
- (d) They can give good ideas

### 3 ~~Why~~ How only healthy population is an asset.

- (a) Healthy population role in Economy
- (b) Their contribution in Education
- (c) They guarantee Political Stability
- (d) They work for environment
- (e) They can secure country's interest in Globalization.
- (f) They run industries efficiently.

### 4 Case Study of Pakistan

(a) Current health issues and how impacting country

### 5 How to make Population Healthy

- (a) Investment
- (b) Awareness

### 6 Conclusion

"For he who has health has hope  
and he who has hope has  
everything" Owen Arthur

One who has health has hope  
and hope is the entity due  
to which one can see the  
light despite all the darkness.  
Hope is the thing with feathers  
as said by Emily Dickson. The  
healthy population is an asset  
because they hope for the  
best. Healthy population can contri-  
bute in toto. They can work  
with accuracy and can give  
good suggestions to counter  
problems of the country. There  
are many indicators that show  
the progress of a country i.e  
Economy, education, political stability,  
Governance, environmental conditions  
and cooperation with global  
community. The data shows  
that healthy population will  
perform better and will prove  
themselves as an asset. If  
there are health issues in the  
country and the government  
does not pay full attention  
will be translated in ill-effects.  
Healthy population is an asset if  
gives country hope which in turn  
thrive country in many spheres

If proper attention is not given  
It will produce ill-effects.  
However, it can be promoted  
through investment and awareness.

Healthy population can  
contribute to country in toto.  
When the population is mentally  
and physically sound. They  
will give full time and  
contribute well. Study shows  
that the countries where  
health indicators are good  
are more efficient. The  
engineers of Japan and China  
are considered more efficient  
because they have good  
mental and physical health.

The population that is  
healthy will not take more  
leaves. They will be always  
present in work. In countries  
where health issues are  
persistent workers mostly get  
medical leave.

Accuracy is very important  
in work. It is not possible  
to be accurate 100%. However,  
those who are healthy will  
be more accurate. The  
accuracy saves time and  
can thrive the country  
towards goal.

Jebb Peros, the CEO of Apple said that "we do not hire those who wait for our directions but those who tell us what to do". So the healthy population can give good ideas and they can also give frameworks who to implement those ideas. The healthy population can bring innovations & inventions and can change the future of the country.

Healthy population will be able to learn more and will further increase the literacy of country. As per Economic Survey of Pakistan 2019-20 the districts where population is educated have less unemployment and poverty. The education decides the future. When the population will be healthy the learning poverty will be less, said the World Bank.

Economy is the process of distribution, production and exchange. It is one of the most important indicators of country's development. It has direct effect on all the indicators.

The countries where population suffers from unhealthy have weak economy. Peter Drucker said that if you want to make your economy strong invest on people. So without good health the good economy is just a pipe dream.

The countries where population is healthy are more developed and can contribute better in country's development.

The countries where population is healthy will be able to choose right people as representatives. Which in turn will create strong parliament. Population will be able to ask for their rights and will be able to make their leaders accountable. The situation will be translated in Political Stability.

Environmental protection is most debated term and is important for the survival of the world. Environment and health are directly proportional to each other. Healthy people know how to protect

environment and vice versa.?

Globalization has both challenges and opportunities. If the population is not healthy they will not be able to secure their interest in the globalized world. Notwithstanding if the population is healthy they will be able to contribute with global world and will know their interests.

This is the age of industries. If the industries of the country perform well it will not only fulfill country's necessities but will also export the goods to the world. However efficient industries depend upon efficient, healthy people.

Unfortunately, today Pakistan is not performing well in many indicators. Education is 89% as per Ministry of Education, on human capital index it ranks 161 of 192 countries. There is lack of investment which was only 15% in 2022. The inflation is 38%, World Bank reported that growth rate may decrease to

2% against 3.5% predicted by National Economic Council. According to IBA report the conditions are mainly because of lack of human capital as 40% of population have stunting growth.

We can make population healthy due to investment in health sector. Proper policies should be framed and implemented with spirit. The health improvement will give our population hope and will be able to work for the future of the country.

There is a dire need of awareness ~~about~~ in rural areas. People should be educated about family planning, different diseases and how these diseases can be countered.

Only healthy population is an asset of the country because they have hope and hope can get you through all problems and can secure country's future.