

# Link between wealth and physical health essay

[Sociology](#), [Poverty](#)



## **Introduction**

Arguably, many people in the world consider wealth and physical health to be tremendously beneficial in the life of a person. As per the old saying, health is wealth, individuals believe human physical health is as a result of wealth; mostly the saying has some fact in it. Physical health in society is associated with a wealth, in that it is part of wealth. Undeniably the reverse is true. Wealth is a source of happiness, and as a result, induces health; but, there are some things in life wealth cannot give us. Thus, wealth and physical health are to some extent interrelated.

Statistically, in United States almost two-third of its population are obese, overweight or extremely obese. This relates to the level of wealth, for example, an average household in United States carry about \$9,300 everyday in the credit card. Due to overweight a lot of diseases develop, this includes diabetes. Research shows that 18 million Americans are diabetic, while 41 million are pre-diabetic. In most African countries, 75% of the populations are poor; hence, they cannot afford better education, health care, nutrition, and family planning. Lack of these factors hinders physical health.

## **Compare**

Physical health and wealth has various similarities. Perhaps, wealth and physical health are assets to human beings, depending on how an individual views. In this perspective, physical health is an asset because it maintains and lengthens the life span of an individual, while wealth is an asset because it is a means of achieving physical health (Anders, 1998).

In the world, people have different physical health, as well as diverse wealth status. This is not because of nature, but it is achieved through struggle. In order to achieve physical health a lot of things should be done, others decide not to, while others are forced by circumstance not to follow the path to achieving physical health. These include eating a balanced meal, doing a lot of exercise, as well as having both social and psychological stability.

Wealth also comes as a result of hard work (Anders, 1998). For example, for an individual to be wealthy, he/she must invest on various financial projects. Human beings have an option to choose to be wealthy or physically healthy. Research shows that wealth secures physical health issues. Wealth entails being in a position to access nutritious food, shelter, education, as well as security. In this case, physical health is the outcome of being wealthy. But, in the contemporary society wealthy individuals are reported to have a lot of physical health issues, which is attributed to food and lifestyle. Some of the risks posed by wealth on physical health include obesity, heart attack, as well as cardiovascular complications (McGranahan, 2007).

There is a sense of insecurity when one is wealthy. Wealthy individuals always feel unsafe; in fact they fear losing their wealth in various ways.

Physically healthy individual is always happy and feeling some sense of inner security and happiness. Wealthy does not make life happy and healthy, but, physical health brings happiness because it is felt in the innermost part of human beings. Additionally, physical health and wealth are temporary; one can lose at any time.

Physical health and wealth are human resources that should be guarded always. For example, it is necessary to observe our physical health issues if

we are intending to live long. On the other hand, wealth should be guarded against those who wish to deprive it.

## **Contrast**

Despite the fact that wealth and physical health are interrelated, both have its point of variation. Basically, physical health is an individual feature that is purely related to and attached to a human being.

Physical health can never be shared among various people; it is individual.

Wealthy mostly belong to the community, in that it can be shared among different people; for example, members of the family (McGranahan, 2007).

Poor people envy to be wealth and physically wealth. But, they have no

power to choose their fate. As a matter of fact, determinants of wealth mostly come from the external, but factors that are attributed to physical health are external.

Arguably, wealth can easily be robbed or maliciously taken away from an individual. On the other hand, individuals choose if they want to be physically health. The only time one gets robbed of physical health is when he/she exposes herself to risk factors.

## **Signification of similarities or differences. (How did I decide whether something was significant?)**

Certainly, the similarities and differences could be analyzed based on physical, psychological, economic, and social issue. Basically, the comparisons and contrast comes as a result of analyzing causes and effects of wealth, as well as physical health. Furthermore, analyzing similarities and differences gives a clear picture of how momentous and correlated is physical health and wealth. In developed countries such as United States,

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people die of wealth related disease (McGranahan, 2007). On the other hand, the poor people are affected by illness caused by poverty, for instance, malnutrition. Furthermore, wealth enables the rich to have proper medication for various diseases. The poor die because of lack of accessibility of health services (Anders, 1998).

### **Conclusion (draw the reader's attention to the main point)**

Conclusively, wealth and physical health are hugely valuable in the life of human beings. Happiness and other factors that make life good are triggered and managed by wealth and health. People's physical health should highly be rated as an individual form of wealth. Significantly, wealth and health are by the highest degree interrelated. Human beings should work hard to achieve both. Despite its importance, wealth is not the ultimate determinant of physical health. There are other factors of physical health that wealth will never buy.

### **References**

Anders, G. (1998). Health against Wealth. London: Wiley.

McGranahan, G. (2007) Urban Environment, Wealth and Health. New York: Springer.