Pivotal Role of Health Expenditures in Human Life – The Current Scenario

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Abstract

The Article on the role of health expenditures in human life in the current scenario is basically descriptive nature to explain about the attitude of the people and their current life style, eating habits etc., which decides their health conditions. Especially the younger generation is so easily affected by the enormous diseases and they have become intolerable and allergic for small things.

India is a country as per the Economic Survey 2015-16, which has a human resource wealth at working age is between 50 to 65 percentage. That means the working population, which is the pillar for successful development of the nation, should be healthy and dynamic. The Article stresses that besides the significance of the human resource in the development of the nation, the current scenario does not reveal any promising trend from the side of working population group. Therefore the current Article discusses the nature and reality of human resource problems and the need to overcome those problems.

“The Health of the People is the foundation upon which all their happiness and all their powers as a State depend”

- says Benjamin Disraeli, British Prime Minister.

In India, as per the World Health Organisation reports, (WHO-2016) nearly 75 to 85% of the income of the people is spent on health care aspects. The report also stresses that this kind of high out of pocket expenditures for medical treatment at last results in poor conditions of the people.

The recent National Health Policy Report of Government of India reveals that nearly 60 to 64% of population has been pushed below the poverty line level due to the high medical costs. This automatically results in poor health conditions and economic disparity.

In an assessment made by the Organisation for Economic Co-operation and Development (OECD), explains that India’s poor health outcome challenges the country’s growth. Due to that India has become
one of the highest disease prevailing country in the world. More people die of preventable diseases as the care has not been given on health aspects.

Un availability of timely medical persons and care, lack of public medical practitioners and approach to private health care access results in more health cost expenditures. This high medical cost threatens the people to delay treatment and thus results in aggravating health problems and poor health conditions of the working population especially. The Indian National Medical Report says that India is easily subject to ourbreaks of various preventible resources.

Common Health Problems

India has very poor sanitary facilities and cleanliness aspects. High load of population, poor and unhealthy living are the reasons behind many health disorders. Respiratory problems like lung related diseases like asthma, bronchitis, tuberculosis etc., When a survey has been taken on health conditions in India, the study says that Major percentage of people suffer from diseases like heart attacks, cancer, AIDS, Swineflu, reproductive health problems, osteoporosis, Depression, Diabetes, Vitamin D deficiency, Unintentional injuries and Obesity.

In order to get healthy human resources, healthy human life should be achieved. At current situation in India, people should have positive approach towards healthy life style. The society has group of public or people, when the attitude of the people (group of individuals) changes positively an healthy life style can be followed to get powerful human resources.

Some Facts on Health problems

India has an estimated 31,705,000 diabetic patients and it may grow 100% by the year 2030. According to International Diabetes Federation Atlas (IDFA)-during the year 2013 India has 63 millions of diabetic patients this has increased enormously and became 69% during 2015. Hindustan time report which was taken during the year 2015, says that there is 61% increase in heart stroke death cases in India.

There are 300 millions of asthmatics are at worldwide. Whereas 1/10 th of the cases are from India. The mean prevalence of childhood asthma is to 7.24%. The number of women with osteoporosis problem in India – which means reduced bone mass and disruption of bone architecture, are at high level. It is estimated that 230 millions of Indians are expected to be over the age of 50 among them nearly 20% of women around 46 milliones have osteoporosis problem. A UNICEF report says that 1.2 million children died of preventable diseases in India during the year 2015-16.

According to the Health Ministry Report, Kidney disease sufferers in India has doubled in India in the last 15 years, 17 persons out of 100 are having kidney diseases. 150-230 people have end stage kidney problems and nearly 2,75,000 new Renal Replacement Therapy are coming out every year.

Apart from these diseases, people with low blood pressure problems that too at teenage level has increased drastically. Anemic patients with less count of hemoglobin factor. Nearly 40% people are obese by nature with imbalanced cholesterol problems.

II. Prevention Is Better Than Cure

The aim of this Article is to make it clear that those human resources who are backbone to the development of the country should concentrate more on their health aspects. The great Tamil poet Thiruvalluvar says in his collections of poem Thirukkural, that we should try to find out the root cause for a health problem and be preventive by nature.

“NOI nadi NOI MUDHAL nadi…………” – Thirukkural.

It will take some time but the solution will be permanent. Therefore there is a need for changes in the attitude, life style and food habits of the people.
A Psychological survey clears that only the positive attitude of the people and changes in their behavioural pattern will make them healthy and dynamic. When a research study was conducted among children of same age between an Urban and Rural area, it came out with a shocking results. Children at the Urban area are comparatively very less dynamic and they have various health problems at the small age itself. They are prone to various health problems due to their routine life style.

Less physical work, more junk foods, laziness, often engaged with social medias, no regular exercises, luxurious life style make them become less effective human resources. Their productive capacity also becomes regressive.

**Need For Changes in The Life Style and Habits**

Current generation has more challenges in this competitive world. Current human life has become stress ful. Too much work, less time periods to finish the target, heavy competition, disguised unemployment, steadily increasing price level, decreasing money value. All these factors lead to related real life annoying problems like too much addiction towards technology and social media, improper sleeping habits, less earning capacity, adopting new bad habits, deterioration in health condition, poverty leads to aversion towards their job etc.,

Deterioration in health condition due to stressful life directly reflects on eating habits. Now a days people prefer to eat junk foods due to which our health gets affected. When the junk food is preferred frequently results in obesity due to over consumption of simple fats and carbohydrates and processed sugar contributes to increased heart attacks and other chronic health problems. This works like a vicious circle of various related factors acting and reacting on each others, resulting in outbursting of various incurable and curable diseases. At last this results in a worst behavioural pattern of the people. People become tensed so easily and their tolerance power goes zero. Teenagers and school going children become tensed and stressed so choose a wrong way to find a solution. There is a big change in their psychological attitudes. More anticipation but less work with less strain, laziness, poor listening skill give them low rewards. This leads to increased number of suicides due to intolerance at very young stage, too much spending on medical treatment and poverty.

As a solution, first of all people should try to adopt a healthy life style and eating habits. Trying to do regular exercises, following healthy conventional food items, avoiding junk foods, medium utilization of social media and technology, having a positive though and belief on hard work will result in a positive changes among people in the society. People should come forward to take care of their environment and help the society to get rid of pollution problems.

**III. Conclusion**

As there is a saying that “Cleanliness is next to godliness…” people should try to change their life style in a positive way so that we can expect a positive changes in the society and a warm growth in human resources. Society comprises of group of individuals. Therefore when each and every individual develops thus leads to the development of the society and automatically our National development chart will also show increasing trend.