



MORE PREVENTIVE HEALTHCARE NEEDED

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ABSTRACT

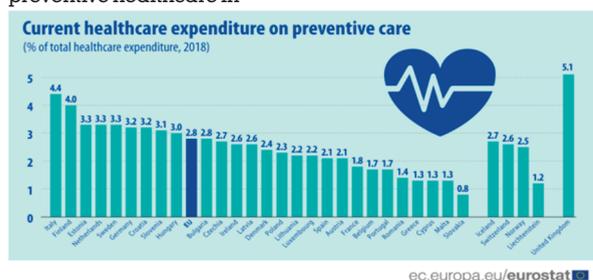
Prevention is better than cure. The author has published a paper where he has proven that by controlling alcohol, controlling tobacco, vigorous exercise, two meal a day high carbohydrate diet and meditation more than 50% of health problems can be solved. Indeed if you control narcotics, sexually transmitted diseases and traffic accidents more than 65% of health problems can be solved. All this does not take a genius to figure out. Yet developed nations invest very little in preventive healthcare. This is especially shocking considering that health care infrastructure in most developed nations is heavily burdened.

KEYWORDS :

Prevention is Better Than Cure

Healthcare infrastructure in most developed nations of world is hugely burdened. In NHS, UK for instance you have to wait weeks and months and years to get necessary health care. And while in USA you don't have to wait as much, still medical costs are a huge burden on individual and nation.

Obviously in such circumstance one might be excused if one thinks that preventive health care must be resorted to considering that preventive health care can resolve more than 65% of health problems. Steps like alcohol control, tobacco control, vigorous exercise for 2-3 hours a week, meditation and two meals a day high carbohydrate diet can reduce 50% of health problems whereas narcotics control, sexually transmitted diseases control and traffic accident control can reduce 15% of health problems. Yet what seem obvious requiring no genius, is escaping attention of policy makers of developed nations of world. And that is prevention is better than cure. This paper points to the lack of adequate investment in preventive health care and is a wakeup call urging governments of developed nations of world to invest adequately in preventive health care. Investments in preventive healthcare is inadequate. When almost 65% of lifestyle related medical problems can be reduced by preventive healthcare one would be excused if one harbours a belief that more investment is needed in preventive healthcare. It does not require one to be a brain surgeon or a rocket scientist to figure that out. However investment in preventive healthcare in



Investment in preventive healthcare is 3% of healthcare expenditure. Considering that healthcare expenditures form 10% of GDP, that means preventive healthcare is just 0.3% of GDP. Clearly this is inadequate. [1]

Estimation results from OECD countries' experiences indicate that when treatment share increases by 1%, the prevention demand increases by 0.036%. A one-percent increase in the ageing ratio yields a change in prevention share of 0.0368%. The optimal share of prevention health expenditure to GDP would be 1.175% when the prevalence rate of ill health is at 6.13%; a higher or lower share of prevention would be accompanied with a higher prevalence of ill health. [2]Hence

it would not be out of order to suggest that preventive healthcare expenditure should be at least 10% of health care expenditure and say 1% of GDP.

Almost 18 percent of the U.S. Gross Domestic Product is spent on healthcare – in many cases treating illnesses that could have been avoided by investing in prevention. Despite spending more than \$3.2 trillion spent annually on healthcare, the only three percent of the federal healthcare budget is directed to public health measures that could help avoid illness in the first place. Funding prevention not only saves lives but it saves money; every dollar invested in evidence-based prevention programs yields \$5.60 in savings. Dedicated investments in prevention and public health activities help significantly reduce significantly our healthcare spending on preventable illness and disease. [4]

There perhaps is some politics involved in not emphasising preventive care enough. Preventive care is not favored in this respect since it constitutes a public good that involves the allocation of scarce resources in the present to generate benefits unfolding only in the long-term. Preventive health care offers few short-term benefits to voters and its effects take time to unfold whereas curative care expenditures offer immediately visible short-term services to patients and generates income for practitioners and institutions. [5]

Perhaps politicians are not interested in preventive health care because that would militate against the interests of medical doctors and pharmaceutical companies. What is required is enlightened leadership that is not controlled by pharmaceutical companies and medical association to emphasize preventive health care over curative health care.

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